

STARTERS

TRUFFLE FRIES | 10

parmesan, truffle oil, roasted garlic aioli

HUMMUS PLATTER | 12 lemon-garlic hummus, fresh vegetables, pita wedges, olives *gfo*

HOUSE SMOKED SALMON | 16 mama lil's pepper cream cheese, pickled red onions, capers *gfo*

STEAMED MUSSELS | 18 roasted garlic, wine, butter, mustard, rosemary *gfo*

FRIED CALAMARI | 11 mixed greens, red pepper aioli

CHEESE & FRUIT | 17 artisan cheese, fruit, gherkins, pickled red onion, pepper jam, crostini *gfo*

AHI POKE | 13 tamari, pineapple, onion, green onion, chili flake, avocado, sesame, taro chips

CRAB CAKES | 16 crab mix, arugula, ancho lime aioli *gf*

QUINOA & YAM CAKES | 10 seared, arugula, roasted red pepper aioli

OYSTERS on the HALF SHELL* | MARKET
half dozen raw oysters, chef's mignonette *gf*

GREENS & BOWLS

add grilled free range chicken +6

smoked wild caught salmon or grilled steak +10*

blackened or grilled wild alaskan sockeye salmon + 12

SOUP du JOUR | 6 | 9 cup | bowl

SEAFOOD CHOWDER | 7 | 13 cup | bowl
new england style, fresh market catch, clams, parmesan toast

CAESAR | 10
romaine, house cheese mix, house caesar dressing, wonton strips, pine nuts *gfo*

HOUSE | 10
mixed greens, pickled fennel, blueberries, gothberg chevre, honey lemon dressing *gf*

SPINACH | 10
strawberries, fresh spinach, appel farms feta, red wine dressing, spiced pecans

SOUP & SALAD | 12.5
cup of soup or chowder with choice of small salad

HANDHELDS

served with choice with fresh cut fries, house or caesar salad, or a cup of soup
sub. truffle fries +2 chowder +3 gluten free +1

GREEN MANACE | 10 | 14 half | whole
sprouts, avocado, spinach, tomato, artichoke jalapeno pesto, smoked scamorza, avenue muffelata half *gfo*

CRAB MELT | 18
crab mix, avenue english muffin, tomato, smoked gouda, lemon caper remoulade *gfo*

BLAT | 10 | 14 | half | whole
apple smoked bacon, butter lettuce, avocado, tomato, mama lil's pepper jam, grilled oat & wheat *gfo*
substitute blackened fall line fisheries sockeye for bacon (whole sandwich) +18

KEENAN'S BURGER* | 15.5 | 17.5
hand formed chuck beef patty | quinoa & yam patty
choice cheese, arugula, tomato chutney, red onion, red pepper aioli, *add bacon +3*
add sautéed mushrooms +2.5 gfo

HAVARTI CHICKEN | 13 | whole
sourdough, chicken breast, pickled onions and jalapenos, butter lettuce, appel farms havarti, chipotle aioli

BLACKENED FISH TACOS | 16
alaskan true cod, nappa cabbage, corn salsa, tortillas, ancho-lime aioli *gfo*

SPECIALTY PLATES

FISH & CHIPS | 14
alaskan cod, light beer batter, fresh cut fries, tartar sauce, coleslaw

PIER COBB | 21
prawn, avocado, shropshire, egg, tomato, pickled onion, olive, bacon, blue dressing *gf*

SOBA SAUTE | 13
summer squash, onion, pepper, cherry tomato, gochujang sauce *add seared ahi + 7*

THE CHRYSALIS BOWL | 13
yam, roasted cauliflower, avocado, pickled jalapeno, crispy chickpeas, sunflower sprouts, red wine dressing *gf*
add grilled chicken + 6

CIOPPINO | 23
prawns, clams, fresh market catch, house spiced tomato fennel broth, crostini *gfo*