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 shellfish guilty can cooperate 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 Protein**: There are highly nutritious lean proteins in many fish and shellfish as well as high quality vegetarian protein in seafood.
- **Low in Cholesterol**: The lean meats and seafood 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, Carolina squid, most shrimp, abalone, octopus and razor clams are fairly high in sodium. Seafood is usually high in sodium. Shellfish have more sodium than finfish, but this modest difference is not an issue for most people.

**B Vitamins**: Seafood is an important source of niacin, pyridoxine and vitamin B12. It also has a good supply of riboflavin, folacin and pantothentic acid. All these nutrients are vital for processing energy.

**Minerals**: Many shellfish and clams have low phosphorus content. Clams, especially clams, mussels, oysters, and oysters are high in magnesium and potassium. Correct, fish and shellfish are high in selenium, fluoride, copper and iodine.

**Trace Minerals**: Seafood is the best source of many minerals we need in only small amounts: zinc, manganese, thiamine, riboflavin and niacin.

TO GO BY THE POUND

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

| Item                      | Price | Weight | Description | Price
|---------------------------|-------|--------|-------------|-------
| New England Salmon        | $5.95 | 1/2 lb |             | $7.75 |
| New England Clam Chowder  | $11.90| 1 lb   |             | $13.95|
| Creole Seafood Gumbo      | $5.95 | 1 lb   |             | $7.75 |
| Seafood Supreme Salad     | $4.00 | 1 lb   |             | $8.00 |
| Catfish                   | $3.75 | 1/2 lb |             | $4.25 |
| Cod                       | $1.75 | 1 lb   |             | $3.50 |
| Whitefish                 | $6.95 | 1/2 lb |             | $7.75 |
| Wild Salmon               | $7.50 | 1 lb   |             | $9.75 |
| Wild Halibut              | $7.25 | 1 lb   |             | $9.25 |
| Wild Cod                  | $7.75 | 1 lb   |             | $10.50|
| Wild Chicken              | $8.95 | 1 lb   |             | $11.90|
| Wild Rockfish             | $9.95 | 1 lb   |             | $12.95|
| Wild Whiting              | $10.95| 1 lb   |             | $14.95|
| Wild Lumpfish             | $11.95| 1 lb   |             | $15.95|
| Wild Salmon               | $12.95| 1 lb   |             | $16.95|
| Wild Halibut              | $13.95| 1 lb   |             | $17.95|
| Wild Catfish              | $14.95| 1 lb   |             | $19.95|
| Wild Cod                  | $15.95| 1 lb   |             | $20.95|
| Wild Crab                 | $16.95| 1 lb   |             | $21.95|
| Wild Rockfish             | $17.95| 1 lb   |             | $22.95|
| Wild Whiting              | $18.95| 1 lb   |             | $23.95|
| Wild Lumpfish             | $19.95| 1 lb   |             | $24.95|
| Wild Salmon               | $20.95| 1 lb   |             | $25.95|
| Wild Halibut              | $21.95| 1 lb   |             | $26.95|
| Wild Catfish              | $22.95| 1 lb   |             | $27.95|
| Wild Cod                  | $23.95| 1 lb   |             | $28.95|

**Nutritional Breakdown**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Fat, g</th>
<th>Carbs, g</th>
<th>Choles, mg</th>
<th>Sodium, mg</th>
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<td>2</td>
<td>90</td>
<td>120</td>
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<tr>
<td>Halibut</td>
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<td>1</td>
<td>2</td>
<td>90</td>
<td>120</td>
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<tr>
<td>Catfish</td>
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<td>1</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>Cod</td>
<td>100</td>
<td>0</td>
<td>1</td>
<td>70</td>
<td>100</td>
</tr>
<tr>
<td>Crab</td>
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<td>0</td>
<td>50</td>
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<tr>
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<td>0</td>
<td>40</td>
<td>70</td>
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<tr>
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<td>Catfish</td>
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</tbody>
</table>

**Calorie and Nutrition Information**

Data provided by United States Food and Drug Administration

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.

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

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.

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
Available in store or online at www.waterfrontseafoodmarket.com

Party Room Available

Contact us for details.

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

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.

CLOCKTOWER SQUARE • 2900 UNIVERSITY AVENUE
WEST DES MOINES, IA 50266 • 515-223-5106
2414 SE TONES DR. • ANKENY, IA 50021 • 515-963-1940
ON THE LAKE OFF ORALABOR ROAD
WWW.WATERFRONTSEAFOODMARKET.COM
COLD APPETIZERS

Broader Packing Company
Established in 1946, we provide the
Bivalve Packing Company
on the shore of Delaware Bay.

* Oysters on the Half Shell (when in season)
   - Half Order: $3.50
   - 1/4 lb: $6.50
   - 1/2 lb: $11.95
   - 1 lb: $19.25

Smoked Salmon
Respectfully harvested Atlantic salmon from the Bateau Fish Co. served with whole wheat bread & spices & smoked with hardwood American pecan & cherry wood.

Smoked Salmon Bacon
$11.95
Made from salmon belly, charbroiled to bring out the taste of the fish.

Peel and Eat Shrimp
Medium cold smoked, served cold with our cocktail sauce on the side.
1/4 lb: $6.50
1/2 lb: $11.95

Shrimp Cocktail
$10.95
Large Wild Gulf Shrimp served with cocktail sauce and a lemon wedge.

Cajun Barbecue Shrimp
$11.95
Hand battered & rolled in coconut flakes. Served with our homemade marinara sauce on the side.

Cajun Barbecue Shrimp Basket
$12.95
Served more like our basket than shrimp.

Garlic Bread
$5.95

Roasted Garlic Mushroom
$7.95
Garlic Bread with Cheese.

Fried Oysters
$16.95
Fresh, lightly breaded - pan or deep fried.

Clam Cakes (2)
$10.95
Home-made with Blue Crab large lump and Old Bay seasoning.

Fried Rock Shrimp
$12.95
Large Wild Gulf Shrimp.

Cajun Barbecue Shrimp
$11.95
Garlic Bread with Cajun spices &<br>BBQ sauce.

Roasted Garlic Mushroom
$7.95
Served with our homemade marinara sauce on the side.

SANDWICHES

When dining in our Restaurant we offer a variety of low-saturated fat and low-cholesterol menu items. We fry with Soy Bean Oil. Halibut Royale...

We fry with Soy Bean Oil. Halibut Royale...

Rock Shrimp Basket
$15.95
Large Shrimp Basket
$9.95

Clam Basket
$8.95

Shrimp Cocktail
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CREOLE SEAFOOD GUMBO

Fresh, lightly breaded – pan or deep fried. Seasoned in a sweet, slightly spicy sauce of Worcestershire, chopped green onions, seasoned bread crumbs and baked to perfection. Served with one side salad and bread.

Haluah Tuna Steak grilled and served on rye bread with freshTuna...:

Beverages

PO-BOYS

Traditional Old South Sandwich

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