

# ROWES WHARF SEA GRILLE

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## VEGAN SELECTIONS

### CREATIVES

PENNE PRIMAVERA 31  
*Penne, Pomodoro Sauce,  
Assembly of Autumn Vegetables nf*

VEGETABLE FRIED RICE 30  
*Exotic Fried Mushrooms, Autumn Vegetables, Togarashi nf*

EQUINOX GREENS SALAD 12  
*Pear Tomatoes, Avocado, Lemon Vinaigrette gf/nf*

KABOCHA & CASHEW CAMPANELLE 31  
*Japanese Squash, White Miso, Pepita Seeds, Pea Greens*

SOMETHING NATURAL 20  
*Open Faced 7-Grain Bread, Hummus, Vine-Ripened Tomatoes, Avocado,  
Sprouts, Pumpkin Seeds nf*

### SIDES

COMPOSED AUTUMN VEGETABLES 11  
*Varied Preparation gf/nf*

JASMINE RICE 8  
*Coconut Milk gf/nf*

### DESSERTS

CHOCOLATE POMEGRANATE ENTREMET 17  
*Pomegranate Raspberry Mousse, Chocolate Sable, Ganache,  
Cocoa Nib Meringue gf/nf*

DAILY SELECTION OF SORBETS 12  
*Fresh Berries gf/nf*

Executive Chef David Daniels

{ gf - Gluten Free / nf - Nut Free }

These Items are served raw or undercooked. Consuming raw or Undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness especially if you have certain medical conditions. Before placing your order, please inform your server if anyone in your party has a food allergy.

# ROWES WHARF SEA GRILLE

## GLUTEN-FREE SELECTIONS

### CLASSICS FROM ISLAND CREEK

*Oysters and Clams are Nut & Dairy Free*

#### OYSTERS\*

AUNT DOTTY OYSTERS 4.50/EACH  
*Duxbury, MA*

EIDER COVE OYSTERS 4/EACH  
*New Meadows, River, ME*

COUNT NECK CLAMS \* 3/EACH

TOP NECK CLAMS\* 3/EACH

### SMALL PLATES

COASTAL CLAM CHOWDER 15  
*Provincetown Clams, Maine Marble Potatoes nf*

JONAH CRAB FRIED RICE 34  
*Furikake, Togarashi, Hon Dashi Hollandaise nf*

### SANDWICHES

*All sandwiches are made with gluten-free bread*

WAGYU STEAK BURGER\* 33  
*Vermont Brie, Wagyu Blend, Bacon Jam, 500 Island Dressing,  
Mixed Greens nf*

UNTRADITIONAL TURKEY CLUB 25  
*Smoked Turkey, Smoked bacon, Avocado, Vermont Brie, Spicy  
Mayo, Cape Cod Chips nf*

SOMETHING NATURAL 21  
*Open Faced Gluten-Free Toast, Hummus, Vine-Ripened  
Tomatoes, Avocado, Sprouts, Pumpkin Seeds v/df/nf*

### SHELLFISH SMALL PLATES

*Shellfish are Nut & Dairy Free*

MAINE CRAB COCKTAIL\* 25  
*Meyer Lemon Mayo*

JUMBO SHRIMP COCKTAIL \*(3) 22  
*Hot Sauce, Cocktail Sauce, Lemon*

### CREATIVES

BLUE HILL BAY MUSSELS\* 23  
*Red Curry Flavors, Lime, Fried Shallots, Gluten-Free Toast df/nf*

TENDERLOIN STEAK TIPS 37  
*Tenderloin Steak Tips, Autumn Vegetables nf*

AHI TUNA POKÉ\* 33  
*Coconut Scented Jasmine Rice, Pickled Ginger, Seaweed Salad df/nf*

JUMBO SHRIMP COBB SALAD 32  
*Summer Greens, Crispy Bacon, Avocado, Pear Tomatoes, Roquefort nf*

### DESSERTS

CHOCOLATE POMEGRANATE ENTREMENT 17  
*Pomegranate Raspberry Mousse, Chocolate Sable, Ganache,  
Cocoa Nib Meringue v/nf*

PUMPKIN SPICE LATTE BUDINO 17  
*Gingersnap, Vanilla Bean Crèmeux nf*

SNICKERDOODLE MAPLE TART 17  
*Snickerdoodle Sable Breton, Maple Mousse, Cranberry Sorbet nf*

DAILY SELECTION OF ICE CREAM AND SORBETS 12  
*Fresh Berries, Crisp Meringue*

### Executive Chef David Daniels

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*Duxbury, MA*

EIDER COVE OYSTERS 4/EACH  
*New Meadows, River, ME*

COUNT NECK CLAMS \* 3/EACH  
TOP NECK CLAMS\* 3/EACH

#### TINNED FISH

MARISCADORA TUNA BELLY IN BUTTER 24  
MARISCADORA SCALLOPS IN VIERRA SAUCE 18

30G AMERICAN WHITE STURGEON CAVIAR 94  
*Gluten-Free Toast, Crème Fraîche, Chives  
California nf*

### CREATIVES

COASTAL CLAM CHOWDER 15  
*Provincetown Clams, Maine Marble Potatoes nf*

JONAH CRAB FRIED RICE 34  
*Furikake, Togarashi, Hon Dashi Hollandaise nf*

STEAMED 2LB LOBSTER 105  
*Maine Potatoes, Charred Lemon, Autumn Vegetables nf*

### SPECIALTIES

WAGYU FLAT IRON STEAK\* 55  
*Wagyu Flat Iron Steak, Assembly of Autumn Vegetables nf*

WAGYU STEAK BURGER\* 33  
*Vermont Brie, Wagyu Blend, Bacon Jam, 500 Island Dressing,  
Gluten Free Bread nf*

AHI TUNA POKÉ\* 33  
*Coconut Scented Jasmine Rice, Pickled Ginger, Seaweed Salad df/nf*

SCOTTISH SALMON 37  
*Brown Butter Kuri Squash Puree, Maine Coast Sea Bean Slaw nf*

BAKED ATLANTIC HALIBUT 45  
*Chowder Flavors, Torched Corn Two Ways nf*

COASTAL SEAFOOD STEW FOR TWO 120  
*Lobster Tomato Nage, White Fish, Count Necks, Mussels, Shrimp,  
Calamari, Garlic Aioli, Gluten Free Toast nf*

### SHELLFISH SMALL PLATES

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MAINE CRAB COCKTAIL\* 25  
*Meyer Lemon Mayo*

JUMBO SHRIMP COCKTAIL \*(3) 22  
*Hot Sauce, Cocktail Sauce, Lemon*

### SEAFOOD TOWERS

SMALL TOWER\* 78  
*6 Oysters, 2 Topnecks, 2 Countnecks, 2 Jumbo  
Shrimp, Tuna Poke, Hot Sauce, Mignonette,  
Cocktail Sauce, Lemons*

LARGE TOWER\* 184  
*12 Oysters, 6 Topnecks, 4 Countnecks, 4 Jumbo  
Shrimp, Tuna Poke, Crab Salad, Dressed Lobster,  
Matiz Cockles, Hot Sauce, Mignonette, Cocktail  
Sauce, Lemons*

### SMALL PLATES

BLUE HILL BAY MUSSELS\* 23  
*Red Curry Flavors, Lime, Fried Shallots, Gluten-Free Toast df/nf*

AHI TUNA CRUDO\* 26  
*ICO Trout Roe, Jalapeño df/nf*

SALT ROASTED ORGANIC CARROTS 12  
*labneh, Za'atar Powder, Cashews*

### DESSERTS

CHOCOLATE POMEGRANATE ENTREMENT 17  
*Pomegranate Raspberry Mousse, Chocolate Sable, Ganache,  
Cocoa Nib Meringue v/nf*

PUMPKIN SPICE LATTE BUDINO 17  
*Gingersnap, Vanilla Bean Crèmeux nf*

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*Snickerdoodle Sable Breton, Maple Mousse, Cranberry Sorbet nf*

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