

# CAPTAIN MARDEN'S SEAFOODS FROZEN DINNER LIST

Our large dinners contain 2 servings and our small dinners contain 1 serving

Item	Description	Small	Large
Scrod Supreme	Fresh scrod, lobster bisque and CMS cracker crumbs	5.99	9.99
Scrod Pomodoro	Fresh scrod, green peppers, onions, celery, mushrooms in a light tomato sauce	5.99	9.99
Scrod Parmesan	Fresh scrod in an Italian red sauce with mozzarella and parmesan cheese	5.99	9.99
Haddock Au Gratin	Fresh haddock in a cheddar cheese sauce with CMS cracker crumbs	5.99	9.99
Haddock & Herb	Fresh haddock topped with a savory herb stuffing	5.99	9.99
Haddock Honey Bourbon	Fresh haddock with a honey bourbon glaze & CMS cracker crumbs	5.99	9.99
Haddock Nova Scotia	Fresh haddock in an old-fashioned tomato sauce with cheese and onions	5.99	9.99
Salmon Onion Blossom	Fresh farmed salmon in a tangy horseradish sauce & CMS cracker crumbs	5.99	9.99
Crab & Shrimp Medley	N.E. crabmeat, shrimp, rice, peas, red and green peppers, CMS cracker crumbs	8.50	12.9
Baked Scallops	Fresh sea scallops, bread crumbs, mushrooms in a lightly seasoned sauce	11.99	18.99
Creamed Finnan Haddie	Fresh smoked cod in a homemade cheese sauce	8.99	14.99
Halibut Au Gratin	Fresh halibut in a cheddar cheese sauce topped with toasted panko crumbs	9.99	15.99
Asparagus & Sole Rolls	Fresh sole & asparagus with CMS crumbs and lobster bisque sauce		10.99
Crab & Sole Rolls	Fresh sole stuffed with crabmeat, lobster bisque sauce & CMS cracker crumbs		14.99
Crepes de la Mer	Handmade crepes filled with shellfish, haddock, scallions in a cream sauce		9.99
Captain's Special	Fresh scrod, crab, mushrooms, peppers, lobster bisque sauce, cornflake crumbs	6.50	
Shrimp Scampi	Shrimp in a butter and wine sauce with garlic and black pepper	8.99	
Haddock Mornay	Fresh haddock in our own specially blended cheese sauce, toasted panko crumbs		9.99
Haddock Lemon Bacon	Fresh haddock with CMS cracker crumbs, lemon & bacon		9.99
Sole Fantastic	Fresh sole in a creamy dill sauce		10.99
Sole Linden	Fresh sole stuffed with savory shrimp stuffing in a cream sauce		10.99
Sole & Stuffing Rolls	Fresh sole stuffed with CMS cracker crumbs in a lobster bisque sauce		12.99
Sole Martinique	Fresh sole stuffed w/crab, shrimp, almonds, lobster bisque sauce, panko crumbs		10.99
New England Manicotti	Fresh scrod with ricotta cheese, spinach in a tomato sauce		9.99
Lobster Mac & Cheese	Traditional pasta and cheese favorite with lobster meat	13.99	
Lobster Newburg	Lobster meat served in a creamy Newburg sauce (8 ounces)	7.99	
Seafood Newburg	Lightly poached crab, shrimp, scallops & scrod in a Newburg sauce (8 ounces)	13.99	
Scrod Supreme or Haddock au Gratin	Meals for one served with peas and potatoes	6.99	

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