



TO GO SOUPS & SALADS

	Pt.	Qt.	Gal.
New England Clam Chowder	\$5.95	\$11.90	\$45.00
<i>Voted Best Soup in Des Moines</i>			
Creole Seafood Gumbo	\$5.95	\$11.90	\$45.00
<i>Fresh Seafood, Andouille Sausage, Vegetables and Rice in a Creole Broth</i>			
	1/2 Lb.	1 Lb.	
Tuna Salad	\$3.50	\$7.00	
Seafood Supreme Salad	\$4.00	\$8.00	
Salmon Pasta Salad	\$3.75	\$7.50	
Cole Slaw	\$1.75	\$3.50	

TO GO BY THE POUND

Excellent for Picnics, Parties, Office or just for the family at home. All items are lightly breaded or batter fried, With Cocktail or Tartar Sauce

	1/2 Lb.	1 Lb.
TO GO ONLY		
Fish	\$7.25	\$13.95
<i>(Cold Water Cod Batter Fried)</i>		
Halibut Strips	\$18.00	\$36.00
<i>(White Fish from the Cold Waters of Alaska)</i>		
Catfish	\$6.95	\$13.95
<i>(Fresh, Carolina)</i>		
Shrimp	\$7.50	\$13.95
<i>(Large Fantail Fried Golden Brown)</i>		
Rock Shrimp	\$12.50	\$24.95
<i>(Sweet Lobster-Like Flavor)</i>		
Clam Strips	\$4.25	\$6.95
<i>(Atlantic Coast)</i>		
Oysters	\$16.95	\$33.95
<i>(Fresh East Coast - not breaded until ordered)</i>		
Salmon	\$11.25	\$22.50
<i>(Fresh Atlantic Salmon)</i>		

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. Only skinless poultry can compare with that.
- **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** – These are highly unsaturated fatty acids that appear to protect against heart disease and other health problems. Long Chain Omega-3s are found only in fish and shellfish.
- **Low in Cholesterol** – Most species of fish have less than 100 milligrams of cholesterol per 3 1/2 ounce (raw), oysters, clams, mussels and scallops are very low in cholesterol. A few shellfish, namely squid, most shrimp, abalone, octopus and razor clams are fairly high in cholesterol.
- **Low in Sodium** – Fresh unprocessed seafood has very little sodium. Canned, smoked, salted or pickled seafood is usually high in sodium. Shellfish have more sodium than finfish, but this modest difference is not an issue for most people.
- **High in Protein** – Fish and shellfish proteins have all the essential amino acids we need, making them top quality protein. They are easily digested because there is very little connective tissue.
- **B Vitamins** – Seafood is an important source of niacin, pyridoxine and vitamin B12. It also has a good supply of riboflavin, folacin and pantothenic acid. All these nutrients are vital for processing energy.
- **Minerals** – Many shellfish and dark fleshed fish have an abundant amount of iron. Clams, mussels and oysters are especially rich in iron. Seafood is also rich in phosphorus and magnesium. Canned salmon with its bones and canned sardines are rich in calcium.
- **Trace Minerals** – Seafood is the best source of many minerals we need in only small amounts: zinc, selenium, fluoride, copper and iodine.

		Nutrition Information †							% of U.S.R.D.A. **			
		Calories	Protein, g	Carbohydrate, g	Fat, g	Saturated, g	Cholesterol, mg	Sodium, mg	Vitamin A	Vitamin C	Calcium	Iron
1	SHRIMP	110	22	0	2	0	160	155	*	3	3	15
2	COD	90	19	0	1	0	50	60	*	2	*	2
3	POLLOCK	100	21	0	1	0	80	90	*	*	*	*
4	CATFISH	120	10	0	5	1	60	65	*	*	3	5
5	SCALLOPS	150	29	2	1	0	60	275	*	3	2	*
6	SALMON, Coho & Atlantic	150	22	0	7	1	50	50	*	2	*	4
7	FLOUNDER	100	20	0	1	0	50	85	*	*	2	2
8	SOLE	100	21	0	1	0	60	90	*	*	2	2
9	OYSTERS	120	12	7	4	1	90	190	*	*	8	65
10	ORANGE ROUGHY	70	16	0	1	0	20	70	*	*	*	*
11	MACKEREL	190	21	0	12	3	60	95	7	*	*	9
12	OCEAN PERCH	100	20	0	2	0	50	80	*	*	10	6
13	ROCKFISH	100	20	0	2	0	40	65	4	*	*	3
14	WHITING	100	19	0	1	0	70	75	2	*	5	2
15	CLAMS	130	22	4	2	0	60	95	10	*	8	130
16	HADDOCK	90	20	0	1	0	60	70	*	*	4	6
17	CRAB, blue	90	19	0	1	0	80	310	*	*	9	4
18	TROUT, rainbow	130	22	0	4	1	60	30	*	5	7	10
19	HALIBUT	120	22	0	2	0	30	60	3	*	5	5
20	LOBSTER	100	20	1	1	0	100	320	*	*	5	2

† 3 oz. edible portion, cooked without fat or seasoning

** less than 2% of U.S.R.D.A. ** United States Recommended Daily Allowance

Data Provided by United States Food and Drug Administration

Waterfront Seafood Market and Restaurant is interested in your health. We have trained personnel that can explain the different species of fish and shellfish and how to prepare them by dietary guidelines.

Chuck Ramberg, *Chef* Mark Andrews, *General Manager*
 CLOCKTOWER SQUARE • 2900 UNIVERSITY AVENUE
 WEST DES MOINES, IA 50266 • 515-223-5106

Shawn Hanke, Jr., *Chef* Brad Carey, *Kitchen Manager*
 2414 SE TONES DR. • ANKENY, IA 50021 • 515-963-1940
 ON THE LAKE OFF ORALABOR ROAD

www.waterfrontseafoodmarket.com

TO GO - LUNCH

Welcome to the Waterfront Seafood Market and Restaurant, voted Central Iowa's Best Seafood Restaurant — 29 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 Fresh Fish come 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, sauteed, steamed or fried. Our Entrees 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, Jennifer & Blake

Gift Certificates



Party Room Available



FRESH SEAFOOD & OYSTER BAR


***Consumer Advisory:** Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry, or shellfish reduces the risk of foodborne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Consult your physician or public health official for further information.

STARTERS

COLD APPETIZERS



Bivalve Packing Company
Established in 1946, we provide the finest in shell oysters from our facility on the shore of Delaware Bay.

*Oysters on the Half Shell (when in season)	each \$2.25	1/2 dozen \$12.95
Kosher  Smoked Salmon	\$11.95
<i>Northwest style smoked salmon with choice of cucumber dill or horseradish sauce on the side.</i>		
Steamed Peel and Eat Shrimp	\$6.50
1/4 lb.	\$11.95
1/2 lb.	\$21.95
1 lb. bucket	
<i>Served chilled with our cocktail sauce on the side</i>		
Shrimp Cocktail	\$10.95
<i>Large fantail shrimp served with our cocktail sauce on the side</i>		
Herring in Wine Sauce.	\$4.75
SOUPS		
New England Clam Chowder	Cup \$4.95	Bowl \$5.95
<i>Voted best soup in Des Moines</i>		
Creole Seafood Gumbo	Cup \$4.95	Bowl \$5.95
<i>Fresh Seafood, Andouille Sausage, vegetables and rice in a Creole broth</i>		
Oyster Stew (made to order)	Bowl	\$10.95

HOT APPETIZERS

Prince Edward Island Blue Mussels	1 lb.	\$8.95
<i>Mussels are steamed in wine, garlic and butter with special herbs and spices and served with Sourdough or French Bread.</i>		
East Coast Littleneck Clams	12 ct.	\$10.95
<i>Small, sweet East Coast Clams. Steamed in a white wine broth with our special seasoning blend.</i>		
Oysters Rockefeller (4)		\$9.95
<i>Broiled with Spinach and Hollandaise Sauce</i>		
* Seared Ahi Tuna Sashimi		\$14.95
<i>For those of us who enjoy Raw Tuna, served with Wasabi and Soy</i>		
Breaded Clam Strips		\$5.50
<i>Fried Golden Brown</i>		
Glazed Mushrooms		\$7.50
<i>Waterfront's own recipe</i>		
Garlic Bread		\$2.95
.....	With Cheese	\$3.95
Fried Oysters		\$13.95
<i>Fresh, lightly breaded – pan or deep fried</i>		
Crab Cakes (2)		\$8.95
<i>Homemade with Blue Crab lump meat and Old Bay Seasoning</i>		
Fried Rock Shrimp		\$10.95
<i>Tastes more like lobster than shrimp</i>		
Cajun Barbecue Shrimp		\$10.95
<i>Tangy & tasty - Waterfront favorite</i>		
Coconut Shrimp		\$10.95
<i>Served with sweet & sour or cocktail sauce</i>		
Shrimp Key Largo		\$10.95
<i>Large shrimp wrapped in bacon with a spicy Jamaican sauce</i>		
Fried Calamari Strips		\$7.95
<i>Served with our homemade marinara sauce on the side</i>		

LIGHT LUNCH

We Fry with Cholesterol Free Oil • FOR YOUR HEALTH • Low in Fat - Great in Taste

When dining in our Restaurant we offer a variety of low-saturated fat and low-cholesterol preparations which contribute to heart-healthy and weight watching dining. Please inform your server of any special needs you may have - we will be happy to accommodate your requests.

FRIED SPECIALTIES

(WATERFRONT FAVORITES)
We fry with cholesterol free oil.
Served in a basket with French Fries or Sweet Potato Fries, and Cole Slaw, also Tartar or Cocktail Sauce and Lemon Wedges on the side
Any Substitution Subject to Extra Charge

Fish and Chips Basket		\$10.95
<i>Cold Water Cod batter fried</i>		
Walleye Strip Basket		\$17.95
<i>Canadian</i>		
Large Shrimp Basket		\$9.45
<i>Fried golden brown</i>		
Rock Shrimp Basket		\$11.95
<i>Sweet lobster-like flavor</i>		
Clam Basket		\$7.95
<i>Tasty fried Clam Strips</i>		
Oyster Basket		\$18.75
<i>Fresh, lightly breaded and deep fried</i>		
Bay Scallop Basket		\$9.95
<i>Sweet, tender bay scallops</i>		
Catfish Strip Basket		\$10.50
Whole Catfish Basket		\$12.95
<i>Fresh farm raised, fried in cornmeal</i>		
Halibut Strip Basket		MKT Price
<i>From the cold waters of Alaska, batter fried</i>		
* Chicken Basket		\$8.95
<i>Crispy Strips</i>		
HOUSE SPECIALTIES		
Halibut Royale		MKT Price
<i>Alaskan Halibut Steak topped with sour cream, mayonnaise, chopped green onions, seasoned bread crumbs and baked to perfection. Served with one side dish and bread. This is also a dinner favorite.</i>		
Hurricane Shrimp		\$12.50
<i>Served with a spicy but not hot sauce with shrimp base, worchestershire, chopped garlic, cayenne, dry thyme and honey. Served over linguini.</i>		

FROM THE GRILL

A 4-5 oz. grilled fish with your choice of steamed vegetables or side salad is the perfect choice for those heart healthy or weight watching conscious customers.

Halibut Fillet		MKT Price
* Salmon Fillet		\$12.95
* Wild Salmon Fillet		MKT Price
Orange Roughy		\$13.95
Catfish Fillet		\$12.95
<i>North Carolina</i>		
Rainbow Trout (whole)		\$13.75
* Chicken Breast		\$10.95
<i>Skinless chicken breast</i>		
Large Gulf Shrimp		\$13.95
Tilapia		\$9.95
Sea Scallops		\$16.95

If another species of fish is desired, please ask your server.

PO-BOY SANDWICH

These delicious sandwiches are a tradition from the Old South. Served on French Roll with Lettuce, Tomato, Cocktail, and Tartar Sauce. Choice of Cole Slaw, French Fried Potatoes or Sweet Potato Fries. Fried unless requested otherwise.

Oyster	Delaware Bay	\$15.95
Rock Shrimp	Sweet	\$12.95
Gulf Shrimp	Texas	\$10.95
Scallops	Sweet Bay	\$10.95
Catfish	Carolina	\$9.95
Andouille Sausage	Louisiana	\$8.95

SANDWICHES

Served on a Kaiser Roll, Wheat Bread or Sourdough with Lettuce, Tomato and Tartar Sauce or Cucumber Dill Sauce. Choice of Cole Slaw, French Fried Potatoes or Sweet Potato Fries. All Sandwiches are Grilled (except Cod).

* Salmon Burger (made from scratch)	\$9.95	* Tuna Ruben	\$15.95
* Salmon	\$11.95	<i>Fresh Tuna Steak grilled and served on rye bread with sauerkraut, Swiss cheese and 1000 Island sauce. Served with potato chips and dill pickle spear on the side.</i>	
Halibut	MKT Price	* Grilled West Coast Salmon Sandwich	\$13.95
North Atlantic Cod ... (Fried only)	\$7.95	<i>Fresh Salmon Fillet grilled and served on toasted sourdough bread with lettuce, tomato, honey dijon sauce and provolone cheese. Served with potato chips and dill pickle spear on the side.</i>	
<i>Topped w/your choice of cheese</i>			
* Chicken Breast	\$7.95		
* Hamburger ... (Black Angus Grilled)	\$6.95		
<i>(Black Angus Grilled w/cheese)</i>			
Tuna Salad (Housemade)	\$5.95		
<i>Served with Potato Chips</i>			

If another species of fish is desired, please ask your server.

SALADS

Served with French or Sourdough Bread
Diet Dressing upon request

* Grilled Salmon	\$15.50
<i>Over a bed of lettuce, choice of dressing</i>	
* Grilled Shrimp	\$14.95
<i>Over a bed of lettuce, choice of dressing</i>	
Shrimp Salad	\$8.95
<i>Tender Gulf Shrimp served chilled on a bed of crisp lettuce with sliced egg and tomato</i>	
Seafood Supreme	\$8.95
<i>A medley of crab, shrimp and vegetables prepared in its own dressing</i>	
Salmon Pasta Salad	\$8.75
<i>Made from fresh Salmon – a house favorite</i>	
Tuna Salad	\$7.95
<i>Served on a bed of lettuce</i>	

SIDES



Sourdough Bread	
Piece	\$.75
Half Order	\$2.75
Full Order	\$5.00
Garden Salad	\$4.25
<i>House Salad with choice of dressing</i>	
Baked Potato	\$1.95
French Fried Potatoes	\$2.25
Sweet Potato Fries	\$2.50
Cole Slaw	\$1.50
Steamed Vegetables	\$2.95
Rice Pilaf	\$1.50
Pasta	\$2.50

BEVERAGES

Pop	\$2.25	Perrier	\$2.75
Coffee	\$2.50	Hot Tea	\$2.25
Flavored Tea or Lemonade	\$2.95	Milk	\$2.25
Tea	\$2.25	Juice	\$2.25
Lemonade	\$2.25	Hot Chocolate	\$1.75
Millstream Bottled Root Beer	\$2.50		

All Seafood Prices and availability are subject to Season, Weather & Fishing Conditions

American Express • Discover • MasterCard • Visa accepted

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Visit our website at www.waterfrontseafoodmarket.com