

Village Fish Market

Restaurant & Lounge

SPECIAL DIETARY REQUIREMENTS MENU

Gluten Free

Heart Healthy

Low Carb

Low Fat

Nick and Sue Randall have spent many hours researching the following diets in order to provide the most accurate information possible. All information is provided to the best of our knowledge and is intended as a guide only. Please

www.village-fish-market.com

GLUTEN FREE DIETS

GREAT BEGINNINGS

PLEASE SPECIFY THAT YOU ARE ORDERING FROM THE GLUTEN FREE MENU SO THAT YOUR SERVER CAN ENSURE YOU RECEIVE THE GLUTEN FREE CRACKERS AND BREADS ETC

JUMBO SHRIMP COCKTAIL

Chilled Gulf shrimp, horseradish laced cocktail sauce 7 for \$13⁵⁰

MAINE LOBSTER COCKTAIL

Our famous Maine lobster salad garnished with a jumbo cocktail shrimp \$20²⁵

OYSTERS ON THE HALF SHELL ***

Raw, shucked to order - Ameri-pure oysters, guaranteed safe \$12⁰⁰ half dozen \$19 full dozen

MUSSELS

GREENS

MEDITERRANEAN SALAD APPETIZER

Mixed greens topped with tomato, kalamata olives, red onion and feta cheese \$7

CHEF'S SALAD APPETIZER

Fresh mixed greens, tomato, cucumber and red onion topped with

CHOICE OF SIDES

Rice Pilaf

Mini Chef's Salad

Coleslaw

Fries (cooked in a fryer that might have been used for breaded items)

Steamed Zucchini

BAPS

Baps are served with your choice of side

FISH BAP

Mild Atlantic cod broiled, bronzed or blackened served on a Gluten Free bap \$12⁷⁵

FRESH RED GROUPER BAP

Hand cut filet served broiled, bronzed or blackened on a Gluten Free bap \$17

SWAI BAP

Swai filet served broiled, bronzed or blackened on a Gluten Free bap \$12²⁵

HADDOCK BAP

Atlantic haddock, served skin on and then broiled, bronzed or blackened on a Gluten Free bap \$13⁷⁵

TUNA SALAD BAP

Homemade, tuna salad served on a Gluten Free bap \$13

PASTAS

Served with Gluten Free garlic bread

FUSILLI PASTA

Alfredo—homemade classic Alfredo sauce

Palermo—mushrooms and zucchini tossed in marinara

***CONSUMER INFORMATION: There is a risk associated with consuming raw oysters. If you have chronic illness of the liver, stomach or blood, or have immune disorders, you are at greater risk of

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BIG SALADS

THE ADMIRALS PLATTER

A bed of lettuce, served with tomato, cucumber & coleslaw topped with your choice of:

Maine Lobster Salad \$25⁷⁵ Tuna Salad \$15

CHEF'S SALAD

Fresh mixed greens, tomato, cucumber and red onion topped with shredded

MEDITERRANEAN

Mixed greens topped with tomato, kalamata olives and red onion topped with feta

CAESAR SALAD

ADD:

Shrimp Cocktail & Bacon \$20⁵⁰ Bronzed Tuna* \$18⁵⁰

Bronzed Salmon \$16⁵⁰

Dressings: French, Thousand Island, Honey Mustard, Italian,

DESSERTS

Gluten Free Reese's Peanut Butter Pie ~ Need we say more?? \$6⁵⁰

All steaks and entrees are served with your choice of two sides.

Entrées with two prices are available in our

GRILLED SIRLOIN STEAK*

*Ten ounce sirloin strip steak, grilled to order \$23⁵⁰
1/2 steak \$15²⁵*

STEAK BOCA GRANDE*

Ten ounce sirloin strip, grilled to order with sautéed onions, mushrooms & peppers \$25 1/2 steak \$16⁷⁵

SURF & TURF*

Ten ounce sirloin strip, grilled to order & served with shrimp scampi \$27 \$30

FILET MIGNON*

A succulent, tender 9oz hand cut tenderloin filet, grilled to order \$26⁵⁰

BOSTON SCROD

Chemical free MSC certified Atlantic cod.

Served fried, broiled, bronzed or blackened \$12⁷⁵ or \$18⁵⁰

SWAI

By popular demand we have added swai to our menu, try it fried, broiled, bronzed or blackened \$12²⁵ \$18

GROUPER

Gulf grouper filets served fried, blackened, broiled, or bronzed \$17 \$26²⁵

HADDOCK

Delicate flaky Atlantic haddock filet served skin on and then fried or broiled \$13⁷⁵ \$20

YELLOWFIN TUNA*

Sushi grade tuna steak—broiled, bronzed, blackened or with Thai chili glaze. Best served rare. \$15²⁵ \$23⁵⁰

SALMON

Farm raised Atlantic salmon served broiled, bronzed, blackened \$14⁷⁵ or \$22

BAY SCALLOPS

Genuine bay scallops served broiled \$13⁷⁵ \$20

REDBRIDGE BEER - Bottle \$4.43

**These items can be cooked to your preference. Please see warning statement on last page of this menu.*

Entrées with two prices are available in our smaller lunch size portion or our larger dinner size serving.

All Finfish, Shellfish and Steak entrees are served with your choice of two sides.

FINFISH

SWAI

By popular demand we have added swai to our menu, try it broiled or bronzed \$12⁷⁵ \$18

BOSTON SCROD

Atlantic cod broiled \$12⁷⁵ \$18⁵⁰

FRESH GULF RED GROUPER

Hand cut filets served broiled or bronzed \$17 \$26²⁵

HADDOCK

Delicate flaky Atlantic haddock filet served skin on and broiled \$13⁷⁵ \$20

YELLOWFIN TUNA

Sushi grade tuna steak—broiled, bronzed.
Best served rare. \$15²⁵ \$23⁵⁰

SALMON

Farm raised Atlantic salmon served broiled \$14⁷⁵ \$22

SHELLFISH

SEA SCALLOPS

Large Atlantic sea scallops served broiled \$15⁷⁵ \$24

BAY SCALLOPS

Genuine bay scallops served broiled \$13⁷⁵ \$20

MAINE LOBSTER

Fresh Maine lobster steamed,
♥ ask for 'no butter'
Market Priced, when available

ALASKA KING CRAB

Steamed king crab legs,
♥ ask for 'no butter' \$35⁵⁰

SALADS

HOUSE SALAD

Fresh mixed greens, cucumber, tomato, red onion and topped with garlic croutons ♥ ask for 'no cheese' \$10

GREEK SALAD

Mixed greens topped with tomato, kalamata olives & red ♥ ask for 'no cheese' \$10

ADD:

Tuna* - bronzed or broiled \$17⁷⁵
Salmon - bronzed or broiled \$15⁷⁵
Chicken - bronzed or broiled \$15

DRESSINGS: Oil and Vinegar, Fat Free Italian, Fat Free Raspberry Vinaigrette, Low Fat Balsamic

STEAK

GRILLED SIRLOIN STEAK*

Ten ounce sirloin strip steak, grilled to order \$23⁵⁰
♥ 1/2 steak \$15²⁵

*These items can be cooked to your preference. Please see warning statement on last page of this menu.

LOW CARB DIETS like ATKINS and SOUTH BEACH

APPETIZERS

JUMBO SHRIMP COCKTAIL

Chilled Gulf shrimp served with our creamy horseradish sauce, 7 for \$13⁵⁰

MAINE LOBSTER COCKTAIL

Our famous Maine lobster salad garnished with a jumbo cocktail shrimp \$20²⁵

PEEL 'N' EAT SHRIMP

We do the easy part—you get to shell them! Served by the half pound with our creamy horseradish sauce \$14²⁵

CAESAR SALAD

Crisp romaine lettuce, parmesan cheese and

Entrees are served with your choice of two of the following: steamed zucchini, steamed broccoli, veggie of the day (check with server if low carb today) or mini house salad (ask for no croutons).

CHICKEN BREAST

Served broiled, bronzed or blackened \$12²⁵ or \$18

NAKED HOT DOG

An all beef hot dog—minus the bun, served topped with sautéed onions \$8⁷⁵

BURGER PATTY*

GRILLED SIRLOIN STEAK*

Ten ounce sirloin strip steak, grilled to order \$23⁵⁰ 1/2 steak \$15²⁵

STEAK BOCA GRANDE*

Ten ounce sirloin strip, grilled to order with sautéed onions, mushrooms & peppers \$25 1/2 steak \$16⁷⁵

SURF & TURF*

Ten ounce sirloin strip, or 9oz filet, grilled to order & served with shrimp scampi

SEAFOOD SALAD PLATTERS

A bed of lettuce, served with tomato, cucumber & coleslaw topped

CAESAR SALAD

Crisp romaine lettuce tossed in creamy Caesar dressing with par-

GREEK SALAD

Mixed greens topped with tomato, feta cheese, kalamata olives & red

ADD!
Shrimp Cocktail & Bacon \$20⁵⁰ Bronzed Tuna* \$18⁵⁰ Bronzed

Dressings: French, Blue Cheese, Italian, Ranch,

FINFISH & SHELLFISH

BOSTON SCROD

Atlantic cod broiled \$12⁷⁵ \$18⁵⁰

SWAI

Swai filets served blackened, broiled, or bronzed \$12²⁵ or \$18

GULFRED GROUPER

Fresh hand cut filets served blackened, broiled, or bronzed \$17 \$26²⁵

HADDOCK

Delicate flaky Atlantic haddock filet served broiled \$13⁷⁵ \$20

YELLOWFIN TUNA*

Sushi grade tuna steak—broiled, bronzed or blackened. Best served rare. \$15²⁵ \$23⁵⁰

SALMON

Farm raised Atlantic salmon served broiled, bronzed, blackened \$14⁷⁵ or \$22

BAY SCALLOPS

*These items can be cooked to your preference. Please see warning statement on last page of this menu.

LOW FAT DIETS require 30 to 35g of fat per day

APPETIZERS

PEEL 'N' EAT SHRIMP 2g

We do the easy part—you get to shell them! Served by the half pound with our horseradish laced cocktail sauce \$14²⁵

JUMBO SHRIMP COCKTAIL 1g

Chilled Gulf shrimp served with our horseradish laced cocktail sauce, 7 for \$13⁵⁰

Dressings: Fat Free Italian, Fat Free Raspberry Vinaigrette

THE BIG HOUSE SALAD 0g

ADD: Fresh mixed greens, tomato, cucumber and red onion (ask for 'no cheese, no croutons') \$10 with croutons add 4g to all totals

'healthy broiled' salmon 12g \$15⁷⁵ shrimp cocktail (ask for no bacon) 1g \$19

SANDWICHES

FISH SANDWICH 3g

Atlantic cod 'healthy broiled'

in a Kaiser roll or our healthier option multigrain roll \$12⁷⁵

FRESH RED GROUPER SANDWICH 3g

Hand cut filet 'healthy broiled'

in a Kaiser roll or our healthier option multigrain roll \$17

SWAI SANDWICH 3g

Swai filet 'healthy broiled'

in a Kaiser roll or our healthier option multigrain roll \$12²⁵

PASTA

CHICKEN MARINARA 12g

'healthy broiled' chicken atop a dish of pasta and marinara sauce. Choose linguini, fettucine or whole wheat \$11⁵⁰

ENTRÉES

Entrées with two prices are our smaller lunch size portion and our larger dinner size portion

Entrées are served with your choice of two sides.

Steamed zucchini 0g

Coleslaw 6g

Veggie of the day (varies)

Sliced tomato 0g

Mini house salad with garlic croutons 1g

Apple sauce 0g

'no croutons' 0g

Lettuce and tomato 0g

BOSTON SCROD 1g 2g

Atlantic cod 'healthy broiled' \$12⁷⁵ \$18⁵⁰

FRESH RED GULF GROUPER 1g 2g

Hand cut filet 'healthy broiled' \$17 \$26²⁵

SWAI 1g 2g

Swai filet 'healthy broiled' \$12²⁵ \$18

HADDOCK 1g 2g

Delicate flaky Atlantic haddock filet served 'healthy broiled' \$13⁷⁵ \$20

YELLOWFIN TUNA* 1½g 3g

Sushi grade tuna steak 'healthy broiled'

Best served rare. \$15²⁵ \$23⁵⁰

SALMON 12g

Our lunch sized serving of Farm raised Atlantic salmon served 'healthy broiled' \$14⁷⁵

BAY SCALLOPS 1g 2g

Genuine bay scallops served 'healthy broiled' \$13⁷⁵ \$20

SEA SCALLOPS 1g 2g

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