

Appetizers

Blackened Shrimp and Fresh

Mozzarella Napoleon - With grilled tomatoes, and roasted red peppers, stacked on baby field greens and drizzled with Balsamic syrup 11.95

Shrimp Wontons - Pan-seared, house made, shrimp wontons, served with a ginger sake dipping sauce 9.95

Japanese Oyster Cocktail - Served on the 1/2 shell with sesame seaweed salad and a shallot wasabi vinaigrette. 8.95

2 Pound Bowl of Steamers - Local steamers served the traditional way, with drawn butter and natural broth. 15.95

Chicken Fingers - Boneless strips of chicken, breaded and lightly fried, served with Honey mustard sauce. 6.95

Maryland Crab Cakes - Premium lump and claw crab meat, seasoned and pan fried, served with a chive Aioli and grilled pineapple and apple salsa 11.95

Crispy Stir Fried Calamari - Tender calamari flash-fried and tossed with a spicy ginger sake sauce and toasted sesame seeds 12.95

Fried Calamari - Fresh Calamari dusted with seasoned flour and flash-fried, served with Marinara sauce. 12.95

Baked Oysters - Hand shucked Oysters baked with spinach, roasted red peppers, and Gorgonzola cheese. 8.95

Clams on the Half Shell - Little Neck Clams served with cocktail sauce 1/2 Dozen...6.95 Dozen...12.95

Baked Clams - Fresh Little Neck Clams baked with garlic, fresh herbs, and bread crumbs. 1/2 dozen ...7.50 Dozen ...13.50

Mussels - Prince Edward Island mussels, served in a garlic fresh herb and white wine sauce, or a light tomato broth 11.95

Japanese Tuna "Nachos"

Fresh avocado and spicy tuna tartare served on top of crispy rice paper "nachos" tossed with a chipotle ginger aioli and sprinkled with Nori ribbons 11.95

Soups

Rachel's Seafood Chowder

New England-style chowder, made with fresh local clams, Carolina shrimp, and scallops, red potatoes, smoked bacon and corn.

Cup 3.95 Bowl 4.95

Baked 6-Onion Soup

Made with red and white onions, shallots, scallions, chives, and garlic, topped with melted Swiss and Mozzarella cheese. 4.95

Lobster Bisque

Made with fresh lobster, sherry and sweet cream Bowl 8.95

Pasta

Pastas served with choice of soup or salad

Shrimp and Asparagus - Jumbo Shrimp, asparagus, and wild mushrooms, tossed in a roasted red pepper lobster sauce, finished with fresh cream and tossed with Penne. 20.95

Crispy Calamari and Mussels - Prince Edward Island Mussels sautéed in a roasted garlic Pomodoro sauce served over linguine and topped with flash-fried calamari. 20.95

Blackened Chicken and Shrimp Gorgonzola - Blackened chicken and sautéed Carolina shrimp, mixed with fresh spinach, roasted red peppers and mushrooms, tossed with bowtie pasta and sauced with a fresh basil gorgonzola cream. 20.95

Chicken and Penne - Sautéed with extra virgin olive oil, sun-dried tomatoes, pine nuts and fresh spinach in a lemon Chardonnay sauce over penne 17.95

Napa Valley Sautéed Shrimp Pasta - Ecuadorian shrimp, sautéed in extra virgin olive oil with sweet roasted garlic, fresh baby spinach, sun-dried tomatoes, and pine nuts finished with Napa Valley Chardonnay and topped with crumbled goat cheese. 19.95

Shrimp and Bowtie Pasta Ala Vodka - Carolina shrimp sautéed with garlic and shallots, de glazed with Vodka, and finished with a plum tomato cream sauce. 18.95

\$3.00 sharing charge will be added to entrées, pastas or salads



Fresh Fish Selections

All fish are filleted and can be prepared with one of our preparation suggestions listed below or plain grilled, broiled or oven roasted with seasoned bread crumbs.

Canada, North Atlantic Salmon - 24.95

Connecticut, Sea Scallops - 24.95

Panama, White Shrimp - 21.95

Long Island, Flounder - 23.95

Tilapia - 23.95

New England, Codfish - 23.95

Gulfstream Mahi Mahi

24.95

Preparation Suggestions

Pan Seared - Topped with a fresh mozzarella, pine nut and tomato salsa over a creamy artichoke risotto and drizzled with balsamic glaze.

Blackened - Louisiana rubbed and charred, served with a spicy crawfish and tomato Creole cream over pecan scallion rice.

Oriental Grilled - Spicy sesame chili grilled, served over a warm shitake noodle salad and topped with crispy shrimp coriander wontons.

Feta Oreganata Crust - Topped with seasoned bread crumbs and Feta cheese, served over sautéed spinach drizzled with lemon basil olive oil

Sautéed

With Carolina shrimp, plum tomato and capers, sauced with fresh roasted garlic, Pinot Grigio and olive oil, served over fresh herb couscous.

Entrées

served with choice of soup or salad

Alaskan King Crab Legs

One pound of crab legs served over lobster spinach whipped potatoes with grilled corn on the cob and drawn butter 35.95

Sautéed Chicken

Boneless breast of chicken, sautéed with prosciutto, wild mushroom and plum tomato topped with Italian Fontina cheese and a California Chardonnay demi glace over sautéed spinach. 19.95

Seafood Risotto

Maine lobster, little neck clams, shrimp, and sea scallops, sautéed in garlic and white wine, tossed with Arborio rice, plum tomato, and fresh Arugula. 24.95

Grilled New York Shell Steak

Classic New York Steak seasoned with Rachel's house made steak rub and grilled on an open flame, served with mashed red potatoes. 24.95

Broiled Seafood Platter

Stuffed shrimp, fresh filet, Atlantic sea scallops, baked clam, and baked oyster, topped with seasoned bread crumbs and broiled with sweet roasted garlic, fresh herbs and olive oil. 25.95

1 lb. Roumanian Skirt Steak

Marinated Roumanian Skirt steak served with garlic sautéed spinach and mashed red potatoes. 24.95

Chili Seared Ahi Tuna

Ahi Tuna seasoned with Rachel's Japanese Chili Rub, (served rare unless requested otherwise), over marinated seaweed salad with an orange ginger glaze and Wasabi drizzle, served with wasabi potato spring roll 25.95

2 lb Maine Lobster

Served broiled or steamed with fresh corn on the cob and drawn butter. Market price With Blue Crab stuffing Add 5.50

Stuffed Long Island Flounder

With a blue crab and asparagus dressing, sauced with a lobster peppercorn cream and served over a tomato scallion pilaf. 24.95

Blackened NY Shell Steak

Spicy charred, topped with a gorgonzola Dijon cream and served over spicy scallion mashed potatoes. 26.95

Crab and Corn Crusted Mahi Mahi

Roasted Mahi Mahi topped with a sweet corn, red pepper and blue crab crust served over crispy plantains drizzled with a roasted red pepper coulis 24.95

Hoisin Barbequed Salmon

Grilled Salmon brushed with a oriental hoisin barbeque sauce, served over shrimp vegetable fried rice, and topped with crispy leeks. 24.95

Sandwiches and Hamburgers

*Sandwiches and hamburgers are served with pickle, Cole slaw and French fries or salad.
All Hamburgers are one 1/2 pound of fresh choice sirloin.*

Grilled Vegetable Wrap - Fresh zucchini squash, eggplant, roasted red peppers, Portobello mushrooms, Arugula and red onion, brushed with a Balsamic glaze and grilled. Wrapped in a soft flour tortilla with Goat cheese. 9.95

Grilled Chicken Sandwich - Grilled Chicken cutlet brushed with a Balsamic glaze, served on a fresh baked Rustic roll with leaf lettuce, roasted red peppers, tomato and fresh Mozzarella cheese. 10.95

Sesame Shrimp Wrap - Crisp sesame coated Gulf Shrimp, tempura battered and fried, wrapped in a flour tortilla with mixed greens, tomato, cucumber, and red onion tossed with an Oriental-style dressing. 12.95

Marinated Skirt Steak Sandwich - Roumanian-marinated Skirt steak grilled and sliced served on toasted panini bread with melted Mozzarella cheese. 13.95

Hamburger - 8.95

With choice of Jack, American, Mozzarella, Cheddar 50

Sautéed onions, mushrooms, or peppers (any combination) 75

Bacon 1.00

Sesame Grilled Salmon Wrap - Grilled north Atlantic salmon with marinated seaweed salad, sliced avocado, cucumber, and wasabi mayo wrapped in a flour tortilla 13.95

Cuban Sandwich - Miami style grilled sandwich with smoked Ham, roast pork, pickles, and Swiss cheese, pressed between two pieces of grilled garlic bread. NOW AVAILABLE LOW CARB PRESSED IN A TOMATO TORTILLA 8.95

Lo Carb Hamburger Wrap - 9.95 Wrapped in a tomato tortilla with Dijon mustard, cheese, lettuce and tomato served with sautéed spinach.

Salads

Caesar Salad - Crisp Romaine lettuce tossed with Caesar dressing 8.95

With grilled chicken 12.95 With grilled shrimp 15.95

Grilled Chicken Salad - Wood-grilled chicken breast served over mixed greens with dried cherries, tossed with a Raspberry vinaigrette, and sprinkled with Gorgonzola cheese and toasted Almonds. 12.95

Grilled Shrimp Salad - Frizzled sweet potatoes, Gulf shrimp, toasted pecans, Vermont Cheddar, and grilled Granny Smith apples, with a maple mustard Balsamic vinaigrette 15.95

Grilled Salmon - Atlantic salmon grilled with fresh herbs and served over mixed greens with artichoke hearts, black olives, tomatoes, and red onion tossed with Honey mustard dressing. 14.95

Sesame Ahi Tuna Salad - Sesame seared tuna, served rare over mixed greens with cucumber, tomato, roasted wasabi peas and grilled pineapple salsa. 16.95

House Salad - Mixed greens, red onion, cucumber, and tomato. 3.50

Planning a party at your home or office ?

Rachels is the right choice for you !

Ask your server for our catering menu.

18% gratuity may be added to parties of 6 or more

Due to increased processing fees, cash tips on credit cards would be appreciated