

LUNCH SPECIAL

SOUP, SALAD, ½ SANDWICH 13.5
soup of the day, house salad
and choice of vegetable pesto, prime rib
or chicken & guacamole club

THE SOUP & THE SALAD 13
choice of lobster bisque or signature soup
choice of caesar or terra nova salad
served with artisan bread

SANDWICHES

served with french fries or house salad

GRILLED CHICKEN & AVOCADO CLUB 13.5
applewood bacon, lettuce, tomato, roasted
garlic aioli, swiss cheese, multigrain ciabatta

SRIRACHA BURGER 14.5
Habanero jack cheese, sriracha aioli, lettuce,
vine ripened tomatoes, red onion

BLACK ANGUS BURGER 14.5
10oz., caramelized onion, crisp bacon,
choice of american, provolone, or cheddar

FISH TACOS (2) 13.5
blackened tilapia, pico de gallo,
shredded lettuce & chipotle ranch dressing
served in flour tortillas

BLACKENED CHICKEN BURRITO 13.5
blackened chicken, pico de gallo, basmati
rice, avocado, chipotle ranch dressing

THE ITALIAN MARKET 13.5
prosciutto di parma, sopressata, sharp
provolone, arugula and tomatoes on
sliced artisan bread

"THE MEATBALL" 13.5
homemade beef & sausage meatballs,
tomato basil marinara, arugula, provolone

MILE AHI TUNA 15
rare ahi tuna, pickled red onion, arugula,
tomato, wasabi aioli

VEGETABLE PESTO 13.5
grilled eggplant, broccolini, oven dried
tomatoes, roasted peppers, goat cheese
& fresh basil pesto, multigrain ciabatta

PROSCIUTTO & MOZZARELLA 14.5
Parma prosciutto, buffalo mozzarella,
arugula, tomatoes, kalamata olives

SLICED PRIME RIB 14.5
thin sliced, melted provolone cheese,
horseradish cream sauce, au jus dipping sauce

PASTA

SEAFOOD FAZZOLETTI 19.5
"hankerchief" pasta filled scallops, shrimp,
lump crab & fresh cheeses, lobster brandy
cream sauce

TUSCAN STEW 20
braised tips of filet mignon, pappardelle
pasta, roasted carrots, tomatoes, onions,
chianti wine reduction

GNOCCHI SAUSAGE & BROCCOLI 17.5
roasted garlic, pecorino romano cheese,
pinot gris sauce, potato gnocchi

SPAGHETTI MEATBALL AND RICOTTA 19
homemade meatball & hand whipped
ricotta on imported spaghetti, house made
tomato sauce, pecorino romano

FISHERMANS WHARF PENNE 20
rock shrimp, bay scallops, asparagus tips,
oven dried tomatoes, black olives, penne
pasta, blush sauce

ENTREES

SONOMA SKEWERS 25.5
jumbo shrimp, filet mignon, chicken & grilled
vegetable kabobs, anchor steam barbeque
glaze, white rice

CHICKEN TERRA NOVA 19.5
pan fried, parmesan crusted, oven dried
tomatoes, fresh mozzarella, tagliolini marinara

CAJUN JAMBALAYA 25.5
sautéed jumbo shrimp, sausage & chicken,
tomatoes, onions, peppers, spicy Cajun sauce,
short grain rice

BRAISED SHORT RIBS 24.5
boneless, slow braised,
tomato & wild mushroom risotto

DIVER SCALLOPS & RISOTTO 28
pan seared scallops, saffron vegetable
risotto

GRILLED ATLANTIC SALMON 21.5
lemon beurre sauce, basmati rice, broccolini

**ADD A SIDE SALAD TO ANY PASTA DISH
OR ENTREE FOR \$2.50**

APPETIZERS & SHARING PLATES

LOBSTER BISQUE lobster, heavy cream, sherry	5.5 8
ONION SOUP roasted garlic, gruyere	7
SIGNATURE SOUP chef's selection	5.5 7.5
BLISTERED SHISHITO PEPPERS soy & lime glazed, dried seaweed flakes, sesame seeds	11.5
FRESH BUFFALO MOZZARELLA roma tomato, basil, balsamic drizzle add prosciutto di parma 5.5	13.5
BANG-BANG TEMPURA SHRIMP lightly battered, sweet-chili dipping sauce	15
PAN-ROASTED BOURBON MUSSELS PEI mussels, bourbon infused spicy creamy bacon broth	15.5
CREAMY MAC & CHEESE three cheese blend, parmesan crust choice//	
plain	13.5
short rib	16
lobster	19
MARKET PLATTER prosciutto di parma, sopressata, chorizo, chef's cheese assortment, mixed olives, roasted peppers & artichokes	18.5
MEDITERRANEAN PLATE chick pea hummus, roasted peppers, fennel salad, vegetables, assorted olives, warm pita	16
SHORT RIB CHEESE FRIES fried potato wheels, cheddar, thin cut short rib	13.5
MEATBALLS & WHIPPED RICOTTA house blend of beef, veal & pork, sweet marinara sauce, toasted sourdough bread	14
PROSCIUTTO WRAPPED SCALLOPS pan seared diver scallops, cherry tomato & asparagus cous cous	17
SPAGHETTI CACIO E PEPE classic peppercorn butter broth, arugula leaves, pan roasted prosciutto	13
ROASTED CAULIFLOWER chopped apples, fresh parmesan, horseradish tomato pesto, classic caesar dressing	11.5
WASABI FILET porcini-herb crusted filet mignon, served medium rare, grilled asparagus spears, wasabi aioli	19
TOASTED SESAME BRUSSELS SPROUTS flour dusted & fried, ginger soy garlic glazed, toasted sesame garnish	11.5

FLATBREADS

SMOKED SALMON horseradish cream, capers, scallions	13.5
CAPRESE diced tomatoes, fresh mozzarella, basil, kalamata olive, balsamic drizzle	13.5
GARLIC BASIL CHICKEN caramelized onions, mozzarella cheese, roasted peppers, balsamic drizzle	13.5
WILD MUSHROOM sauteed mushrooms, fontina cheese, Fresh arugula leaves, truffle aioli	13.5
PROSCIUTTO & WHIPPED RICOTTA prosciutto di parma, hand whipped ricotta, arugula, pesto & chili oil drizzle	13.5

SALADS

TERRA NOVA butter lettuce, baby arugula, radicchio, goat cheese, red grapes, roasted peppers, fresh lemon vinaigrette	13
CAESAR romaine hearts, grana padano, sliced hard cooked eggs, croutons, creamy lemon garlic dressing	13
KALE & CHICKPEA dried cranberries, onions, sliced red peppers, Feta cheese, lemon parmesan vinaigrette	14.5
GREEK romaine lettuce, roma tomato, seedless cucumber, hard cooked egg, feta cheese, kalamata olive, bermuda onion, pita	14.5
CRAB CAKE butter & romaine lettuce, diced tomatoes, avocado, cucumber, sliced red onion, fresh mint lime vinaigrette	19.5
FILET TIPS & GORGONZOLA tender pieces of filet mignon, romaine lettuce, cherry tomatoes, red onion, bleu cheese crumbles, crispy bacon, fresh herb vinaigrette	19.5

ADD TO YOUR SALAD:

chicken 5, salmon 6, tuna 8, jumbo shrimp 9

SUSHI MENU

CREATIVE ROLLS

RUSSIAN ROULETTE	16.5
crunchy spicy tuna, avocado, cucumber, mango glaze, spicy mayo, served with a shot of complimentary sake*	
SNOW WHITE	15.5
crab stick, avocado, cucumber, topped with white tuna, mango sauce, jalapeno	
EL NIÑO	16.5
spicy tuna, cucumber, topped with salmon, white tuna, ahi tuna, red tobiko	
NEW WORLD	15.5
spicy crab stick, avocado & cucumber topped with ahi tuna, red tobiko, sweet soy glaze & mango sauce	
SUNFLOWER	16.5
crunchy spicy tuna wrapped with salmon, ahi tuna & eel	
MANGO	15.5
eel, ahi tuna or salmon, avocado, cucumber, wrapped in mango, sweet soy glaze	
OLIVE TREE	16.5
crunchy spicy tuna, ahi tuna, salmon, avocado, wasabi tobiko, wrapped in cucumber	
CALIFORNIA	14
crab stick, avocado, cucumber	
TUNA AMAZING	15.5
ahi tuna, avocado, topped with spicy tuna, tempura crunch, wasabi aioli, spicy aioli, scallions & masago	
PHILLY	14.5
smoked salmon, cream cheese, avocado	
JERSEY	16
salmon, asparagus, goat cheese, red tobiko	
WHITE TIGER	16
spicy tuna, cucumber, topped with diver scallop, mustard sauce, topeko, jalapeno	
NEW ENGLAND	15.5
shrimp tempura & avocado, topped with spicy crab & tempura crunch	
GODFATHER	16
ahi tuna, cucumber & avocado wrapped with fresh mango and prosciutto di parma	
RAINBOW	16
crab stick, avocado & cucumber topped with ahi tuna and salmon	
SPICY TUNA	15
tuna, masago, scallions, spicy aioli	
DYNAMITE	16
salmon, crab stick, cream cheese, avocado, tempura style, eel sauce & spicy aioli	
CRISPY TEMPURA	16
salmon, shrimp or ahi tuna tempura, spicy aioli, tobiko, diced scallions	

SUSHI (2PC) SASHIMI (3PC)

TUNA	9.5/11.5
SALMON	8.5/10.5
SHRIMP	8.5/10.5
SMOKED SALMON	8/10
ESCOLAR "WHITE TUNA"	8/10

SIDES

STICKY RICE	5.5
EDAMAME	8.5
steamed, sea salt	
SEAWEED SALAD	6
KANI SALAD	7.5
snow crab, seaweed, cucumber, spicy aioli	

CRUDO | RAW BAR

TUNA TARTARE	14
ahi tuna, spicy mayo, sesame wafers	
ASIAN POKE BOWL	16.5
ahi tuna or salmon, sticky rice, sliced avocado, spicy aioli drizzle, sesame seeds	
CARPACCIO	16.5
filet mignon, ahi tuna or salmon, arugula, capers, grana padana	
AHI 3 WAYS	18.5
spring roll, spicy tuna tartar, seared "big eye" sashimi	
SEARED AHI TUNA	18.5
sliced ahi tuna, served raw, asian cucumber salad	
OYSTERS	
EAST COAST	
blue point, NY	2.5
cape may salts, NJ	
WEST COAST	
chef's creek, BC	3.25
fanny bay, BC	
LITTLE NECK CLAMS	1.25
long island, priced per clam	
SHRIMP COCKTAIL	18.5
colossal shrimp (5), cocktail & lemon dill sauce	

*Legal drinking age laws apply, must be 21 or older

