

Frozen seafood (marked 20% off)	
Calamari steak (16)	3 ea
East coast shrimp (head on) (2lbs)	17/lb
Frog legs (not 20% off) (12 sets)	9.50/lb
SOUPS (frozen)	
Vegetable with sole (3)	7.50 pint
Salmon stew (4)	8.00 pint
Sweet potato with cod (5)	8.00 pint
Lobster bisque (4)	13.50 pint
Fish stock (no shellfish) (6)	4.50 pint
Lobster stock (3)	5.00 pint
FIN FRIDGE	
Compound butter (mustard shallot) (1 stick)	2.50 ea
House-smoked salmon (3 pounds)	17/lb/lb
Maple smoked salmon (3 pieces)	22/lb
Smoked bluefish (3 pieces)	19.50/lb
Smoked bay scallops (1 lb)	24/lb
Arancini (risotto ball:cheese cod haddock) (14)	2 ea
Herring in cream	8.50/lb
Herring in wine	8.50/lb
Seaweed salad	6.50/lb
Cole slaw	6.50/lb
Ginger slaw	6.50/lb
Eggs – local farm fresh (2 doz)	5.00/dz
Eggs -	3.00/dz
Tartar sauce	4.00/1.50
Cocktail sauce	4.00/1.50
Spicy cocktail sauce	4.00/1.50
Mignonette	4.00
Mustard shallot compound butter	2.50
Claw crab meat	18
Lump crab meat	32
Lemon	1/ea
woodchips:NW blend cherry maple alder	8/bag
Woodchips: hickory smoked	8/bag
Alder plank	3
Cedar plank	3
TINNED FISH	
Small sardines in evoo	8

Trout pate w/ port wine	6.75
Lemon caper mackerel	6.99
Spiced octopus in olive oil	18.99
Spiced tuna pate	4.99
Lemon herb mussels	6.99
Roasted garlic mackerel	6.99
FIN FREEZER	
Salmon wellington (6)	14ea
Halibut fish sticks (3)	12ea
Lasagna (2)	12ea
Lobster mac and cheese (20)	14 (1 lb)
Regular mac and cheese (2)	16(2 lb)
Shrimp scampi (4)	10ea
Fishmongers pie (3)	10.50ea
Shrimp cakes (4pack) (7)	5
Scallop stuffing (6)	10ea
Feta-spinach sole (several)	16/lb
Sweet potato salmon burger (35 single packs)	5.50
GF Sweet potato salmon burger (10 single packs)	6
GF crab cakes (12 double packs)	12.00
Alaskan King Crab legs (5 pounds)	
Peeled and deveined shrimp (two 2lb bags)	33.00 (2 lb bag)
80/20 ground beef 1lb pkg (no hormone)	5.25
Chicken breast (no antibiotics/hormones)	8.50/lb
Lobster tails SMALL (about 1/3 lb) (10)	46/lb
Lobster Tails LARGE (just over 1/2 lb) (15)	49/lb
Puff pastry half sheet (4)	2.50
Cheesecake plain or raspberry swirl (1 of each)	11
Oysters Rockefeller (3 pkgs of 4)	10