

P.F. MARKET

LUNCH SPECIALS

SALAD & STARTERS

BABY ARUGULA \$10

Roasted Sweet Potatoes, Candied Walnuts, Red Onions & Crumbled Goat Cheese with Honey Balsamic

CALAMARI CHINO \$12

Topped with Fresh Chopped Tomato & Scallions with Honey Ginger Sauce over Mixed Greens

YELLOW FIN TUNA TARTARE \$17

Served over Wakame Seaweed Salad with Soy Sesame Sauce with Crispy Tortilla

OYSTERS

EAST COAST

BLUEPOINT - CONN

BEAU SOLEIL - CAN

WEST COAST

TOTTEN INLET -WA

WRAPS

(WHOLE WHEAT/PLAIN)

TUNA FISH SALAD- \$12

With Mixed Greens & Tomato

LOBSTER SALAD- \$18

With Mixed Greens

GRILLED CHICKEN- \$12

Broccoli Rabe, Bacon & Cheddar

CAJUN SHRIMP \$12

Mixed Greens, Tomato & Fresh Mozzarella

WHOLE FISH

BRANZINO - \$32

FROM GREECE

PASTA

All Pastas are Home-made

FRESH RIGATONI \$18

Wild Shrimp, Manilla Clams & Broccoli Rabe Tossed with Fresh Tomato Basil Sauce

SQUID INK FETTUCINI \$18

Wild Shrimp, PEI Mussels, Wild Mushrooms & Baby Arugula Tossed with Roasted Red Pepper Sauce

SPINACH & SQUID INK

FETTUCINI \$18

Wild Shrimp, Scallops, Green Peas & Wild Mushrooms Tossed in a Brandy Sauce

FLORIDA ROCK SHRIMP \$18

Pan Seared with Garlic & Lemon, Served over Cappellini

MEAT ENTREES

BONELESS CHICKEN \$14

"Any Style you Like"

FRESH PORK CHOP \$18

Grilled, Served with Sautéed Broccoli Rabe, White Beans, Onions and Mashed Potatoes

SEAFOOD ENTREES

YELLOW FIN TUNA \$21

Sesame Crusted, Seared, Served with Sautéed Wild Mushrooms, Shishito Peppers, Spinach & Grape Tomato with Home-Made Teriyaki Sauce

ICELANDIC COD \$18

Oreganata Style, Served in a Lemon White Wine Sauce

NORWEGIAN SALMON \$18

Mandarin Marmalade Crusted, Served with Green Pea & Wild Mushroom Risotto

L.I. MONK FISH \$19

Pan Seared, Served over Spinach Orecchiette & Broccoli Rabe with Porcini Mushroom Cream Sauce

JERSEY SCALLOPS \$19

Pan Seared, Served over Roasted Brussel Sprouts, Bacon & Couscous with Mashed Potatoes and Fresh Grape Sauce

DAY BOAT SWORDFISH \$19

Grilled, Served with Roasted Red Peppers, Fingerling Potatoes & Asparagus with Lemon White Wine Sauce

FLORIDA GROUPER \$19

Grilled, Served with Sautéed Cauliflower, Brussel Sprouts, Green & Yellow Zucchini in Balsamic Glaze