

THE SOLE

SERVING FRESH LOCAL SEAFOOD SINCE 2005.

STARTERS

Sole clam chowder
9.95

Local oysters
shucked to order, fresh from the
Damariscotta river 1/2 dozen 22 dozen 42

Dirty fries
crazy popular dish you can share! dirty
mayo, parmesan 14.95

Red Hook beer battered shrimp
1/2# of sweet shrimp seasoned and beer
battered 15.95

Crispy brussels
cilantro, mint, fish sauce, fresh lime juice
15.95

Tuna crudo
ginger, scallions 16.95

Cast iron calamari
garlic, capers, sweet drop peppers and
lemon 19.00

SALADS

Beet salad
arugula, orange and whipped ricotta 14.95

Robust farmers salad
daily deliveries from our local farm friends.
ginger-miso, blue cheese, green goddess or
balsamic 13.95

Kale caesar
Parmesan ~ Reggiano, anchovies and house
made croutons 12.95 add fresh salmon filet
15

TACOS

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• **Famous fresh fish tacos** •
• seasoned fresh fish of the day, pico de •
• gallo, Sole slaw, crema, in warm corn •
• • • • • tortillas 18.95 • • • • • • • • • • • •

Short rib
waygu beef, avocado, pickled slaw 22.95

Duck confit
pickled slaw, Mexican mole, pico de
gallo 19.95

Lobster
tarragon aioli, slaw, pico de gallo MKT

KIDS

Cheddar mac & cheese	8.95
Grilled cheese	8.95
Crisp fried chicken fingers	8.95

Pemaquid lobster roll
warm and tossed with melted butter or
chilled and lightly dressed with mayo
served with our house made chips
MKT

Fish & Chips
beer battered and fried served with
house tartar, mashed peas and fries
25.95

Rare tuna sandwich
wakame, sriracha aioli, chips
20.95

Seared salmon
confit potatoes, olives, heirloom
tomatoes, basil 25.95

Poke bowl
local catch, wakame, avocado,
cucumber, sriracha aioli and soba
noodles 23.95

Cast iron seared chicken breast
lemon, capers, fingerling potatoes 25.95

Creekstone beef
Daily recipes MKT

Lobster club
sweet lobster, applewood bacon and
slaw piled high on toasted bread served
with chips MKT

Clam basket
Rockport clams lightly fried and served
with fries 26.95

Smash burger
Waygu beef, cheddar, pickles, chorizo
pepper relish. chips 19.95

Falafel bowl
Quinoa, tomato, cucumber, feta and
tahini 18.95

SIDES

Crispy house fries	5.95
Sole slaw	3.00
bread basket	6.00
daily vegetables	4.95
fingerling potatoes	4.95

HIRE THE BOYZ!

Have an event? rehearsal dinner, wedding,
corporate or even a block party?
email the boyz! saltyboyzinc@gmail.com or call
us
207-975-8552 207-380-9777



DESSERTS

**Maine blueberry & apple crisp fresh
whipped cream**
8.95

Lynn's weekly desserts
8.95

WOODSTONE PIZZA

(PIES ARE HAND TOSSED AND COOKED
TO ORDER. ARRIVAL AT TABLE MAY NOT
COINCIDE WITH OTHER KITCHEN
ITEMS)

Margherita
fresh tomatoes, fresh mozzarella, basil,
extra virgin olive oil 19.95

The Original Cheese
sweet San Marzano tomatoe sauce,
mozzarella and provolone cheeses 19.95

Pepperoni
sweet tomato sauce and our cheese
blend 22.95

Duckfat
prosciutto, caramelized onion and
cheese 23.95

Puttanesca
capers, garlic, anchovies 22.95

WE TREAD LIGHTLY!

WE BUY LOCAL WHENEVER POSSIBLE
WE RECYCLE AND REUSE
WE DO NOT USE PLASTIC CUPS OR
STRAWS
WE TRY TO STAY ENERGY EFFICIENT

COMMITTED TO YOUR WELL
BEING AND GOOD HEALTH

ASK YOUR SERVER
ABOUT OUR
SPECIALS!

we got swag
logo merch
stickers, t-shirts
pint glasses

* "This food is or may be served raw or undercooked or may contain raw or undercooked foods. Consumption of this food may increase the risk of foodborne illness. Please check with your physician if you have any questions about consuming raw or undercooked foods."

