

Appetizers

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

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

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

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

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

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

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

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

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

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

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

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

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

Baked 6-Onion Soup

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

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

Lobster Bisque

Made with fresh lobster, sherry and sweet cream Bowl 8.95

Entrées

Entrées served with choice of soup or salad

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. 13.95

Fish and Chips - Beer battered filet, fried golden brown, served with fries and tartar sauce. 15.95

Broiled Seafood Platter - Scallops, Carolina Rock shrimp, fresh filet, baked clam, and baked oyster, topped with seasoned bread crumbs and broiled with sweet roasted garlic, fresh herbs and olive oil. 17.95

New England Codfish - Baked filet topped with seasoned bread crumbs, fresh herbs, white wine, lemon, and Worcestershire sauce, served with rice and vegetables. 16.95

Stuffed Long Island Flounder - With a blue crab and asparagus dressing, sauced with a lobster peppercorn cream and served over a tomato scallion pilaf. 15.95

North Atlantic Salmon - Farm raised salmon over wilted Arugula salad, topped with a fresh mozzarella pine nut and tomato salsa, drizzled with a basil balsamic syrup 15.95

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. 16.95

Chicken and Penne - Sautéed with extra virgin olive oil, sun-dried tomatoes, pine nuts and fresh spinach in a lemon Chardonnay sauce over penne 13.95

\$3.00 charge will be added to shared entrées or salads served as entrées

Salads

Sesame Ahi Tuna Salad - Sesame seared tuna, served rare over mixed greens with cucumber, tomato, roasted wasabi peas and grilled pineapple salsa. 13.95

Crispy Shrimp and Spinach - Fresh baby spinach, with chopped egg, sliced mushrooms, diced tomato, and red onion, topped with crispy shrimp, and served with a classic warm bacon vinaigrette. 12.95

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. 9.95

Grilled Shrimp Salad - Frizzled sweet potatoes, Gulf shrimp, toasted pecans, Vermont Cheddar, and grilled Granny Smith apples, with a maple mustard Balsamic vinaigrette 13.95

Chicken Gorgonzola - Herb-grilled boneless breast of chicken, Gorgonzola cheese, pecans, and pears, tossed in a Balsamic Vinaigrette over baby field greens. 9.95

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. 11.95

Caesar Salad - Crisp Romaine lettuce tossed with Caesar dressing 7.95
With grilled chicken 9.95 With grilled shrimp 12.95

Choice of House made Dressings: Balsamic vinaigrette, Raspberry vinaigrette,
Blue cheese, Russian, Creamy garlic, and Honey mustard.

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.

Hamburger - 8.95

With choice of Jack, American, Mozzarella, or Cheddar .50

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

Bacon 1.00

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. 9.95

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. 8.95

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. 11.95

Grilled Mediterranean Shrimp Wrap - Grilled Shrimp romaine, olives, Feta, artichoke hearts, tomato, red onion, roasted red peppers and cucumber with red wine vinaigrette 11.95

Wrapped Turkey - Turkey breast, lettuce, tomato, fresh Mozzarella cheese, and Honey Mustard dressing, wrapped in a flour tortilla. 7.95

Buffalo Chicken Sandwich - Fried chicken cutlet topped with Cheddar cheese, Blue cheese dressing, crispy bacon, and Louisiana hot sauce, served on a Rustic roll. 8.95

Grilled Portobello Mushroom Sandwich - Balsamic grilled Portobello mushrooms, Arugula, fresh mozzarella and grilled beefsteak tomatoes served on a rustic roll with sun-dried tomato pesto 7.95

Marinated Skirt Steak Sandwich - Roumanian-marinated Skirt steak grilled and sliced served on toasted panini bread with melted Mozzarella cheese. 12.95

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

Sesame Grilled Salmon Wrap - Grilled north Atlantic salmon with marinated seaweed salad, sliced avocado, cucumber, and wasabi mayo wrapped in a flour tortilla 11.95

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

Rachel's Gourmet Clubs

Barbecued Shrimp Club - Gulf shrimp brushed with a honey maple barbecue sauce, served with apple smoked bacon, beefsteak tomato and baby greens 11.95

Maryland Crab Cake Club - Crispy Maryland crab cake, with apple smoked bacon, grilled tomato, Arugula and lemon chive aioli 10.95

Blackened Chicken Club - With apple wood smoked bacon, fresh spinach, roasted red pepper and barbecue aioli 9.95