

# MENU

## STARTERS

- CHARRED BRUSSELS SPROUTS** 14  
blue cheese crumble / bacon / scallions
- MUSSELS** 20  
wine / shallots / garlic / cream -or- classic marinara / toast
- STEAMERS** 23  
Allagash beer / garlic
- CRISPY CALAMARI** 15  
cherry pepper relish
- NATURAL CHICKEN TENDERS** 15  
Moxie BBQ -or- Rogues & Rascals buffalo sauce
- CRABCAKES** 19  
Maine crab / pan seared / lemon-basil aioli
- STUFFED CLAMS** 6 EA  
cherrystone / chorizo / stuffed cracker
- STUFFED MUSHROOMS** 18  
lobster stuffing / roasted red peppers / provolone

## SIDES

- |                        |          |                    |           |
|------------------------|----------|--------------------|-----------|
| <b>SIDE SALAD</b>      | <b>7</b> | <b>COLE SLAW</b>   | <b>4</b>  |
| <b>DAILY VEGETABLE</b> | <b>5</b> | <b>ONION RINGS</b> | <b>10</b> |
| <b>FRENCH FRIES</b>    | <b>5</b> | <b>CORN BREAD</b>  | <b>6</b>  |

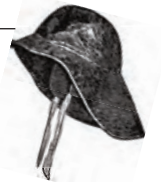


## SOUP & SALADS

- MABEL'S WORLD FAMOUS CLAM CHOWDER** 7/12
- HOUSE SALAD** 12  
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 +18 | lobster +20 | steak tips +16
- DRESSINGS:** house balsamic | buttermilk ranch | blue cheese

## BETWEEN THE BREAD

- fries or coleslaw
- FRIED CHICKEN SANDWICH** 17  
L / T / O / P / buffalo blue cheese dressing
- FRIED HADDOCK SANDWICH** 18  
classic LTO / tartar
- CRAB AND AVOCADO MELT** 20  
cheddar / havarti / griddled white
- MABEL'S BURGER** 15  
cheddar / LTO / add bacon +2 / double +6
- BLACKENED HADDOCK SANDWICH** 18  
classic LTO / tartar



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> Mabel's lemon butter crumb / rice / vegetable	<b>27</b>
<b>GRILLED OR BLACKENED SALMON*</b> rice / vegetable	<b>29</b>
<b>LOBSTER RISOTTO</b> mushrooms / spinach / parmesan / balsamic drizzle	<b>36</b>
<b>PENNE FRA DIAVOLO</b> charred tomatoes / broccoli rabe / spicy marinara / parmesan	<b>18</b>
<b>SCAMPI LINGUINE</b> garlic / wine / herbs / parmesan	<b>16</b>

ADD chicken +8 | shrimp +10 | salmon +18 | lobster +20 |  
veggies +5

## SEAFOOD SHACK FAVES

Served with french fries & cole slaw

<b>LOBSTER ROLL</b> mayo or hot buttered	<b>29</b>
<b>FISH &amp; CHIPS (HADDOCK)</b> a Maine classic	<b>25</b>
<b>FRIED SCALLOPS</b>	<b>28</b>
<b>FRIED CLAMS</b> whole belly	<b>MP</b>
<b>FRIED SHRIMP</b>	<b>24</b>
<b>CAJUN FISH FRY</b>	<b>25</b>



## MABEL'S SIGNATURES

<b>STEAMED LOBSTAH</b> 1 1/4 OR 2LB	<b>MP</b>	<b>LOBSTER SAVANNAH</b> 1 1/4 LB 2LB	<b>54</b> <b>68</b>	<b>THE DUTCHESS</b> scallops / shrimp / lobster / garlic wine sauce / crumb topping	<b>32</b>
<b>SHORE DINNER</b> 1 1/4 Maine Lobster / steamers / cup of chowder	<b>60/76</b>	scallops / shrimp / mushrooms / red peppers / newburg / provolone		<b>LOBSTER MAC N' CHEESE</b> crumb topping	<b>29</b>
<b>THE MILANESE</b> 1 1/4 LB 2LB	<b>54</b> <b>68</b>	<b>MABEL'S BAKED STUFFED</b> <b>LOBSTAH</b> 1 1/4 LB 2LB	<b>54</b> <b>68</b>	<b>SEAFOOD NEWBURG</b> shrimp / scallop / lobster / mushrooms / lobster sherry cream / toast points	<b>34</b>
baked stuffed / 6 jumbo shrimp / garlic / cayenne pepper		scallops / shrimp / bacon / creamy clam stuffing		<b>BAKED STUFFED SHRIMP</b> lobster / stuffing	<b>32</b>
		<b>THE DUKE</b>	<b>34</b>		
		scallops / shrimp / haddock / lobster / garlic wine sauce / crumb topping			

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