



# Take Out Menu

## Appetizers

- Shrimp Cocktail (6)**.....9.95  
Wild jumbo shrimp served with cocktail sauce and lemon wedge
- Steamed Littlenecks**  
(15) 9.95 (50) 21.95 (100) 38.95  
Served with lemon -butter sauce
- Stuffie and Casino combo**.....10.95  
Two stuffies and two casinos broiled with a side of cocktail sauce and a lemon wedge
- U-Peel Shrimp**.....9.95  
1/2 lb shrimp seasoned with old bay
- Chicken Tenders(5)**.....7.95  
Crispy chicken tenders with honey mustard sauce

## Soups & Salads

- New England Clam Chowder**  
Quart 11.50 Pint 5.95 Cup 3.95
- Maryland Crab Chowder**  
Quart 13.50 Pint 6.95 Cup 3.95
- Soup Du Jour**  
Quart 11.50 Pint 5.95 Cup 3.95
- Garden Salad (large)**.....7.95  
Mixed fresh spring greens, tomatoes, carrots, olives and croutons
- add: Grilled Shrimp.....5.50
- add: Grilled Tuna.....5.95 (in season)
- add: Grilled Salmon.....5.75

## Sides

- Fries..... 2.95
- Old Bay fries..... 3.50
- Baked potato..... 1.50
- Corn on the cob..... 1.50 (in season)
- Vegetable of the day.....3.00

## Sandwiches

All sandwiches are served with french fries and a side of coleslaw

- Fish Tacos**.....13.95  
Cilantro lime marinated grilled Mahi-Mahi or other white fish, served on two warm soft tortillas with cabbage, pickled red onions, fresh scallions, cilantro and a dash of a mild sriracha sauce. Served with a side of sour cream and a lime wedge.
- Salmon Burger**.....12.50  
Housemade salmon burger grilled medium rare on a toasted brioche bun with lettuce, tomato and a side of tartar sauce.
- Fried Flounder**.....11.95  
Lightly breaded fried flounder, with lettuce, tomato, tartar sauce on a toasted baguette
- Crab Cake**.....12.95  
Broiled or fried crab cake served on a bed of lettuce and tomato, on a lightly buttered and toasted brioche bun with a side of tartar sauce
- Shrimp Hoagie**.....12.50  
Grilled shrimp seasoned with old bay served on a bed of coleslaw and tomato, on a toasted baguette
- Fish & Chips**.....12.50  
Lightly breaded fried cod served with french fries, coleslaw and tartar sauce
- Salmon Bacon Club**.....12.50  
Grilled salmon fillet on a bed of lettuce and sliced tomato, topped with crispy bacon and lemon dill mayonnaise, served on a lightly toasted baguette

## Platters

- All platters include coleslaw, tartar, cocktail sauce, lemon wedge and a choice of either french fries, baked potato, ear of corn, or vegetable of the day
- Crab Cake**.....18.95  
Two homemade crab cakes broiled to a golden brown
- Flounder**.....16.95  
8 to 10 ounce filet of fresh local flounder fried or broiled
- Scallops**.....18.95  
Local Cape May sea scallops fried, broiled, or sauteed
- Shrimp**.....17.95  
A generous portion of large wild shrimp lightly seasoned either fried or sauteed
- Salmon**.....17.95  
8 to 10 ounce portion of Scottish salmon broiled and lightly seasoned

## Combo Platters

- Shrimp and Scallops**.....21.95  
Broiled or fried
- Flounder and Scallops**.....20.95  
Broiled or fried
- Shrimp and Flounder**.....20.95  
Broiled or fried

609 ~465~3005

206 Mechanic Street

Cape May Court House, NJ 08210

[www.matthewsseafoodmarket.com](http://www.matthewsseafoodmarket.com)

# Build Your Own Seafood Grain Bowl!

Grain bowls are the perfect choice of a healthy meal. You get all the protein, vegetables, vitamins and healthy fatty acids in one bowl. They contain nutritious grains, seafood and vegetables dressed in a healthy and delicious home made sauce. They are easy- you can take them anywhere or you can enjoy them right here. **Check out the “Grain Bowl Template” to make your bowl!**

<u>Step 1:</u> <b>Grain</b> (Choose one )	<u>Step 2:</u> <b>Vegetable</b> (Choose 2)	<u>Step 3:</u> <b>Protein</b> (Choose 1)	<u>Step 4:</u> <b>Sauce</b> (Choose 1)	<u>Step 5:</u> <b>Crunch</b> (Choose 1)
<b>White Basmati Rice</b>	<b>Spinach</b> (sauteed with garlic, olive oil, salt and pepper)	<b>Salmon</b>	<b>Mediterranean</b> Kalamata olives,lemon, parsley, olive oil and garlic	<b>Scallions</b> (Sliced fresh scallions)
<b>Brown Basmati Rice</b> (Brown rice has a mild, nutty flavor, and is chewier and more nutritious than white rice.)	<b>Baby Kale</b> (sauteed with garlic, olive oil, salt and pepper)	<b>Shrimp</b>	<b>Asian</b> (soy sauce, fresh ginger,garlic and olive oil	<b>Radishes</b> (Sliced fresh radishes)
<b>Black Beluga Lentils</b>	<b>Broccoli</b> (sauteed with soy sauce, fresh ginger,garlic and olive oil)	<b>Scallops</b>	<b>Vinaigrette</b>	<b>Cucumber</b> (Sliced fresh cucumber)
<b>Farro</b> (One of the Ancient grains from Europe. A strain of wheat- farro piccolo that was never hybridized, therefore it contains a high amount of protein fiber, essential amino acids and more digestible gluten composition- Earthy taste.)	<b>Mushrooms</b> (sauteed with olive oil, garlic, salt and pepper)	<b>Flounder</b>	<b>No Sauce</b>	<b>Celery</b> (Sliced fresh celery)
<b>Quinoa</b> (Quinoa seeds contain essential amino acids like lysine and acceptable quantities of calcium, phosphorus, and iron. It is high in protein)	<b>Sweet Potato</b> (roasted, rosemary, thyme, olive oil, garlic, salt and pepper)	<b>Clams</b>		
		<b>Mussels</b>		
		<b>Other seafood</b>		



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Grains, vegetables, sauces and seafood are indicative. Different choices will be available depending on seasonality.