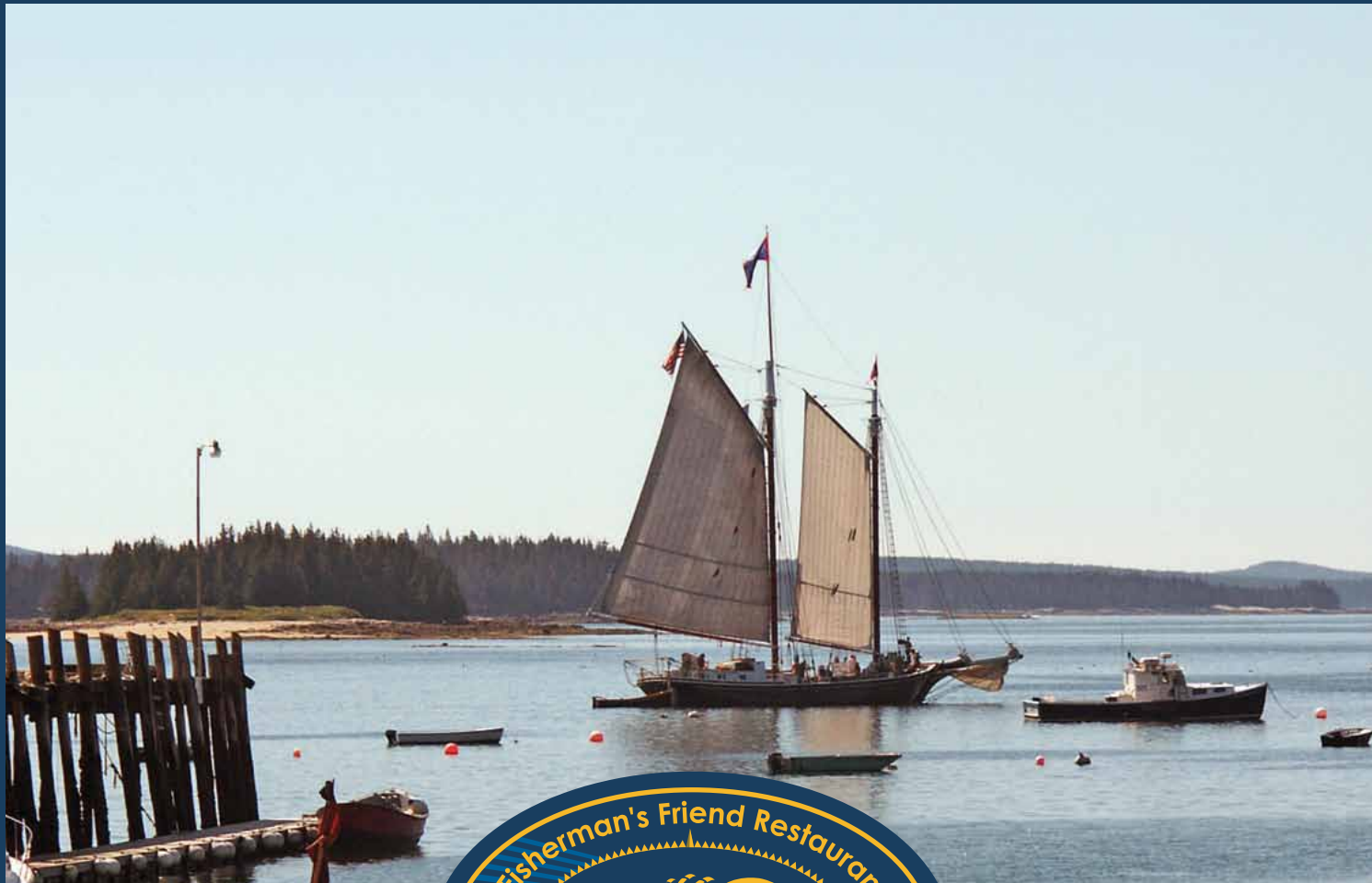


# Welcome

Stonington Lobster Local Seafood Fine Dining



## Fisherman's Friend Restaurant

Takeout Available

---

### Special Functions

Weddings Birthdays Anniversaries Reunions Holiday Celebrations

5 Atlantic Avenue, Stonington, Maine (207) 367-2442  
[www.fishermansfriendrestaurant.com](http://www.fishermansfriendrestaurant.com)



## Appetizers

Baked Stonington Crab Mornay—served with our seasoned croutons.....	12.50
Baked Crabmeat Stuffed Mushrooms.....	8.99
Baked Crabmeat Dip—topped with mozzarella cheese and served with our seasoned croutons.....	12.50
Calamari—deep fried served with our house dip .....	5.99
Add—garlic butter tossed with hot peppers .....	7.99
Onion Rings, the Fisherman’s Friend way .....	SM..4.99...LG..7.99
Buffalo or Teriyaki Wings—Boneless or Regular .....	6.99
Mozzarella Triangles—deep fried and served with marinara sauce .....	7.50
Artichoke and Spinach Dip—served with our seasoned croutons. ....	10.99
Shrimp Cocktail—large Gulf Shrimp .....	8.99

### Deep Fried Seafood Appetizers

Stonington Fried Clams—(Whole).....	Market Price
Seafood Sampler—fried clams, shrimp, scallops and haddock .....	14.99
Shrimp.....	11.99
Deep Sea Scallops .....	13.99

### Stonington Steamed Clams and Mussels

All servings are “1½ POUNDS EACH” and “MARKET PRICED”

#### Stonington’s Traditional Styles

*All served with butter and broth*

- Clams
- Rope Cultured Mussels
- Half & Half—Enjoy both

#### Steamed in Garlic & White Wine

“Steamed Sampler”

*Clams, Mussels, Shrimp, Haddock and Calamari*

- Clams
- Rope Cultured Mussels
- Half & Half—Enjoy both

Add Pasta and make it a “MEAL”.....2.99

## Traditional Stonington Chowders and Stews

Lobster Stew— <i>fresh picked daily</i> .....	Market Price	Seafood Chowder .....	Cup.. 7.50 ... Bowl.. 13.99
Haddock Chowder.....	Cup.. 5.50 ... Bowl...10.99	<i>clams, shrimp, scallops and haddock</i>	
Crabmeat Stew.....	Cup.. 7.50 ... Bowl.. 13.99	Scallop Stew <i>featured in Yankee Magazine '08</i>	
<i>fresh Stonington crabmeat</i>		Cup.. 7.99 ... Bowl.. 13.99	
Stonington Clam Chowder .....	Market Price	Oyster Stew .....	Cup.. 7.50 ... Bowl.. 13.99
<i>whole clams, thin broth</i>		Shrimp Stew .....	Cup.. 5.50 ... Bowl...10.99

## Salads

<b>House Mix or Ceasar</b> .....	7.99
Add Shrimp or Chicken.....	3.99
Add Broiled Haddock .....	6.99
Add Fresh Stonington Crabmeat.....	9.99
Add Grilled Gulf Shrimp.....	8.99
Add Fresh Picked Lobster Meat.....	Market Price

#### Cold Plates

Stonington Lobster, fresh picked .....	Market price
Stonington Crabmeat, fresh picked .....	13.99
Broiled Haddock Filet .....	11.99

*All served with fresh tomato’s, cucumbers,  
cottage cheese and a blend of fruit*

# Stonington Lobster

All available in increments of ¼-lb. starting at 1 ¼-lb.

All Lobster are Market Price

## Steamed —served with drawn butter

Broiled—basted with butter and lightly sprinkled with Cracker Crumbs.

Grilled on a charbroiler for a little smokey flavor and basted with butter.

## Baked Stuffed

- With rich Cracker Crumbs and butter Stuffing..... Add 3.99
- With our Traditional Crabmeat Stuffing..... Add 4.99
- With the Chef's Special Crab Mornay Stuffing..... Add 7.99
- Fisherman's Style with Shrimp, Sea Scallops, Fresh Lobster, Cracker Crumbs and Butter..... Add 8.99
- Seafood Mornay ..... Add 12.99  
with Crab, Fresh Lobster meat, Shrimp, Sea Scallops with mornay sauce and mozzarella

- |                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ADD LAZYS MAN'S LOBSTER ..... Add 5.99<br><i>Fresh Cooked Maine Lobster, shelled and sautéed in a sweet creamy butter</i><br>Then add our Traditional Crabmeat Stuffing to your Lazy for..... 4.99 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## More of your Favorites

### Lobster Pillow

*Fresh Lobster Meat wrapped in a puff pastry with cream filling and fresh Mushrooms.*

### Lobster Newburg

*Served with a rich cream sauce with Sherry Wine..en casserole.*

### Lobster Scampi

*Fresh Lobster Meat Sauteed in garlic butter, served over rice pilaf or fresh pasta.*

### Lobster Alfredo

*Rich parmesan cream sauce over fresh pasta or rice pilaf.*

### Lobster & Lemon Butter

*Fresh lemon juice, white wine, garlic, sweet creamy butter served over fresh pasta or rice pilaf.*

### Lobster Pie

*Chunks of Fresh Lobster meat in a rich cream sauce, topped with a puff pastry crust.*

### Champagne Poached Lobster

*with butter and fresh mushrooms-en casserole.*

### Lobster Mornay

*Baked in a rich cream sauce, topped with Mozzarella cheese.*

### Lobster Au Gratin

*Chunks of Fresh Lobster Meat in a rich cream sauce, topped with Cracker Crumbs.*

### Lobster Pomadora

*Tomato sauce and fresh basil, served over fresh pasta.*

***Fresh crabmeat may be substituted in all of the above favorites at market price.***





## Fried or Broiled Seafood

Fisherman's Platter—Clams, Shrimp, Scallops and Haddock .....	SM ... 16.99 ... LG . 19.99
Fresh Local Fried Clams—(Whole).....	Market Price
Haddock Filet .....	SM ... 10.99 ... LG . 12.99
Deep Sea Scallops .....	SM ... 13.99 ... LG . 16.99
Haddock Fish & Chips.....	10.99
Shrimp—Tender and Tasty .....	SM ... 10.99 ... LG . 12.99
Oysters .....	SM ... 12.99 ... LG . 14.99
Calamari.....	SM ... 12.99 ... LG . 14.99
Large Gulf Shrimp.....	SM ... 15.99 ... LG . 17.99
Mate's Plate—choose any two—Haddock, Shrimp, Scallops or Clams.....	15.99

## Baked Seafood

*With butter and Cracker Crumbs*

Baked Stuffed Haddock .....	15.99
<i>Filet of haddock with our traditional crabmeat stuffing topped with a light cream sauce and cracker crumbs</i>	
Fisherman's Combo—Haddock, Scallops and Shrimp .....	15.99
Haddock Filet .....	13.99
Deep Sea Scallops .....	17.99
Shrimp—Sweet and Tasty.....	13.99
Large Gulf Shrimp.....	18.99

Add Au gratin.....2.00

Make it baked Stuffed with our house Crabmeat Stuffing.....4.99

## Pasta Specialties

*Choice of Scampi-Style, Alfredo, Marinara or Cream Sauce.*

Chicken .....	14.99	Haddock .....	15.99
Scallops .....	18.99	Large Gulf Shrimp .....	17.99
Shrimp.....	15.99	Calamari .....	15.99
Crabmeat.....	18.99		

Choice of Linguini or Penne Pasta

Add Chopped Bacon... 1.99.....or.....Fresh Mushrooms.....99

Large Fresh Pasta Bowl.....11.99

## From The Ovens and Grill

*All USDA Choice Grade Beef*

New York Sirloin Steak.....	½-lb ... 14.50 .....	¾-lb .....	16.99	1-lb..	19.99
Prime Rib Au Jus.....	½-lb .....	¾-lb .....	17.99	1-lb..	20.99
<i>Friday, Saturday and Sunday, while it LASTS!!!!</i>					
Add Fresh Mushrooms sautéed in garlic butter or Caramelized Onions .....					
1.99					
Grilled Chicken Breast—your choice of BBQ, Teriyaki or Plain.....	12.99				
Deep Fried Chicken Fingers—with French Fries.....	8.99				

*Consumption of raw or undercooked meat and seafood may be unsafe.*

# Sandwich Selections

Fisherman's Friend MEGA Lobster Roll.....	Market Price
<i>Served on sub roll with lettuce and French fries</i>	
Fisherman's Friend MEGA Crab Roll.....	17.99
<i>Served on sub roll with lettuce and French fries</i>	
Lobster Roll—Fresh picked Lobster Meat.....	Market Price
Stonington Crabmeat Roll.....	10.99
Grilled Crab & Swiss—Your choice of bread.....	11.99
Haddock Sandwich—Deep fried or Broiled.....	6.99
Grilled or Deep Fried Chicken Breast—your choice of BBQ, Teriyaki or plain.....	5.99
THE INCREDIBLE BLT—Fresh Lettuce, Tomatoes and a pile of Bacon.....	7.50
Tuna Salad Sub—Solid White Albacore and Mayo.....	6.99

## Fried Seafood Rolls

*Deep fried and served on a grilled roll.*

Clam.....	Market Price
Shrimp.....	6.99
Sea Scallops.....	9.99

## Tony's Super Burger

Anything you'd like on it!!

¼-lb...4.99... ½-lb...6.99

*Cheese, Lettuce, Tomato, Bacon, Onions, Mustard, Ketchup, Relish or Mayonnaise.*

## Beverages

### Soda

Pepsi, Diet Pepsi, Root Beer, Mt Dew, Orange, Pink Lemonade

### Iced Coffee

Sweet or Fresh Brewed Iced Tea

Poland Spring Water

San Pellegrino Sparkling Water

### Juice

Cranberry, Orange, Pineapple, Grapefruit, Apple

### Milk

Coffee, Hot Tea

### Milk Shakes

Vanilla, Chocolate, Coffee, Strawberry

### Full Bar Available

## Wine

### White

Kendal Jackson.....	Chardonnay (California).....	\$7.....	\$28
Columbia Crest.....	Chardonnay (Washington).....	\$6.....	\$24
Kris.....	Pinot Grigio (Italy).....	\$6.....	\$24
Da Vinci.....	Pinot Grigio (Germany).....	\$6.....	\$24
Nobilo.....	Sauvignon Blanc (New Zealand).....	\$6.....	\$24
Bogle.....	Sauvignon Blanc (California).....	\$6.....	\$24
Chateau Ste Michelle....	Riesling (Washington State).....	\$6.....	\$24
Yellow Tail.....	Riesling (Australia).....	\$5.....	\$18
Beringer.....	White Zinfandel (California).....	\$5.....	\$18
Vincent Pouilly Fuisse ..	Sauvignon Blanc (France).....		\$35

### Reds

Liberty School.....	Cabernet Sauvignon (California)....	\$7.....	\$28
Route 1.....	Cabernet Sauvignon (Chile).....	\$6.....	\$24
Blackstone.....	Merlot (California).....	\$6.....	\$24
Smoking Loon.....	Merlot (California).....	\$6.....	\$24
Castle Rock.....	Pinot Noir (California).....	\$6.....	\$24
Nine Stones.....	Shiraz (Australia).....	\$6.....	\$24

## Draft Beer

Available in 16oz or 22oz

Black Bear Pirate Ale  
Bud Light  
Casco Bay Riptide Red  
Sea Dog *Seasonal*  
Sam Adams *Seasonal*  
Shipyard Export *Seasonal*

## Bottled Beer

Coors Lite  
Budweiser  
Bud Lite  
Twisted Tea  
Corona  
Heinken

Pabst Blue Ribbon  
Michelob Lite  
Michelob Ultra  
Guinness Stout  
Geary's Pale Ale  
Stella Artois



*Stonington Harbor - 1896-1897*

**D**eer Isle is a beautiful island community of 24,000 acres and 112 miles of shoreline, comprising the towns of Deer Isle and Stonington, and outlying islands. It is a group of small communities with 2,400 residents that make up the year round population. Lobstering is the current mainstay of the Island.

The first people to live on Deer Isle 6,100 years ago were Native Americans. Native Americans were living in various locations among the islands when the first European settlers arrived in 1755. The settlers became boat builders, seafarers and fisherman. Deer Isle was established in 1789, the fourth town in Hancock County.

The population grew, and in 1786 Nathaniel Scott started a ferry service to the mainland across the Eggemoggin Reach. This ferry ran until the opening of the present day suspension bridge on June 19, 1939.

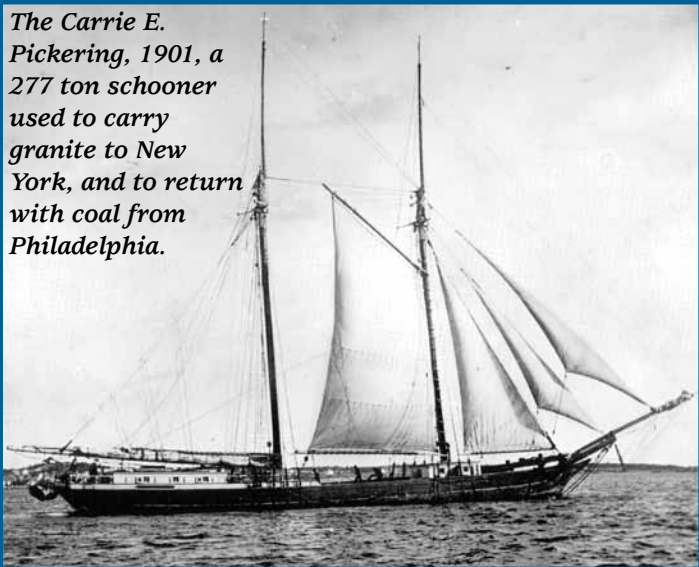
In 1895, the strong and able reputation of Deer Isle seamen was recognized throughout the world when the American yacht "Defender", designed by the famed Nathanael Herreshoff and manned entirely by residents of Deer Isle, won the first America's Cup. Four years later, the yacht "Columbia" and its crew, once again entirely from the Island, defended the Cup and brought home victory.

The late 1800s also was marked by the founding of the first granite quarries. From 1869 to 1969, granite from Deer Isle and Stonington was shipped away to be put into such structures as the Boston Museum of Fine Arts, Smithsonian Institute, and the Kennedy Memorial in Arlington National Cemetery. Today, the New England Stone Company still harvests granite blocks from Crotch Island located just off Stonington.

Though quarrying was present, it was by the 19<sup>th</sup> century the harvest of sea that would, and continues to be, the predominant provider. Island fisherman supplied a local canning industry and fish markets around the world. Their yield was mainly cod, haddock, and mackerel as well as gathered shell fish. Lobsters were not considered the luxury food item they are in today's society, and at the time were two cents each, regardless of size.

Stonington, previously known as Green's Landing, was incorporated in 1897, and was named for its granite quarrying. Two trends now dominate life in Stonington. First, a fifteen year boom in the quantity and price of lobsters has enriched the local fishermen and increased the size of the lobster fleet. Second, a continuing influx of prosperous newcomers has driven up real estate values and led to new cultural and artistic attractions.

*The Carrie E. Pickering, 1901, a 277 ton schooner used to carry granite to New York, and to return with coal from Philadelphia.*



*A bait boat from Vinalhaven, tied up at the Barter Wharf in Stonington, sells herring to a local lobsterman in the late 1920s.*

