

Welcome to the Market St. Grille

SOUPS

Clam Chowder

Cup \$2.35 Bowl \$3.50

Soup of the Day

Cup \$1.95 Bowl \$2.50

French Onion Soup au fromage

Crock \$2.95

SALADS

Garden Salad - with choice of dressings

Small \$1.95 Large \$2.95

Caesar Salad

Small \$2.95 Large \$4.95

with Grilled Chicken or Poached Shrimp

Small \$3.95 Large \$5.95

Greek Salad

Small \$3.95 Large \$5.25

Seasonal Fruit Salad with Light Cottage Cheese

\$4.25

Chef's Salad with Assorted Deli Meats and Cheeses

choice of dressing

\$4.95

Vegetable & Cheese Tortellini Salad

with Grilled Chicken or Poached Shrimp

\$5.25

Cobb Salad with Chicken, Bacon, Egg & Blue Cheese

choice of dressing

\$4.95

Mexicalli Salad in a Flour Tortilla Bowl

with tomatoes, grilled chicken, olives, Jalapeno

salsa, guacamole and sour cream

\$5.95

SANDWICHES

New England Lobster Roll \$7.95

fresh Maine Lobster Meat on a Grilled Kaiser Roll

Classic Reuben Sandwich \$4.50

shaved Corned Beef and Sauerkraut with Swiss on Rye

Regency Club Sandwich \$4.50

fresh roast Turkey with maple bacon, lettuce and tomato

Grilled Lean Hamburger

with choice of toppings \$ 3.95 with cheese \$ 4.25

Grilled Cajun Chicken \$4.50

grilled breast of chicken with spicy herbs and sour cream

Fresh Maine Crab and Provolone Melt \$6.25

Philly Steak and Cheese \$5.50

shaved steak grilled with onion and mushrooms on crusty sub roll

Chef's Soup and Sandwich of the Day \$ 4.95

ENTREES

Our Chef's Fresh Catch of the Day

served with Florida Bay Rice and fresh vegetables

Regency Crab Cakes Remoulade \$5.95

with sweet Maine crabmeat and tarragon garlic dressing

Beer Batter Fried Fish and Chips \$5.95

fresh Haddock lightly fried with hand-cut fries and remoulade sauce

Stir Fry of Beef Shitaki \$6.75

tenderloin stir-fried with shitaki mushrooms and snow peas

Fresh Vegetable Linguini Primavera \$ 6.95

Fresh Linguini and Proscutto Ham Carbonata \$ 6.95

served in a light alfredo sauce

Grilled Breast of Chicken Florentine Crostini \$ 7.25

fresh chicken breast with spinach, light cream and grilled croissant

Coffees

Cappucino \$ 3.50

Espresso \$ 2.95

*Italian: Amaretto Di Sarrano
\$ 4.75*

*Jamaican: Tia Maria, Myers
\$ 4.75*

*Spanish: Kahula, Brandy
\$ 4.75*

*Nutty Irish: Baileys, Frangelico
\$ 4.75*

Desserts

Cloud Nine \$ 3.95

Delice de la Cote Basque \$ 4.75

*Deep Fried Mexican Ice Cream with Kahula
\$ 4.75*

*New York Raspberry Cheese Cake with a 3
Fruit Sauce \$ 4.75*

*German Chocolate Torte with Fresh Chocolate
Sauce and Cream \$ 4.25*

*New England Carrot Cake with Cream Cheese
Icing \$ 3.50*

Strawberries Romanoff \$ 4.75

Ben and Jerry's Ice Cream \$ 2.50

APPETIZERS

Escargot en Croute Vin Blanc

\$5.95

Baked Baby Brie with Fresh Fruit
and Bayer Crisp

\$4.95

Jumbo Shrimp Cocktail

\$6.95

Baked Mushroom Caps with Stilton
Cheese and Filberts

\$4.95

Fresh Vegetable Fettucine Estiva

\$5.95

Ducktrap Smoked Atlantic Salmon
with Bagel Crackers

\$7.95

SOUPS

Fresh New England Clam Chowder

\$2.75

Black Walnut and Chourico Bisque

\$3.75

Deep Sea Scallop Corn Chowder

\$3.95

All Entrees Served with Fresh Garden Mixed Greens or Traditional
Greek Salad

ENTREES

Roast Long Island Duckling with Maine Wildberry Sauce \$18.95
crisp roasted half duck with a sauce of raspberry, blueberry and blackberry

Char-Grilled Supreme Black Angus Sirloin \$20.95
the finest cut of sirloin known served with roasted peppers

Filet Mignon Marchand de vin \$19.95
char-grilled and served with a compound butter of shallots and burgundy wine

Tenderloin of Steak Diane \$19.95
sauteed mignon cut with espanole sauce, dijon, shallots and mushrooms

Sauteed Breast of Chicken Sonoma Valley \$14.95
lightly floured and sauteed with saffron, dijon, capers and light cream

Char-Grilled Breast of Chicken Giovani \$15.95
boneless breast of chicken lightly grilled and served with spiced fig espanole

Chef's Provini Veal of the Day \$17.95

Grilled Filet of Salmon Etouffee \$16.95
boneless filet of atlantic salmon smothered in a cajon vegetable sauce

Baked Seafood Casserole Melange \$18.95
baked lobster, scallops, crabmeat and shrimp in a light nantua sauce

Fresh Tri-Colored Fettucine Jardiniere \$13.95
fresh pasta tossed with vegetables, olive oil and garlic

Pan Fried Sweet Haddock and Maine Shrimp \$18.95
lightly sauteed with shallots, wine, lemon and parmesan

Vegetable a la carte \$2.50

all entrees served with
Fresh Salad, Harvest Bread and a choice of Rice,
Baked Potato or Chef's Daily Potato

JUICES AND FRESH FRUIT

Assorted Juices

Small \$1.00 Large \$1.50

Freshly Squeezed Orange Juice

Small \$1.95 Large \$2.95

Fresh Fruit Cup \$2.25

Sliced Bananas \$1.00

Honeydew Melon \$1.95 Cantelope \$1.95

Half Grapefruit \$1.50

Plain Yogurt \$1.50

with Fresh Fruit \$2.50

BREAKFAST PASTRIES

Cinnamon Roll, Muffin or Croissant \$1.50

Bagel with Cream Cheese \$1.50

CONTINENTAL

Small Juice, Breakfast Pastry, Coffee, Tea or Milk \$3.50

CEREALS

Assorted Cold Cereals \$1.95

with Fresh Fruit \$2.95

Hot Oatmeal \$2.25

with Fresh Fruit \$3.25

EGGS

One Egg any style with Toast and Hash Browns \$2.50

with choice of Ham, Bacon or Sausage \$3.95

Two Eggs any style with Toast and Hash Browns \$2.95

with choice of Ham, Bacon, Sausage or Corned Beef Hash \$4.50

Two poached eggs with Corned Beef Hash \$4.50

SIDE ORDERS

Ham, Bacon or Sausage \$2.25

Canadian Bacon \$2.25

Corned Beef Hash \$2.25

Toast or English Muffin \$.95

Hash Brown Potatoes \$.95

Coffee, Tea or Decaf \$1.25

Milk \$.95

Breakfast Specialties

BREAKFAST SANDWICH

**Egg Sandwich with Grilled Ham and Cheddar Cheese
on an English Muffin served with Hash Browns**

\$3.95

EGGS BENEDICT

**Two Poached Eggs on a Toasted English Muffin
with Canadian Bacon and Hollandaise Sauce
served with Hash Browns**

\$5.95

LOBSTER BENEDICT

**Two Poached Eggs on a Toasted English Muffin
with Fresh Lobster Meat and Hollandaise Sauce
served with Hash Browns**

\$9.95

OMELETTES

**A Three Egg Omelette with choice of fillings:
Ham, Bacon, Cheese, Onions, Green Peppers & Mushrooms
served with Toast and Hash Browns**

\$4.95

LOBSTER OMELETTE

**A Three Egg Omelette with Fresh Maine Lobster Meat
your choice of veggies and cheeses**

\$9.95

SMOKED SALMON

served with a Toasted Bagel, Cream Cheese, Onions, Capers and Lemon

\$7.95

FRENCH TOAST

extra thick toast served with choice of Maple or Strawberry Syrup \$3.50

PANCAKES

served with Butter and Maple Syrup \$3.25

BLUEBERRY PANCAKES

\$3.95

BELGIAN WAFFLES

served with Butter and Maple Syrup \$4.25

BLUEBERRY WAFFLES

\$4.25

HEALTH CLUB PARFAIT

**our own Homemade Fresh Granola, Fresh Fruit
and Yogurt Drizzled with Honey**

\$3.50