

# Lunch Menu

## Soup

- CLAM CHOWDER Cup 6, Crock 8
- LOBSTER BISQUE Crock 12

## Raw Bar

- SHRIMP COCKTAIL**  
Four 13, Half Dozen 19, Dozen 36
- OYSTERS ON THE HALF SHELL**  
Each 2.95, Half Dozen 17, Dozen 32  
Wellfleet: Cape Cod, MA  
Katama Bay: Martha's Vineyard, MA  
Damariscotta: Maine

- CHERRYSTONES ON THE HALF SHELL**  
Each 1.95, Half Dozen 11, Dozen 20

- CHILLED SEAFOOD PLATTER**  
Shrimp, Oysters, Clams & Mussels 39  
With Chilled 1.25 lb. Lobster 69  
With 1 lb. Alaskan King Crab Leg 89  
With Chilled 1.25 lb. Lobster & 1 lb. Alaskan King Crab Leg 119

## Appetizers

- TUNA POKE 13**  
Diced Yellowfin Tuna, avocado, scallions and cilantro in an Asian style sauce. Served on crispy fried wontons
- CLAMS CASINO 13**  
Baked whole clams, bacon, pimento, green pepper
- WILD SPANISH OCTOPUS 15**  
Marinated Spanish octopus prepared sous vide, served with Yukon potato, crumbled sausage, pickled chili, arugula
- CRAB RANGOONS 13**
- BANG BANG SHRIMP 13**  
Lightly fried baby shrimp with a spicy sweet Thai chili sauce
- FRIED SQUID 13**  
Classic with marinara sauce, or with sliced cherry peppers & garlic lemon butter
- STEAMED MAINE MUSSELS 13**  
1 lb. of fresh mussels, steamed with garlic and white wine
- STEAMED MAINE CLAMS 19**  
1 lb. with butter and broth
- FRIED WHOLE BELLY CLAMS 23**
- FRIED CLAM STRIPS 13**
- GOAT CHEESE CROSTINI 11**  
Goat cheese spread, apple and jalapeño salsa, strawberry and local honey

## Sushi

- RAINBOW MAKI 15**  
Tuna, salmon, avocado, cucumber, cream cheese, rolled inside-out with sesame seeds
- SPICY TUNA ROLL 15**  
Tuna, cucumber, spicy mayo, wasabi sauce, scallions, brown butter panko, sesame seeds
- VEGETABLE ROLL 10**  
Avocado, cucumber, asparagus served inside-out with sesame seeds
- SOLE ROLL 13**  
Smoked salmon, avocado, cucumber, asparagus, spicy mayo
- FIRECRACKER SUSHI 17**  
Lobster meat, avocado, fried sweet potato and homemade spicy mayonnaise. Served inside-out with sesame seeds
- TIGER EYE 15**  
Tuna, salmon, asparagus, tempura fried, topped with scallions, spicy mayonnaise, eel sauce and masago
- BUSTER ROLL 14**  
Jumbo lump crab meat, spicy mayo, crab stick, cucumber, and scallion, topped with wasabi sauce and toasted panko crumbs
- TUNA CRUNCH 15**  
Tuna, fried sweet potato, avocado, spicy mayo
- CALIFORNIA SHRIMP ROLL 13**  
Shrimp, avocado, and cucumber
- FRESH BLACKENED TUNA SASHIMI 19**  
Center cut, Yellowfin tuna blackened, slightly chilled and sliced

## Salads

- SEAFOOD COBB SALAD 19**  
Shrimp, crab, smoked mussels, bacon, avocado, tomatoes, hard boiled egg, feta cheese, scallion, romaine lettuce and green goddess dressing

The following items can be added to the Salads below.  
Grilled Chicken 7 | Seared Shrimp 7 | Grilled Salmon 9 | Chilled Lobster Meat Salad 15

- WEDGE SALAD 7**  
House made French dressing with bleu cheese crumbles over iceberg lettuce wedge, cherry tomatoes, sesame seeds
- CAESAR SALAD 10**  
Fresh chopped Romaine lettuce with our house made Caesar dressing, croutons, grated Parmesan cheese and Parmesan crisp
- PEAR & WALNUT SALAD 11**  
Romaine and arugula tossed with a honey tarragon vinaigrette, walnuts, dried cranberries and Bleu cheese. Topped with red wine poached pears
- BEEF & BURRATA SALAD 11**  
Red beets, arugula, mandarin oranges, toasted pistachios, and lemon vinaigrette

Scan me for The Sole  
Gluten Free Menu!



## Restaurant Weeks \$16.22

February 28, 2022 - March 11, 2022. Monday - Friday 11:30 am - 4 pm  
Price does not include tax and gratuity  
With any entrée, please choose one item from either the first course or dessert selections.

### Appetizer Course

#### CUP CLAM CHOWDER

**WEDGE SALAD**  
House made French dressing with bleu cheese crumbles over iceberg lettuce wedge, cherry tomatoes, sesame seeds

### Entrée Course

#### CAESAR SALAD

Fresh chopped romaine lettuce with our house made Caesar dressing, croutons, grated parmesan cheese and parmesan crisp, topped with your choice of grilled chicken, seared shrimp or grilled salmon.

#### FRIED FISH SANDWICH

Fried Hake filet, pineapple slaw, sriracha tartar. Served with French fries.

#### SALMON MARSALA

Pan seared salmon with shallots, sliced crimini mushrooms and a Marsala demi glaze. Served with mashed potatoes and roasted asparagus.

### Dessert

#### HOT FUDGE OR STRAWBERRY SUNDAE

Broadway's vanilla ice cream topped with your choice of hot fudge or strawberries. Served with whipped cream, and a cherry on top.

#### APPLE BROWN BETTY

Warm cinnamon apples topped with a brown sugar crumb, served with a scoop of vanilla ice cream.

\*Promotional menu, Winter 2022, cannot be combined with any other promotional menu\*

## Boat to Table

Served with fingerling potatoes and roasted asparagus.

Broiled | Grilled | Seared | Blackened | Ritz Crumbs

Fresh **NORTH ATLANTIC HADDOCK 16**

Fresh **NORTH ATLANTIC SALMON 16**

Fresh **NORTH ATLANTIC SOLE 17**

Fresh **SEA SCALLOPS 29**

Fresh **SWORDFISH 29**

Fresh **TUNA STEAK 29**

**GULF SHRIMP 15**

## Lunch Entrées

- OVEN ROASTED CRAB CAKES 19**  
Over chipotle corn remoulade and arugula with lemon vinaigrette
- SALMON WITH TOMATO BASIL 16**  
Fresh North Atlantic salmon fillet, grilled and topped with a seasoned tomato basil relish served with roasted fingerling potatoes
- PESTO SCALLOPS & SHRIMP 19**  
Pan seared scallops and gulf shrimp tossed with cavatappi pasta and tomatoes in a pesto cream sauce
- AHI TUNA BOWL 14**  
Chopped fresh Ahi Tuna with a soy marinade over jasmine rice with crisp sweet potatoes and micro cilantro
- FISH TACOS 15**  
Blackened and sliced swordfish with flour tortilla, pico de gallo, red cabbage slaw and chili sour cream accompanied by black bean rice
- SHRIMP SCAMPI 15**  
Shrimp sautéed with white wine, fresh garlic, chopped fresh tomato and basil. Served on linguine and garnished with Parmesan and Romano cheese
- CHICKEN BROCCOLI ALFREDO 15**  
Linguine, sauteed chicken and broccoli tossed with creamy alfredo sauce
- SALMON MARSALA 16**  
Pan seared salmon with shallots, sliced crimini mushrooms and a Marsala demi glaze. Served with mashed potatoes and roasted asparagus
- STUFFED SOLE 19**  
Crab stuffed Sole topped with seasoned bread crumbs and lemon butter. Served over jasmine rice and sautéed spinach
- BAKED HADDOCK 16**  
North Atlantic Haddock fillet topped with seasoned Ritz crumbed and baked. Served with fingerling potatoes and roasted asparagus
- FRIED HADDOCK 16**  
Fried North Atlantic Haddock, served with French fries and coleslaw
- FISH & CHIPS 15**  
Served with French fries and coleslaw
- QUARTER POUND LOBSTER ROLL 25**  
Quarter pound of lobster meat with a touch of mayonnaise and lemon juice in a toasted Brioche roll. Served with French fries \*Does not include first course\*

### LOBSTER ROLL 37

6 oz. of lobster meat with a touch of mayonnaise and lemon juice in a toasted Brioche roll. Served with French fries  
\*Includes first course\*

## Wines by the Glass

### CHARDONNAY

Josh Cellars, California, 2019.....	11
La Crema, Russian River Valley, 2018.....	13
Rombauer, Carneros, 2018 .....	16

### SAUVIGNON BLANC

Oyster Bay, New Zealand, 2019.....	11
Silverado “Miller Ranch” Napa, 2018.....	13
La Moussière, Sancerre, 2018.....	14

### PINOT GRIGIO

“Territori” Pinot Grigio by Salvalai, DOC, Veneto, 2019 .....	10
*Montinore Pinot Gris, Willamette Valley, 2017.....	12
Santa Margherita Pinot Grigio, Italy, 2019.....	13

### OTHER WHITES

Matua Rosé, New Zealand, 2020 .....	10
Loosen Riesling, Germany, <b>WW 90</b> , 2019 .....	11
Nuthouse, Riesling, Eola-Amity Hills, 2018 .....	12
Pine Ridge Chenin Blanc + Viognier, California, 2018.....	13
Miraval Rosé, Provence, 2019 .....	13

### CABERNET SAUVIGNON

Josh Cellars, California, 2018.....	11
Iron & Sand, Paso Robles, 2018.....	13
Stags’ Leap, Napa Valley, 2018 .....	16
Austin Hope Cabernet, Paso Robles, 2020.....	17

### PINOT NOIR

*Montinore Estate, Willamette Valley, 2018 .....	12
Elouan, Oregon, 2018 .....	13
Mer Soleil Reserve, Santa Lucia, 2018 .....	13
“Balade” by Belle Glos, Russian River, 2019.....	15

### MERLOT & MALBEC

Josh Cellars Merlot, California, 2019.....	11
Catena Malbec, Mendoza, 2019 .....	13

### OTHER REDS

Tenuta di Arceno, Chianti Classico, 2019 .....	13
The Big Easy, Santa Barbara, 2018.....	14
Chappellet, Mountain Cuvée, California, 2019, <b>WW 92</b> .....	15
<b>#24 Ridge, Geyserville Zinfandel, 2019, JS 94.....</b>	<b>16</b>

### CHAMPAGNE

Cavas Masachs Mas Fi Brut, Spain, N.V.....	12
Carpené Malvolti Prosecco, DOC.....	14
Nicolas Feuillatte Rosé, France, N.V., <b>WS 91</b> .....	21

### HALF BOTTLES

Chateau La Freynelle, Bordeaux, 2020 .....	20
Robert Mondavi, “Private Selection” Chardonnay, Central Coast, 2018 .....	21
Cantina Gabriele Moscato, Italy, 2019.....	22
Côtes du Rhône, E. Guigal, France, 2016.....	22
Mâcon-Villages Chardonnay, Louis Jadot, 2017.....	22
J. Lohr “Seven Oaks”, Cabernet, Paso Robles, 2019 .....	22
Alexander Valley Merlot, Sonoma, 2018.....	23
Cannonball, Cabernet Sauvignon, Sonoma, <b>WE 89</b> , 2018 .....	23
A to Z Pinot Noir, Oregon, 2017.....	24
Kim Crawford, Sauvignon Blanc, Marlborough, 2018.....	24
Canard-Duchêne Champagne, France.....	34
*Grgich Hills “Estate” Chardonnay, Napa, 2017 .....	36
de Ladoucette, Pouilly-Fumé, France, 2018.....	38

## Beer List

### DRAUGHT BEERS

“Woo-Tang” by Flying Dreams N.E. IPA, 6.3% ABV .....	8
Fiddlehead IPA, 6.2% ABV .....	8
Sam Adams, 5% ABV .....	8
Sam Seasonal.....	8
Stella Artois, 5% ABV .....	8
Wachusett Blood Orange Wheat Ale, 4.5 % ABV .....	8
Whirlpool Pale Ale, Night Shift Brewing, 4.5% ABV .....	8
Guinness 20 oz., 4.1% ABV.....	9
Pulp Daddy by Greater Good, 13 oz., 8% ABV .....	10

### CRAFT BEERS

Dogfish Head Sea Quench Ale, Session Sour, 12 oz. 4.9% ABV .....	6.00
Dogfish Head Slightly Mighty Lo-Cal IPA, 12 oz., 4% ABV .....	7.00
Citizen Cider “Unified Press”, 5.2% ABV .....	7.50
Allagash White, 16 oz., 5.2% ABV .....	8.00
Duchovni, Pilsner, Medusa Brewing, 16 oz., 5.2% ABV .....	8.00
Left Hand Milk Stout Nitro, 16 oz., 6% ABV .....	8.00
Sam Smith Organic Chocolate Stout, 12 oz., 5% ABV .....	8.00
Spencer Trappist Ale, 11.2 oz., 6.5% ABV .....	8.00
Cloud Candy, N.E. IPA, by Mighty Squirrel Brewing Co., 6.5% ABV .....	9.00
Sip of Sunshine, IPA, Lawson’s Finest Liquids, 16 oz., 8% ABV .....	9.00
Wrench, Industrial Arts Brewing Company, 16 oz., 7.1% ABV .....	9.00
Becky Likes the Smell Double IPA by Baystate, 16oz., 10% ABV .....	10.00
Kelley <sup>2</sup> Double N.E. IPA by Baystate, 16oz., 9.2% ABV .....	10.00

2.18.22

## Wines by the Bottle

### CHARDONNAY

Josh Cellars, California, 2019 .....	44
Cross Barn by Paul Hobbs, Sonoma, 2018 .....	44
Mer Soleil Silver Unoaked, Santa Lucia, 2018.....	49
Errazuriz Max Reserva, Chile, 2019.....	46
Diora, Monterey, 2018.....	48
Domaine Cheveau Bourgogne, 2018.....	48
Poseidon, Carneros, Napa Valley, 2018 .....	50
La Crema, Russian River Valley, 2018 .....	52
Sonoma Cutrer, Russian River Ranches, 2020.....	52
Talley, Arroyo Grande Valley Estate, 2018, <b>V 92</b> .....	52
Sixto Uncovered, Washington State, 2017, <b>JS 95</b> .....	55
Panthera by Hess, Russian River, <b>RP 93</b> , 2017 .....	56
Charles Krug, Napa, 2018, <b>JS 90</b> .....	55
Meyer Family Cellars, Anderson Valley, 2016 .....	55
Jordan, Russian River, 2018.....	58
Rombauer, Carneros, 2018 .....	64
Samsara, Sta. Rita Hills, 2019 .....	70
Domaine Drouhin “Arthur”, Oregon, 2018.....	72
Cakebread, Napa, 2019 .....	80
DuMol Estate, Sonoma, 2019.....	95
Joseph Drouhin, Chassagne-Montracchet, 2019 .....	95
Far Niente, Napa Valley, 2019 .....	96
Stonestreet Estate “Upper Barn”, Sonoma, 2016.....	99
Kosta Browne, Russian River, 2016.....	100

### SAUVIGNON BLANC

Oyster Bay, New Zealand, 2019.....	44
La Moussière, Sancerre, 2018.....	56
Cloudy Bay, Marlborough, 2020.....	57
Silverado “Miller Ranch”, Napa, 1 Liter, 2018.....	59
Satellite, Sancerre, Alphonse Mellot, 2020 .....	70

### PINOT GRIGIO

“Territori” Pinot Grigio by Salvalai, DOC, Veneto, 2019 .....	40
*Montinore Estate Pinot Gris, Willamette Valley, 2017.....	48
Santa Margherita, Italy, 2019 .....	52

### OTHER WHITE VARIETALS

Loosen Riesling, Germany, 2019, <b>WW 90</b> .....	44
Del Mano, Blanco, Argentina, 2020 .....	44
Nuthouse, Riesling, Eola-Amity Hills, 2018 .....	48
Pine Ridge Chenin Blanc + Viognier, California, 2018.....	52
Miraval Rosé, Provence, 2019 .....	52
Terras Gauda, O Rosal Albarino, 2019, <b>W&amp;S 92</b> .....	50
Allende Rioja, Spain, 2015, <b>RP 92</b> .....	55

### CHAMPAGNE & SPARKLING WINE

Canard-Duchêne, Champagne, N.V. ....	65
Nicolas Feuillatte Rosé, France, N.V., <b>WS 90</b> .....	88
Moët Chandon “Imperial”, France, N.V., <b>WS 91</b> .....	90
Veuve Clicquot Ponsardin Brut (Yellow Label), France, NV, <b>WS 90</b> .....	115
Dom Perignon, France, 2012, <b>D 98</b> .....	235

### CABERNET SAUVIGNON & MERITAGE

Josh Cellars, California, 2018.....	44
Errazuriz Max Reserva, Chile, 2018.....	45
J. Lohr “Seven Oaks”, Paso Robles, 2019, <b>WE 90</b> .....	48
Borne of Fire, Columbia Valley, 2018, <b>JD 91</b> .....	52
Iron & Sand, Paso Robles, 2019.....	52
The Counselor, Alexander Valley, 2017 .....	55
J.Lohr “Hilltop”, Paso Robles, 2018, <b>TP 94</b> .....	60
Stags’ Leap, Napa Valley, 2018 .....	64
Post & Beam Cabernet by Far Niente, Napa, <b>WS91</b> , 2018.....	67
Hall Cabernet, Napa Valley, 2018, <b>WS 93</b> .....	70
Austin Hope Cabernet, Paso Robles, 2019.....	68
Penfolds Bin 704, Napa Valley, 2018 .....	72
Jordan, Sonoma, 2017, <b>WW 92</b> .....	79
Merryvale Cabernet, Napa, 2016, <b>W&amp;S 92</b> .....	87
Ghost Block, Napa Valley, 2016, <b>WS 93</b> .....	100
Silverado “Geo”, Coombsville, Napa Valley, 2014, <b>JS 95</b> .....	100
Cakebread, Napa, 2018 .....	105
Caymus Cabernet, Napa Valley, CA, <b>WW93</b> , 2019 .....	110
Mason, Oakville, <b>WS 93</b> , 2018.....	115
Silver Oak, Alexander Valley, 2015 .....	130
DuMol Cabernet, Napa, 2016.....	135
Joseph Phelps “Insignia”, Meritage, Napa, 2015.....	265

### MERLOT & MALBEC

Josh Cellars, California, 2019.....	44
Catena Malbec, Mendoza, 2019.....	52
Cuarto Dominio Malbec, Mendoza, 2016.....	75

### OTHER REDS

*Los Frailes, Spain, Organic, 2013.....	44
19 Crimes “The Warden” Red Blend, Australia, 2018 .....	45
Tenuta di Arceno, Chianti Classico, 2015 .....	52
The Big Easy, Santa Barbara, 2018.....	56
Leviathan, Oakville, CA, 2018 .....	59
K Syrah, Milbrandt, Wahluke Slope, 2018 .....	60
Pertinace Langhe Nebbiolo, Italy, 2018 .....	60
Chappellet, Mountain Cuvée, California, 2019, <b>WW 92</b> .....	60
<b>#24 Ridge, Geyserville Zinfandel, 2019, JS 94.....</b>	<b>64</b>
Shafer TD - 9, Napa, <b>WE 95</b> , 2016.....	75
Brown Estate “Chaos Theory”, Napa, 2019.....	79
8 Years in the Desert by Orin Swift, California, 2019, <b>RP 93</b> .....	85
Robert Foley, “Kelly’s Cuvee”, Napa Valley, 2017.....	75
Secret de Nos Vignes, Châteauneuf-du-pape, 2016.....	80
Peter Michael, ‘L’Esprit Des Pavotes’, Sonoma, 2015.....	140

### PINOT NOIR

*Montinore Estate, Willamette Valley, 2018 .....	48
Elouan, Oregon, 2018 .....	52
“Balade” by Belle Glos, Russian River, 2019.....	60
Penner-Ash, Willamette Valley, 2016.....	65
Twomey, Anderson Valley, 2019.....	85
Caymus, Belle Glos “Dairyman”, Russian River, 2019 .....	86
Kosta Browne, Russian River, 2015, <b>JS 94</b> .....	130

## Sole Cocktails

### Seasonal Favorites

#### IRELAND RUNS ON \$12

Jameson Cold Brew, Kahlúa, vanilla simple syrup

#### THE DETAILS \$12

Crop Organic Pumpkin, Devil’s River rye, Boston Harbor maple cream liqueur, cinnamon simple syrup

#### SO BLOODY OLD FASHIONED \$12

Devil’s River rye, Solerno blood orange liqueur, Aztec chocolate Bitters, simple syrup, orange slice

#### RAFAEL’S SKINNY MARGARITA \$12

Avion tequila, DeKuyper O3, splashes of orange juice and sour mix, two squeezed limes

#### LEMON BASIL BOWL \$10

Nantucket Half & Half, Tito’s vodka, Peches, basil, garnished with lemon and basil. For Two \$18

### Barrel Aged Cocktails

#### RED SANGRIA \$11

Aged for 6 weeks in used Rum Barrels, our Sangria is infused with premium liquors. For Two \$20

#### DAVE’S MAI TAI \$13

Dave’s spin on a classic. Bacardi rum, Gosling’s dark rum, almond liqueur, orange and pineapple juices and splash of crème de noyaux.