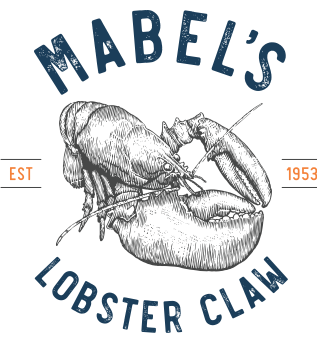


MENU



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

SIDE SALAD	7	COLE SLAW	4
DAILY VEGETABLE	5	ONION RINGS	10
FRENCH FRIES	5	CORN BREAD	6



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 30
romaine / bacon / avocado / egg / tomato /
red onion / blue cheese

- ADD PROTEIN TO ANY SALAD -
chicken +8 | shrimp +10 | crabcake +9
salmon +18 | lobster +20

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 19
classic LTO / tartar

CRAB AND AVOCADO MELT 21
cheddar / havarti / griddled white

MABEL'S BURGER 15
cheddar / LTO / add bacon +2 / double +6

BLACKENED HADDOCK SANDWICH 19
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

BAKED HADDOCK (CRAB STUFFING +8)	27
Mabel's lemon butter crumb / rice / vegetable	
GRILLED OR BLACKENED SALMON*	29
rice / vegetable	
LOBSTER RISOTTO	36
mushrooms / spinach / parmesan / balsamic drizzle	
PENNE FRA DIAVOLO	18
charred tomatoes / broccoli rabe / spicy marinara / parmesan	
SCAMPI LINGUINE	16
garlic / wine / herbs / parmesan	
ADD chicken +8 shrimp +10 salmon +18 lobster +20 veggies +5	

SEAFOOD SHACK FAVES

Served with french fries & cole slaw

LOBSTER ROLL	32
mayo or hot buttered	
FISH & CHIPS (HADDOCK)	25
a Maine classic	
FRIED SCALLOPS	28
FRIED CLAMS	MP
whole belly	
FRIED SHRIMP	24
CAJUN FISH FRY	25



MABEL'S SIGNATURES

STEAMED LOBSTAH	MP	LOBSTER SAVANNAH		THE DUTCHESS	32
1 1/4 OR 2LB		1 1/4 LB	54	scallops / shrimp / lobster /	
		2LB	68	garlic wine sauce /	
		scallops / shrimp / mushrooms /		crumb topping	
		red peppers / newburg / provolone			
SHORE DINNER	60/76	MABEL'S BAKED STUFFED		LOBSTER MAC N' CHEESE	29
1 1/4 Maine Lobster /		LOBSTAH		crumb topping	
steamers / cup of chowder		1 1/4 LB	54		
		2LB	68	SEAFOOD NEWBURG	35
		scallops / shrimp / bacon / creamy		shrimp / scallop / lobster /	
		clam stuffing		mushrooms / lobster sherry cream /	
				toast points	
THE MILANESE		THE DUKE	34	BAKED STUFFED SHRIMP	33
1 1/4 LB	54	scallops / shrimp /		lobster / stuffing	
2LB	68	haddock / lobster / garlic wine			
6 jumbo shrimp / garlic /		sauce / crumb topping			
cayenne pepper					

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