

# Lunch Entrées

Served from 10:00 am to 4:00 pm

Monday through Saturday

Full dinner menu also available during lunch hours

## From the Sea

### GOLDEN FRIED

Fried in 100% trans fat cooking oil. Served with fries & coleslaw

Fried Haddock - 8.99

Fried Sea Scallops - 15.99

Fried Clams (whole) - 15.99

Fried Native Shrimp - 9.99

Fried ½ & ½ - 15.99

Choice of sea scallops, clams, native shrimp or haddock

Seafood Platter - 19.99

Combination of whole clams, scallops, native shrimp & haddock

### BAKED & SAUTÉED

Served with choice of potato, rice, fries, or potato wedges & coleslaw or vegetable.

 Baked Haddock - 9.99

Baked with lemon butter and topped with Ritz cracker crumbs

Baked Sea Scallops - 15.99

Baked with lemon butter and topped with Ritz cracker crumbs

Haddock Dijon - 10.99

Baked with our honey dijon mustard sauce & topped with Ritz cracker crumbs

 Baked Haddock Nova Scotia - 10.99

Topped with chopped tomatoes, onions and bacon

Parmesan Crusted Haddock - 11.99

Topped with parmesan cheese & Ritz cracker crumbs

Baked ½ & ½ - 16.99

Choice of sea scallops, shrimp or haddock, and baked with lemon butter & topped with Ritz cracker crumbs

Fresh Grilled Salmon - 12.99

Cajun Blackened Salmon - 13.99

## From the Land

Served with choice of potato, rice, fries, or potato wedges & coleslaw or vegetable.

Grilled Boneless Chicken - 8.99

BBQ Grilled Chicken - 8.99

Served with Sweet Baby Ray's sauce

Fried Boneless Chicken - 8.99

With sweet & sour sauce

Parmesan Crusted Chicken - 11.99

**Lobster Trap  
RESTAURANT**

