

SUNDAY, APRIL 22, 2018

FISH BONES

34 Central Sq. Chelmsford, MA 01824

Tel: 978-250-0101

www.fishbonesofchelmsford.com

RAW BAR

OYSTERS:

BLUEPOINT - CT 2.50 EACH

DUXBURY - MA 2.50 EACH

BLACKPOINT - PEI 2.50 EACH

CHERRYSTONES 2.00 EACH

JUMBO SHRIMP COCKTAIL 3.00 EACH

APPETIZER

BUFFALO SHRIMP

baby shrimp tossed in a mango buffalo sauce with pineapple salsa 10.99

FISHBONES BONELESS TENDERS

all natural chicken in our secret spice blend fried crispy and tossed in a choice of sweet brown sugar, mango buffalo sauce or plain 11.99

CRAB CAKE

house made maryland-style crab cake served with our dijon remoulade 8.99 each

TRUFFLE CHIPS

fresh hot potato chips dusted with truffle salt 4.99

FRIED OYSTER BASKET

maryland's chesapeake bay oysters 15.99 (shell particles may be encountered in this item)

ONION RINGS

hand cut onion rings, fried crisp and golden 7.99

PEI MUSSELS

icy blue mussels sautéed with fennel, tomato, scallions and narragansett lager served with garlic ciabatta crostini 12.99

CALAMARI BASKET

rhode island's point judith calamari, deep-fried to golden brown, with a side of our spicy chipotle sauce 8.99

MAINE STEAMERS

cleansed inside and out in pure maine seawater for 48 hours, then tested for quality. served with clam broth and drawn butter 16.99

BACON WRAPPED SEA SCALLOPS

crispy sea scallops wrapped with bacon, accented with local maple syrup 14.99

FRENCH ONION

CUP 4.99 BOWL 7.99

NEW ENGLAND CLAM CHOWDER

cup 4.99 bowl 7.99

*contains bacon

FRIED, GRILLED, BROILED, BAKED, BLACKENED, PAN SEARED

fried - fish is lightly battered with egg wash and clam fry

grilled - fish is grilled with olive oil (healthy choice)

broiled - fish is brushed with butter and seasoned

with a fine bread crumb seasoning

baked - fish is topped with house made breadcrumbs

and drizzled with butter

seared - fish is sautéed, seasoned with salt and pepper

blackened - fish is cajun seasoned, seared to create a dark crust

***BLOCK ISLAND SWORDFISH STEAK 21.99**

◇DAY BOAT HADDOCK 19.99

***NORWEGIAN SALMON 19.99**

GEORGES BANKS SEA SCALLOPS 24.99

***IDAHO RAINBOW TROUT 16.99**

JUMBO SHRIMP 21.99

FAROE ISLAND SALMON 21.99

HALIBUT 29.99

GROUPE 29.99

◇can not be grilled *can not be fried

add a side of lemon beurre blanc, brown sugar glaze or chipotle marinara

fried food products are deep fried in a trans fat free soy bean oil

SPECIALS

SWORDFISH

grilled swordfish steak over loaded mashed potatoes, barbeque onions with andouille sausage topped with a micro radish garnish 25.99

HALIBUT

oven roasted halibut served with five cheese tortellini tossed with slow roasted tomatoes in a basil pesto, accented with a balsamic reduction 35.99

PANKO TUNA

panko flash fried rare tuna, served with asparagus and asian inspired slaw, topped with a sesame ginger sauce 28.99

FISHBONES FAVORITES

FAROE ISLAND SALMON

fennel crusted faroe island salmon over mushroom and spring vegetable risotto topped with parmesan kale chips 26.99

OCTOPUS

braised octopus marinated in a sesame chili aioli, served with roasted fingerling potatoes and an arugula micro salad with a lemon vinaigrette 27.99

BAKED STUFFED SHRIMP

four jumbo shrimp baked golden brown with maryland crab meat stuffing, served with choice of two side dishes and a side of lemon beurre blanc 23.99

MYERS SWORDFISH

blackened with myers pineapple salsa, choice of two side dishes 24.99

FRIED NEW ENGLAND FISHERMAN'S PLATTER

sea scallops, jumbo shrimp, clams, haddock french fries, onion rings and cole slaw 27.99

FRIED WHOLE BELLY CLAMS

ipswich whole belly clams served with choice of two side dishes 23.99 (shell particles may be encountered in this item)

MIXED SEAFOOD GRILL

grilled swordfish tips, salmon filet and two jumbo shrimp served over a bed of rice with roasted assorted vegetables 19.99

SEAFOOD CASSEROLE

marinated shrimp, scallops and haddock baked with house breadcrumbs topping, served with choice of two side dishes 23.99

SEAFOOD SAUTE

sea scallops, jumbo shrimp and fresh lobster meat sautéed in olive oil with tomatoes and scallions, finished with garlic butter and fresh fettuccine 27.99

SESAME TUNA STEAK

marinated yellow fin tuna steak, coated in sesame seeds and grilled to desired temperature, served with seaweed salad, soy sauce, pickled ginger, wasabi and choice of one side dish 27.99

SEAFOOD MEDITERRANEAN

jumbo shrimp, sea scallops and fresh lobster meat sautéed with olive oil, roasted red peppers, kalamata olives, marinated artichokes, and feta cheese, tossed and finished with garlic butter and fresh fettuccine 30.99

BAKED CHICKEN BREAST

baked chicken breast topped with herb bread crumbs, with a choice of two sides 17.99

SIDE DISHES:

***SAUTEED SEASONAL GREENS 5.99**

MASHED POTATOES 3.99

DAILY RICE 3.99

FRENCH FRIES 3.99

COLE SLAW 3.99

SWEET POTATO FRIES 3.99

BAKED POTATO 3.99

DAILY VEGETABLE 3.99

MASHED BUTTERNUT SQUASH 3.99

* \$2 up charge when ordered as a side dish with an entree

SALADS

*BEET SALAD

arugula dressed with honey balsamic topped with roasted beets, avocado, dried cranberries, toasted walnuts and goat cheese 10.99

*ICEBERG WEDGE

iceberg, slow roasted tomatoes, crispy bacon, bleu cheese crumbles, horseradish mustard vinaigrette 10.99

*STRAWBERRY FIELDS

field greens, sliced strawberries, walnuts, goat cheese tossed in honey dijon vinaigrette 10.99

*CLASSIC CAESAR SALAD

romaine hearts, shaved parmesan, house made croutons and creamy caesar dressing 8.99

*TUSCAN SALAD

roasted red peppers, marinated artichoke hearts, tomatoes, and pitted kalamata olives tossed with lemon basil dressing served over a bed of mixed greens 10.99

*SPRING SALAD

kale, fennel, dried cranberries, slivered almonds, watermelon raddish and feta cheese tossed in a blood orange vinaigrette 10.99

*can be ordered with:

grilled shrimp add 15.00 salmon add 15.00

grilled scallops add 19.00 haddock add 15.00

grilled chicken add 8.00 crab cake add 9.00

swordfish add 17.00

bacon wrapped scallops add 13.00

LOBSTERS

LOBSTER RISOTTO

freshly shucked lobster meat, house made creamy risotto, scallions and tomatoes 29.99

LOBSTER ROLL

freshly shucked lobster meat lightly tossed with mayonnaise and fresh lemon juice served on a toasted roll, with choice of two side dishes 23.99

(shell particles may be encountered in this item)

STEAMED LOBSTER

served with choice of two side dishes 1.25 lb. 27.99

LAZYMAN LOBSTER

freshly shucked 1.25 lb lobster baked with drawn butter and breadcrumbs, served with choice of two side dishes 28.99

KING CRAB LEGS, ALASKA'S DEADLIEST CATCH

1 lb. of jumbo red alaskan king crab legs, steamed and served with drawn butter and choice of two side dishes 42.99

BEEF

CREEKSTONE FARMS BLACK ANGUS FILET MIGNON

8 oz. tenderloin cut grilled to desired temperature, served with garlic butter and choice of two side dishes 29.99

SURF & TURF

8 oz. tenderloin cut grilled to desired temperature served with garlic butter and choice of two side dishes with a crab cake 36.99

with two baked stuffed shrimp 36.99

with a crab cake and baked stuffed shrimp 45.99

GREATER OMAHA BLACK ANGUS BURGER

10 oz. fresh ground black angus beef cooked to desired temperature, served on a toasted ciabatta roll with lettuce, tomato, pickles, and choice of two side dishes 11.99 additional 1.00 for bacon and 1.00 for cheese

our seafood selections are sourced locally from boston and gloucester by our buyer and brought in on our own truck.

before placing your order, please inform your server if a person in your party has a food allergy

all of our fish, shellfish, poultry and beef products are purchased from suppliers who carefully inspect each shipment for quality and safety. certain individuals, however could be at risk from consuming uncooked or undercooked food products. we pride ourselves on the purchase and preparation of the best quality seafood, poultry and beef available.