

# MENU

## STARTERS

- CHARRED BRUSSELS SPROUTS** 12  
green apple / bacon / maple mustard vinaigrette
- MUSSELS** 19  
wine / shallots / garlic / cream -or- classic marinara / toast
- STEAMERS** 22  
Allagash beer / garlic
- CRISPY CALAMARI** 14  
cherry pepper relish
- NATURAL CHICKEN TENDERS** 14  
Moxie BBQ -or- Rogues & Rascals buffalo sauce
- CRABCAKES** 18  
Maine crab / pan seared / lemon-basil aioli
- BUFFALO CAULIFLOWER** 14  
horseradish ranch
- STUFFED MUSHROOMS** 15  
lobster stuffing, roasted red peppers, provolone

## SIDES

- |                        |          |                    |           |
|------------------------|----------|--------------------|-----------|
| <b>HOUSE SALAD</b>     | <b>7</b> | <b>COLE SLAW</b>   | <b>4</b>  |
| <b>DAILY VEGETABLE</b> | <b>4</b> | <b>ONION RINGS</b> | <b>10</b> |
| <b>FRENCH FRIES</b>    | <b>4</b> |                    |           |

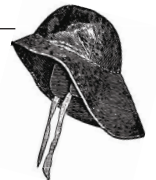


## SOUP & SALADS

- MABEL'S WORLD FAMOUS CLAM CHOWDER** 7/12
- HOUSE SALAD** 10  
tomato / cukes / red onion / bleu cheese crumble
- CAESAR SALAD** 11  
romaine / parmesan / croutons
- LOBSTER COBB SALAD** 29  
romaine / bacon / avocado / egg / tomato / red onion / blue cheese  
- ADD PROTEIN TO ANY SALAD -  
chicken +8 | shrimp +10 | crabcake +9  
salmon +16 | lobster +18  
  
DRESSINGS: house balsamic | horseradish ranch |  
Maine Island | blue cheese

## BETWEEN THE BREAD

- fries or coleslaw / substitute side salad +3
- FRIED CHICKEN SANDWICH** 16  
L / T / O / P / buffalo blue cheese dressing
- FRIED HADDOCK SANDWICH** 17  
classic LTO / tartar
- CRAB AND AVOCADO MELT** 20  
cheddar / havarti / griddled white
- MABEL'S BURGER** 14  
cheddar / LTO / add bacon +2 / double +6



We are happy to accommodate any food allergies or preferences. Please keep in mind that any items prepared without allergens are made in a facility that handles many common allergens such as peanuts, tree nuts, seeds, dairy, soy and eggs. We have GLUTEN-FREE [GF] burger rolls and hot dog buns. Please keep in mind that any items prepared without gluten products are made in a facility that handles many other wheat products.

*\*This food is or may be served raw or undercooked. Consumption of this food may increase the risk of food borne illness.*



## MAINES

<b>BAKED HADDOCK (CRAB STUFFING +8)</b>	<b>26</b>
Mabel's lemon butter crumb / rice / vegetable	
<b>SALMON*</b>	<b>29</b>
basil pesto / rice / vegetable	
<b>LOBSTER RISOTTO</b>	<b>36</b>
mushrooms / spinach / parmesan / balsamic drizzle	
<b>FILET MIGNON*</b>	<b>39</b>
8oz / roasted potato / vegetable	
<b>GRILLED SWORDFISH</b>	<b>28</b>
marinated tomatoes / rice / vegetable	
<b>LINGUINE SCAMPI</b>	<b>14</b>
garlic / wine / herbs / parmesan	
ADD chicken +8   shrimp +10   salmon +16   lobster +18   veggies +4	

## SEAFOOD SHACK FAVES

Served with french fries & cole slaw

<b>LOBSTER ROLL</b>	<b>28</b>
mayo or hot buttered	
<b>FISH &amp; CHIPS (HADDOCK)</b>	<b>24</b>
a Maine classic	
<b>FRIED SCALLOPS</b>	<b>28</b>
<b>FRIED CLAMS</b>	<b>MP</b>
whole belly	
<b>FRIED SHRIMP</b>	<b>26</b>



## MABEL'S SIGNATURES

<b>STEAMED LOBSTAH</b>		<b>LOBSTER SAVANNAH</b>		<b>THE DUTCHESS</b>	<b>32</b>
1 1/4 OR 2LB	<b>MP</b>	1 1/4 LB	<b>MP</b>	scallops / shrimp / lobster /	
		2LB	<b>MP</b>	garlic wine sauce /	
<b>SHORE DINNER</b>	<b>MP</b>	scallops / shrimp / mushrooms /		crumb topping	
1 1/4 Maine Lobster /		red peppers / newburg / provolone		<b>LOBSTER MAC N' CHEESE</b>	<b>28</b>
steamers / cup of chowder				crumb topping	
<b>THE MILANESE</b>		<b>MABEL'S BAKED STUFFED</b>		<b>SEAFOOD NEWBURG</b>	<b>34</b>
1 1/4 LB	<b>MP</b>	<b>LOBSTAH</b>	<b>MP</b>	shrimp / scallop / lobster /	
2LB	<b>MP</b>	1 1/4 LB	<b>MP</b>	mushrooms / lobster sherry cream /	
baked stuffed /		2LB		toast points	
6 jumbo shrimp / garlic /		scallops / shrimp / bacon / creamy		<b>BAKED STUFFED SHRIMP</b>	<b>32</b>
cayenne pepper		clam stuffing		lobster / stuffing	
		<b>THE DUKE</b>	<b>34</b>		
		scallops / shrimp /			
		haddock / lobster / garlic wine			
		sauce / crumb topping			

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