

NEW

DOCKSIDE D-LIGHTS

ENTREES UNDER 500 CALORIES***SHRIMP SKEWERS & SESAME NOODLES**

Marinated in a ginger lime sauce, large shrimp neatly arranged on two skewers. Served atop delicious chilled sesame noodles.
\$14.95

***CITRUS CHICKEN WITH ROASTED VEGGIES**

Orange juiced chicken grilled to your liking served over a heaping portion of roasted vegetables.
\$11.99

BAKED EGGPLANT PARMIGIANA

Hand-breaded eggplant lightly baked with our marinara sauce, mozzarella cheese & parmesan. Served with ziti.
\$11.99

VEGETARIAN PANINI

Eggplant and fresh seasonal vegetables melted on whole wheat bread.
\$8.49

VEGETARIAN CURRY & RICE

Delicious combination of chickpeas & chopped nuts served over seasoned brown rice.
\$10.99

From the Nutritionist

D-Lights developed by Beth Allison, MS, RD, LDN of The Nutrition Garden in collaboration with Dockside Head Chef Antonio Perez. In addition to over 8 years of experience in nutrition counseling and education, Beth also teaches nutrition at Framingham State College and offers private counseling. For questions regarding these recipes or for more on healthy options, Beth looks forward to hearing from you at bethallison@comcast.net.

ENTREES (SEAFOOD)

All non-pasta entrees come with a choice of one side: french fries, rice pilaf, baked or mashed potato, or vegetable of the day. Add \$1 for sweet potato fries, lattice fries or onion rings. Add \$1.99 for cup of soup or side salad.

***BAKED HADDOCK**

Highest quality fresh North Atlantic haddock whichever way you prefer. Lightly topped with homemade bread crumbs.
\$12.99
 Stuffed Haddock **\$14.99**
 Haddock w/ Lobster Sauce **\$13.99**

***FRIED SCALLOP PLATE**

A heaping portion of fresh golden fried scallops, served with french fries, onion rings, and cole slaw.
\$14.99

***FISH & CHIPS**

Fresh haddock deep-fried, lightly battered, served with french fries, onion rings, cole slaw, and tartar sauce.
\$11.99

***FRESH NATIVE SEA SCALLOPS**

Baked with our seasoned crumb topping.
\$14.99

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

***FRIED SHRIMP PLATE**

Lightly battered fried shrimp, served with french fries, cole slaw and tartar sauce.
\$13.99

***SEAFOOD TRIO**

A sampling of all of your fried favorites! Golden fried shrimp, haddock and scallops served with french fries, onion rings, and a side of cole slaw.
\$15.99

***BAKED SEAFOOD CASSEROLE**

Sea scallops, shrimp, and haddock baked with seasoned bread crumbs.
\$15.99

PIZZA

	SMALL	LARGE
CHEESE	\$5.99	\$9.29
EXTRA CHEESE	\$7.29	\$10.49
CHICKEN CAESAR	\$7.99	\$12.49
SPINACH ARTICHOKE	\$7.99	\$12.49
BUFFALO CHICKEN	\$7.99	\$12.49
GRILLED CHICKEN	\$7.99	\$12.49

SUNDAY & MONDAY PIZZA SPECIAL

BUY ONE LARGE CHEESE PIZZA & GET A SMALL CHEESE PIZZA FREE
 TOPPINGS EXTRA LIMIT 2 FREE PIZZAS PER ORDER

Pizza Toppings: \$1 Each

Bacon, black olives, broccoli, cheddar cheese, garlic, green peppers, hamburg, jalapenos, mushrooms, onions, pepperoni, roasted red peppers, sliced tomato, sausage