TO GO SOUPS & SALADS

<table>
<thead>
<tr>
<th></th>
<th>Pr.</th>
<th>Qt.</th>
<th>Gal.</th>
</tr>
</thead>
<tbody>
<tr>
<td>New England</td>
<td>$5.95</td>
<td>$3.50</td>
<td>$7.00</td>
</tr>
<tr>
<td>Clam Chowder</td>
<td>$5.95</td>
<td>$11.90</td>
<td>$45.00</td>
</tr>
<tr>
<td>Creole Seafood</td>
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<tr>
<td>Clam Chowder</td>
<td>$4.25</td>
<td>$6.95</td>
<td></td>
</tr>
<tr>
<td>New England</td>
<td>$11.25</td>
<td>$22.50</td>
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</tbody>
</table>

TO GO BY THE POUND

<table>
<thead>
<tr>
<th></th>
<th>1/2 lb</th>
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<tbody>
<tr>
<td>Tuna Salad</td>
<td>$3.50</td>
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<tr>
<td>Seafood Supreme Salad</td>
<td>$4.00</td>
<td>$8.00</td>
</tr>
<tr>
<td>Salmon Pasta Salad</td>
<td>$3.75</td>
<td>$7.50</td>
</tr>
<tr>
<td>Cole Slaw</td>
<td>$1.75</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

HEALTH BENEFITS OF SEAFOOD

- **Low in Calories** - Many species have fewer than 150 calories for a 3-ounce serving.
- **Low in Fat** - Most species have less than 5 percent fat. All shellfish have less than 2 percent fat.
- **Low in Saturated Fat** - The oil in fish is rich in polyunsaturated fatty acids, the kind that keep blood vessels healthy.

- **Source of omega-3s** - Fatty fish are especially rich in this nutrient. Oil in fish is rich in polyunsaturated fatty acids, the kind that keep blood vessels healthy.

- **Source of omega-3s** - Many shellfish and dark fleshed fish have an abundant amount of iron. Clams, mussels and scallops are very low in sodium. Shrimp have some sodium, but much lower than finfish. Very little connective tissue is not an issue for most people.

- **Low in Sodium** - Fresh unprocessed seafood has very little sodium. Canned, smoked, salted or pickled seafood is slightly high in sodium. Shellfish have more sodium than finfish, but this modest difference is not an issue for most people.

- **High in Potassium** - Fish and shellfish proteins have all the essential amino acids we need, making them top quality proteins. They are easily digested because they are very low sodium. Because they are low in sodium, they can easily be adapted to a sodium sensitive diet.

- **B-Vitamins** - Seafood is an important source of vitamin B6, thiamine and vitamin B12. It also has a good supply of riboflavin, folacin and pantothenic acid. All these nutrients are used for processing energy.

- **Minerals** - Many shellfish and dark fleshed fish have a phosphorus content of 200 mg. Clams, oysters and mussels are much higher in calcium. Other seafood are rich in selenium and magnesium. Correcting any deficiencies is not an issue for most people.

- **Trace Minerals** - Seafood is the best source of many minerals we need in only small amounts: zinc, selenium, thiamine, copper and iodine.

**TO GO - DINNER**

Welcome to the Waterfront Seafood Market and Restaurant, voted Central Iowa’s Best Seafood Restaurant for over 30 years in a row. It is our pleasure to serve you the freshest fish available whether you are making your selection from the Market or dining in our Restaurant.

Our seafood comes from all parts of the world depending on season and availability. To further ensure the highest quality products, we buy directly from the fishermen or their brokers, not from processors or other wholesalers.

Here at Waterfront, we prepare your selection as you prefer — broiled, grilled, sautéed, steamed or fried. Our entrées are prepared only when ordered to ensure the best of flavor. Please allow us this extra time.

In addition to our printed menu, any item in our market (except whole fish) is available in the Restaurant.

**Thank you**

**Waterfront Seafood Market**

Shawn Sr., Jennifer & Blake

Gift Certificates Available in store or online at www.waterfrontseafoodmarket.com

Party Room Available

Follow us on Facebook

All seafood prices and availability are subject to season, weather & fishing conditions.
**COLD APPETIZERS**

- **Oysters on the Half Shell** (when in season)
  - *Price per dozen*
  - Served with French or Sourdough bread.
  - All dressings are made in house. Dressings: Creamy Parmesan, Ranch, Shrimp, *add $10.95*

**HOT APPETIZERS**

- Tender Gulf Shrimp on a bed of crisp lettuce with sliced egg
  - 1/4 lb $6.50

- Medium cooked Gulf shrimp, served chilled with our cocktail
  - American pecan & cherry woods. Served chilled & sliced with each $2.95

- Oysters on the Half Shell (when in season)

- Smoked Salmon
  - 1/2 dozen $14.95

- Shrimp Cocktail
  - Served with French or Sourdough bread. All dressings are made in house. Dressings: Creamy Parmesan, Ranch, Shrimp, *add $10.95*

**SALADS**

- Bivalve Salad
  - Freshly dressed with a spicy, but not hot, sauce with shrimp base, tossed with linguini noodles.
  - Made from scratch with lump crab meat, Old Bay Seasonings & natural honey & grilled.

- Fresh salmon sautéed and served with our alfredo sauce and garden salad, cole slaw, or steamed vegetables. Served with French or Sourdough bread.

- Trout Amandine
  - Pan-fried or grilled.

- Mahi Mahi
  - Grilled, sautéed, blackened or deep fried.

- Light Cut Salmon
  - Fresh, large dry packed scallops from the North Atlantic.

- Wild Salmon
  - Fresh, lightly breaded – pan or deep fried.

- Bacon Wrapped Sea Scallops
  - Large fresh Maine Scallops wrapped in bacon. Served with Sourdough or baked potato, sweet potato, french fries, sweet potato fries, rice pilaf, or baked pineapple.