

Chowder House



Appetizer Special

ROASTED PEAR & BLUE CHEESE FLATBREAD

Toasted pecans, orange fig spread and caramelized onions with slow roasted sweet pears, blue cheese and arugula on our homemade thin flatbread \$12.99

Salad, Bowl & Vegetarian Specials

SUPERFOOD SALAD

Warmed harvest blend (quinoa, farro, brown rice), baby spinach, dried cranberries, feta cheese, cherry tomatoes, sliced avocado, julienne vegetables, citrus vinaigrette on side \$10.95
640 Cal, 27g Fat, 93g Carb, 14g Protein, Vegetarian Item

Add on grilled chicken (\$4), steak tips (\$8),
grilled salmon (\$7) veg burger (\$6), grilled shrimp (\$6)

QUINOA VEGGIE BURGER

Veggie burger of roasted red & yellow peppers, mushrooms, red & white quinoa, black and white chia, kale, whole grain rice, beans, smoked mozzarella & pickled onions with creamy cilantro pepita sauce, sliced avocado, lettuce, tomato, toasted Portuguese bread, side of mixed greens \$10.25
500 Cal, 20g Fat, 63g Carb, 20g Protein, Vegetarian

Entree Special

MEDITERRANEAN SCHROD

Broiled schrod topped with mix of feta, olive oil, plum tomatoes, Kalamata olives, oregano & garlic, served with side of roasted broccolini \$15.99
380 Cal, 13g Fat, 6g Carb, 58g Protein, Gluten Free

CHICKEN ASIAGO

Grilled lean chicken breast topped with a mixture of wine, lemon, garlic, tomatoes, scallions and Asiago cheese served with side of roasted broccolini \$14.99
560 Cal, 15g Fat, 5g Carbs 96g Protein, Gluten Free

Add a house salad for 2.50 or small Caesar salad for 3.75

Wine & Dine Menu
Thank You from
The Common Market

*2 Dinners & Bottle of
Wine for \$39.99*



Entrees

Sautéed Chicken Piccata

Sautéed chicken tenderloins with white wine, butter, garlic and capers served over linguini

Schrod Asiago

Baked schrod topped with fresh diced tomatoes, herbs, spices and Asiago cheese

Dijon Salmon

Baked Salmon topped with a Dijon vinaigrette, finished with scallions & drizzled with hot honey

Grilled Pork Chop

Boneless pork chop grilled and finished with a balsamic ~ cranberry glaze

Upgrade Menu... Wine & Dinner Even Better!
Choose one of the items below for additional \$4 per person

Flat Iron Steak

Grilled flat iron steak, served with a Bordelaise sauce

Sautéed Shrimp Pesto

Sauteed shrimp with basil pesto (no nuts), garlic, herbs, spices, artichoke hearts & roasted tomatoes tossed with a cheese filled tortellini

All Entrees include your choice of two of the following:
mixed green salad ~ potato of the day ~ vegetable of the day

Not available for takeout
Not available for parties of 14 or more