## Tapas

**LOCAL OYSTERS** 3.75 each
Served with Blueberry Champagne Mignonette sauce

**FRIED OYSTERS** 4 each
Fresh shucked Damariscotta oysters are dusted with Old Bay and deep-fried, served with lemon parsley crème fraîche and topped with fried leeks

**JAMAICAN STYLE MUSSELS** 18
Jamaican curry, sweet potatoes, onions, peppers, tomatoes, Yukon gold potatoes, green onions, and coconut milk

**LOBSTER CORN CAKES**
Fried lobster tail, g ridge seared corn cakes, and parsley lemon crème fraîche

**SHRIMP & GRITS**
Large shrimp, bacon, peppers, garlic, scallions, white wine. Cajun seasoning, Gruyère cheese grits

**SUNRISE PORK BELLY TACOS** 18
A flour tortilla is stuffed with fresh fried pork belly and potato hash, served topped with an over easy egg and jalapeño parsley sauce

**HONEY CHIPOTLE SHRIMP TACOS** 15
Seared shrimp tossed in habanero hot honey, served in a grilled flour tortilla with cilantro lime slaw, chipotle cream and queso fresco cheese

**CAULIFLOWER FRITTERS** 12
Pan-seared cauliflower fritters served with parsley lemon crème fraîche

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## Soups & Salads

**NEW ENGLAND CLAM CHOWDER** cup 10 | bowl 15
Potatoes, onions, carrots, celery, bacon, chopped clams, clam juice, heavy cream, Gluten-free flour

**THAI STYLE LOBSTER BISQUE** cup 12 | bowl 18
Lobster, homemade lobster stock, green curry, sweet potatoes, coconut milk, cilantro, lemon grass ginger, and heavy cream

**GARDEN**
Mixed greens, tomatoes, carrots, cucumber, red onion, peppers and balsamic vinaigrette

**BISTRO CAESAR**
Chopped Romaine tossed in Caesar dressing, with croutons and Parmesan cheese, finished topped with white anchovies

**ARUGULA SALAD** 15
Arugula, roasted peanuts, goat cheese, toasted almonds and balsamic dressing

**SPINACH SALAD** 16
Fresh baby spinach, blueberries, apple slices, walnuts, blue cheese crumbles and balsamic dressing

**ICEBERG SALAD** 14
Iceberg lettuce, roasted corn, bacon bits, cherry tomatoes and cucumber, and cotija cheese served with sesame ginger dressing

**PORK BELLY & SPINACH SALAD** 22
Hoina tossed fried pork belly, bacon, spinach, cherry tomatoes, papaya slaw and sesame ginger dressing

**ICEBERG & SHRIMP** 26
Iceberg lettuce, mizoz grilled shrimp, pineapple salsa, cucumber, cherry tomatoes, shredded carrots and sesame ginger dressing

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## Sandwiches

**HADDOCK SANDWICH** 18
Served deep-fried or blackened on a grilled challah bun with chipotle mayonnaise

**CATCH SANDWICH**
Our Catch of the Day grilled or blackened, served on a grilled challah bun with chipotle mayonnaise

**BISTRO LOBSTER MELT**
Lobster meat tossed in roasted tomato basil mayonnaise served open face atop grilled ciabatta bread with fresh mozzarella, finished with a balsamic infused extra virgin olive oil

**BISTRO STEAK & CHEESE**
Shaved steak, caramelized onions, fried jalapeños and cheddar cheese served on grilled ciabatta with chipotle mayo

**ITALIAN VEGETABLE SANDWICH**
Fresh mozzarella, tomato, arugula and pesto sauce served on grilled ciabatta

**TOFU SANDWICH** 17
Deep-fried firm tofu, hot habanero infused honey, arugula and tomato served on grilled ciabatta

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## Griller's

**A Bistro Original**
A grilled flatbread served folded and stuffed in one of the following styles, served with Bistro’s grill sauce (savory onion herb aioli) unless otherwise noted.

**HADDOCK GRILLER**
Blackened, deep-fried or grilled haddock, grill sauce

**TURKEY GRILLER**
Sautéd ground turkey, BBQ sauce, goat cheese, bacon and fried tomato

**CHICKEN GRILLER**
Chicken, sharp cheddar and grill sauce

**PORK GRILLER**
Seared Mexican spice pork tenderloin, caramelized onions, cheddar cheese and sweet and spicy jalapeño sauce

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## Burgers

**STEAK HOUSE BURGER** 15
Fame-grilled 8 oz. burger patty served on a grilled challah bun

**TURKEY BURGER** 15
Eame-grilled lean ground turkey patty served on a grilled challah bun

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## Grilled or Blackened

**Salad Toppers for an additional charge**

- Chicken | 10
- Haddock | 14
- Shrimp | 15
- Scallops | 18

- Halibut | 20
- Bluefin Tuna | 20
- Salmon | 15
- Smoked Salmon | 14

- Smoked Only

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## Vegetarian & Vegan Options

- Gluten-Free
- Vegetarian
- Vegan
- EVOO Extra Virgin Olive Oil

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*Consuming raw or undercooked meats, poultry, fish, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.*
### Risotto

**CHEF KARIN’S FAMOUS CHEESY RISOTTOS** Topped with the following creations!

<table>
<thead>
<tr>
<th>Risotto</th>
<th>Market</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEAFOOD RISOTTO</strong></td>
<td>45</td>
</tr>
<tr>
<td>Sautéed lobster, shrimp, scallops, garlic, and shallots, and flash fried basil leaf</td>
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<tr>
<td><strong>LOBSTER RISOTTO</strong></td>
<td>36</td>
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<tr>
<td>Truffled lobster tail, crispy prosciutto, caramelized onions, and flash fried basil leaf</td>
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<tr>
<td><strong>SCALLOP RISOTTO</strong></td>
<td>30</td>
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<tr>
<td>Pan-seared scallops, flash fried baby spinach and balsamic bacon jam</td>
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<tr>
<td><strong>SPICY SHRIMP RISOTTO</strong></td>
<td>28</td>
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<tr>
<td>Blackened shrimp and Mexican street corn salad, roasted corn, cilantro, lime, jalapeños, mayonnaise, cotija cheese, scallions and chili powder</td>
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<tr>
<td><strong>HADDOCK RISOTTO</strong></td>
<td>30</td>
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<tr>
<td>Pan-seared haddock, roasted asparagus and tomatoes, finished with parsley crème fraiche</td>
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<tr>
<td><strong>SMOKED SALMON RISOTTO</strong></td>
<td>26</td>
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<tr>
<td>Smoked salmon and cucumber snow pea citrus salad</td>
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<tr>
<td><strong>CHICKEN PARMESANE RISOTTO</strong></td>
<td>28</td>
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<tr>
<td>Grilled chicken breast, roasted heirloom tomatoes, basil, mozzarella, parmesan cheese and a balsamic drizzle</td>
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<tr>
<td><strong>PORK RISOTTO</strong></td>
<td>26</td>
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<tr>
<td>Maple glazed grilled pork tenderloin and herbed mushrooms</td>
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<tr>
<td><strong>FILET RISOTTO</strong></td>
<td>26</td>
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<tr>
<td>Tuscan spiced and flame grilled 6 oz. filet mignon of beef, truffled mushrooms, blue cheese crumbles and caramelized onions</td>
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<tr>
<td><strong>TOFU RISOTTO</strong></td>
<td>26</td>
</tr>
<tr>
<td>Seared tofu and mushrooms tossed in Hoisin sauce, crowned with sesame oil seared Bok Choy</td>
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<tr>
<td><strong>VEGETABLE RISOTTO</strong></td>
<td>26</td>
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<tr>
<td>Roasted asparagus and heirloom tomatoes, flash fried basil leaf, and a dollop of mascarpone cheese</td>
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</tbody>
</table>

### From the Sea

**MAINE LOBSTER** A 1½ lb. Steamed Maine Lobster

**BAKED STUFFED LOBSTER TAIL** A large Maine lobster tail stuffed with mushrooms, spinach and grayere cheese, finished with cognac cream

**COCONUT HALIBUT** Pan-seared halibut, coconut curry sauce, coconut and sautéed spinach

**SHRIMP & GRITS** Blackened shrimp, creamy cheesy bacon grits and Mexican Street corn salad

**CAJUN SALMON & BLISTERED TOMATOES** Cajun spiced grilled salmon, cheesy grits, sweet and spicy jalapeño sauce, and blistered cherry tomatoes

**SCALLOP PASTA** Pan-seared scallops, garlic, onions, oven-roasted tomatoes, spinach, basil, red pepper flakes and extra virgin olive oil, served over the pasta of the day

**HONEY BUTTER SCALLOPS** Blackened scallop are drizzled with honey butter, served with crispy polenta

**SPICE KOREAN STYLE SEAFOOD STEW** Lobster, shrimp, scallops, haddock, mussels are all simmered in a Korean style broth, (kimchi, confit, garlic, onions, tomato, fish sauce and chili pepper), served over Lo Mein noodles

**MISO BLUEFIN TUNA** Flame grilled rare bluefin tuna is served in a pool of miso sauce, (miso paste, sesame oil, tomato, honey, garlic and sriracha sauce), served with coconut rice and sesame seared Bok Choy

**FRIED HADDOCK, SCALLOPS OR SHRIMP** Choose one of the following Maine favorites, served with coleslaw and fries:
- HADDOCK (24)
- SCALLOPS (33)
- SHRIMP (27)

### From the Land

**TUSCAN NY STRIP STEAK** 12 oz. Tuscan spiced NY strip steak is flame grilled and topped with grated asparagus, red wine braised heirloom tomatoes and balsamic bacon jam

**JAMAICAN FILET OF BEEF** 6 oz. flame grilled Jamaican spiced filet mignon, (ginger, garlic and chili powder, ground coriander and salt and pepper), served in a pool of tamarind rum demi-glace and crowned with crystallized ginger

**CARRIBEAN CHICKEN BREAST** Caribbean spiced grilled chicken breast, topped with a tamari sriracha brown sugar glaze and pineapple salsa, served with coconut rice

**DUCK CONFIT & POLENTA** Cheesy pan-seared polenta, duck confit, roasted mushrooms, crumbled goat cheese and a red wine reduction, served crowned with a fried quail egg

**POKÉ PASTA** Grilled pork tenderloin served atop pasta of the day with roasted garlic spinach Alfredo sauce

**POKÉ BELLHY HASH** Pan-roasted pork belly served atop crispy potato hash and blueberry port wine demi-glace

### Vegan & Vegetarian

**TOFU STIR-FRY** Firm tofu, Bok Choy, carrots and snow peas are stir fried in Asian stir fry sauce, (tamari, ginger, garlic, scallion, cilantro, red pepper flakes, vegetable stock and sesame oil), and served over Lo Mein noodles

**KUNG PAO CAULIFLOWER** Roasted cauliflower florets tossed in Kung Pao sauce, (tomato and hoisin sauces, sherry vinegar, sesame oil, brown sugar, corn starch, garlic, ginger and chilli), served atop rice of the day

**POLENTA & VEGETABLES** Seared cheesy polenta, roasted heirloom tomatoes, grilled asparagus, basil and mozzarella served on a bed of wilted spinach with basil infused extra virgin olive oil, aged balsamic vinegar and parmesan cheese

**MISO TOFU** Pan-seared firm tofu, sweet potatoes, snow peas, peppers and onions are tossed in Miso sauce, (miso, mirin, ginger, agave and garlic), served over rice

**MUSHROOM PASTA** Pan-roasted mushrooms, tarragon and goat cheese Alfredo sauce served over pasta of the day

**COCONUT TOFU RICE BOWL** Crispy fried tofu tossed in a sweet and spicy chilli sauce with snow peas, carrots, onions, peppers and Bok Choy, served over coconut rice

**TOFU LO MEIN** Firm tofu, peppers, onions, carrots, snow peas and Bok Choy are stir fried in Lo Mein sauce (sesame oil, tomato, rice wine vinegar, mirin, red pepper flakes, cilantro, and garlic powder) and served tossed with Lo Mein Noodles

### Surf & Turf

**ASIAN STEAK & LOBSTER TAIL** A 6 oz. grilled filet mignon of beef served with a tempura battered and deep-fried lobster tail. Served with Asian steak sauce, (tamari, sake, mirin, butter, ginger and shallots), coconut lime dipping sauce, sweet potato wedges and vegetable of the day

**PORK & SCALLOPS** Grilled pork tenderloin, pan-fried scallops and cheesy polenta, sautéed spinach and onions, served with a carrot coulis

### Sides

**FRENCH FRIES**

**SWEET POTATO FRIES**

**VEGETABLE, RICE, POTATO OF THE DAY**