

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