

EST. 1998
**MITCHELL'S
FISH MARKET**

SEAFOOD RESTAURANT & BAR

Gluten Free Menu

Appetizers

- Pan Roasted Wild Blue Mussels** white wine, garlic, tomatoes..... 8.95
Request no croutons.
- New Orleans Voodoo BBQ Shrimp** bacon wrapped, sticky rice .. 8.95
- Seared Hawaiian Ahi Tuna*** sushi rice, apricot ale sauce..... 10.50
Request no sauces or crackers.
- Steamed "Little Neck" Clams** butter, white wine, garlic 10.95
Request no croutons.
- Jumbo Lump Crabmeat Cocktail** crab Louie sauce 11.50
- "Classic" Oysters Rockefeller** spinach, bacon, béarnaise..... 11.95

On the Half Shell

All oysters and clams are gluten free. Request no crackers.

- Today's Oyster Selections*** - 4 oysters per order
- Blue Point** - Long Island Sound, Connecticut..... 7.50
- Salutation** - Prince Edward Island, Canada 7.95
- Hurricane Harbor** - Prince Edward Island, Canada 8.25
- Olympic Miyagi** - Puget Sound, Washington 8.95
- Oyster Samplers** Large 2 of each... 14.95 Small 1 of each... 7.95
- Virginia Top Neck Clams*** 1/2 dozen..... 7.50
- Mitchell's Raw Bar Sampler***..... per person/ 9.95
Alaskan King crab, colossal shrimp, oyster, clam
Request no shrimp.

Salads

All of our dressings are gluten free.

- "Titanic" Wedge of Iceberg**
1000 Island, tomato, egg, bacon..... 5.75
- The Market's Famous House Salad**
Carrots, cucumbers, cherry tomatoes, dates, pine nuts,
poppy seed vinaigrette 6.25
- Spinach Salad** Granny Smith apples, red onion,
goat cheese, spiced pecans, maple-bacon vinaigrette.....6.50
- Our Classic Caesar**
Romaine lettuce, parmesan, garlic croutons 5.95
Request no croutons.
- Chicken Caesar**
Our classic caesar with grilled marinated chicken breast9.95
Fresh grilled salmon or spicy grilled shrimp10.95
Request no croutons.
- Blackened Salmon Spinach Salad**
Georgia pecans, red onion, Granny Smith apples, gorgonzola cheese .. 12.95
- Pulled Chicken BLT**
Chopped egg, red onion, white cheddar, parmesan ranch,
garlic toast10.95
Request no toast.
- Grilled Harpoon Shrimp Salad**
Bacon, egg, red onion, blue cheese, sweet and sour dressing.....11.95

Desserts

- Vanilla Bean Creme Brulee**
Fresh strawberries, orange shortbread.....5.50
Request no shortbread.
- Lemon Sorbet**
Fresh strawberries.....4.95

**Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness. Please inform your server of any food allergies.*

This menu and all of the information on it is provided by Mitchell's Fish Market, in cooperation with the Gluten Intolerance Group (GIG), as a service to our guests. Mitchell's Fish Market and GIG assume no responsibility for its use and any resulting liability or consequential damages is denied. Cynthia Kupper, a Registered Dietician with GIG, prepared this information (which has not been verified by Mitchell's Fish Market.) Guests are encouraged to consider this information in light of their individual requirements and needs. GIG extends our sincere appreciation to Cameron Mitchell Restaurants for being proactive by making it easier for persons with gluten intolerances to enjoy dining out.

Today's Fresh Catch

Flown in fresh daily, hand cut and filleted on site in our temperature-controlled seafood cutting room.

Shang Hai *our signature preparation:* steamed with ginger and scallions, served with sticky rice, spinach, and rice wine soy sauce
Request no rice wine soy sauce.

Simply Grilled or Broiled served with scallion mashed potatoes, sweet shallot butter and market vegetables

Blackened with etouffee sauce, shrimp and andouille jambalaya rice, green beans and mushrooms and cane syrup
Request no etouffee sauce.

Atlantic Salmon

Santiago, Chile

Whitefish

Lake Superior

Pacific Cod

Kodiak, Alaska

Chilean Sea Bass

South Georgia Island

Mahi Mahi

Gold Coast, Florida

Pacific Halibut

Skagway, Alaska

Rainbow Trout

Boise, Idaho

Yellow Perch

Lake Erie

Sea Scallops

George's Bank

Swordfish

Nantucket, Massachusetts

Tropical Tilapia

Costa Rica

Yellowfin Tuna

Kona, Hawaii

Fresh fish selections change daily based on seasonality and availability.

Call us for today's fresh fish listing.

Chef Specialties

San Francisco Cioppino

Fresh Atlantic salmon, Alaskan King crab, shrimp, Mahi-mahi, wild blue mussels, spicy tomato broth 17.50

"House Specialty" Cedar Plank Salmon*

Balsamic eggplant, roasted vegetables, asparagus, portabella relish, goat cheese..... 19.95

Garlic Broiled Shrimp

Scallion mashed potatoes, market vegetables..... 17.95
Request no flour in the preparation.

Lemon-Pepper Grilled Chicken

Green beans and mushrooms, scallion mashed potatoes, white wine garlic sauce..... 16.50

MFM Combination Platters

Shang Hai Seafood Sampler

Fresh Atlantic salmon, scallops and shrimp, sticky rice, spinach, rice wine soy sauce..... 20.95
Request no rice wine sauce.

The Fish Market Trio

Blackened Mahi-mahi, cedar-roasted Atlantic salmon, Shang Hai sea scallops, shrimp and andouille jambalaya rice, asparagus..... 23.95
Request no etouffee sauce or rice wine sauce.

Steaks & Shellfish

Char-broiled at 1200°, served with a sea salt baked potato and asparagus

Steak & Shrimp 10 oz. sirloin smothered with shrimp scampi 22.95

Bacon Wrapped Twin Filets Blue cheese and shallot crusted 24.95

Filet Mignon "Our Finest" 8 oz. filet, béarnaise sauce..... 27.95

New York Strip 14 oz. hand cut, béarnaise sauce..... 28.95

Cold Water Rock Lobster Tail

6 oz. South African lobster tail 21.50

Live Maine Lobster Steamed & crackedper pound/ 21.95

Alaskan Red King Crab Legs

Lemon & drawn butter.....per pound/ 28.95

Extras Your choice added to any steak or fish

Oscar Style smothered with crab and hollandaise4.95

Bleu Cheese and Shallot Crusted..... 3.95

1/2 lb. Alaskan Red King Crab Legs 14.50

6 oz. Cold Water Rock Lobster Tail..... 19.95