

APPETIZERS

**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*

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

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

**FRIED CALAMARI** | 11 mixed greens, red pepper aioli

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

**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*

**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 *gf*

SHARABLE SIDES

*Mushroom Risotto - Sautéed Greens*

*Daily Seasonal Vegetables - Rustic Yukon Mash* | 8

LARGER PLATES

**PIER COBB** | 21  
prawns, avocado, shropshire, boiled egg, tomato, pickled red onions, olives, bacon, bleu cheese dressing *gf*

**ROASTED CAULIFLOWER** | 22  
artichoke pesto risotto, market veg, yellow pepper romesco *gf*

**CHRYSALIS BOWL** | 17  
yam, roasted cauliflower, avocado, pickled jalapeno, crispy chickpeas, sunflower sprouts, red wine dressing  
*add chicken + 6 gf*

**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 +1*

**AHI SOBA** | 26  
summer squash, onions, peppers, cherry tomato, asparagus, gochujang ginger sauce

**PESTO PARMESAN CHICKEN** | 28  
fresh pasta, cherry tomatoes, arugula, local house basil pesto

**PORK CHOP** | 34  
10 oz salmon creek farms bone in chop, roasted yams, braised red cabbage, rainier cherry port gastrique *gf*

**CIOPPINO** | 33  
prawns, scallops, clams, fresh market catch, spiced tomato-fennel broth, crostini

**SEA SCALLOPS\*** | 35  
corn succotash, onion, pepper, edamame, lime, chipotle aioli *gf*

**NEW YORK STRIP\*** | 38  
grilled 10oz steak, yukon horseradish mash, market vegetables, hunter sauce *gf*