

First Course

American Salad <i>Assorted field greens with mozzarella, feta, olives, roma tomatoes and aged balsamic vinaigrette</i>	\$5.95
Caesar Salad <i>Traditional caesar salad prepared with Sable's flair</i>	\$7.50
French Onion Soup <i>With Parmesan croutons</i>	\$5.95
Long Island Chowder <i>Somewhere between Boston and Manhattan, our seafood laden chowder is served in with a swirl of cream, a dash of New York and a sprinkle of Massachusetts</i>	\$4.95
Combination Sushi Platter <i>Ocean fresh ahi tuna, red snapper, sea bass, Pacific salmon & shrimp are sliced to order and served with our house Wasabi soy</i>	\$12.95
Spicy Crab Spring Rolls <i>Succulent blue crab and crispy vegetable rolls served with a papaya and pineapple salsa</i>	\$8.95
Shrimp 3 Ways <i>Scampi, tempura and steamed with 3 different sauces</i>	\$8.95
Chili Lime Scallops <i>Giant scallops are grilled and served over glass noodles with a zesty chili lime dressing</i>	\$9.95
Crab Stuffed Mushrooms <i>Large button mushrooms caps loaded with lump crab imperial, served au gratin</i>	\$9.95
Seared Fresh Ahi <i>Black and white sesame encrusted ahi tuna sliced and served rare over sushi rice, mixed greens, Wasabi soy vinaigrette</i>	\$9.95
Smoked Duck Breast <i>House smoked duck breast served with baby mixed field greens, sliced cucumber, diced papaya, fresh raspberry vinaigrette</i>	\$9.95

Main Course

Please add \$13.95 for a complete meal which also includes your choice of soup, salad or appetizer and Chef Mitchell's personally selected dessert buffet.

Grilled Salmon <i>Crusted with crushed black pepper and ginger with scallion mashed potatoes</i>	\$17.95
Seafood Arnaud <i>Hodgepodge of shrimp, crab, mussels and scallops with ginger-lime cream sauce</i>	\$16.95
Red Snapper Neptune <i>Pan-seared fresh red snapper is coated in shrimp, napped in our lobster sauce served with Dauphinoise potatoes and sautéed seasonal vegetables</i>	\$18.95
Lobster and Shrimp Sauté <i>Langostino lobster and succulent shrimp sautéed and served with champagne cream over farfalle pasta</i>	\$19.95
Treasure Island Fettuccine <i>Chunks of lobster & baby shrimp in a white wine & garlic cream served over fettuccine</i>	\$18.95
Rosemary Skewer Shrimp and Scallops <i>Jumbo shrimp and jumbo scallops skewered upon a shoot of fresh rosemary, grilled, and served over saffron rice</i>	\$18.95
Lemon Peppered Linguini <i>With scallops, shrimp and snow crab in a lobster cream sauce</i>	\$18.95
Pacific Ocean Grill <i>Shrimp, scallops and lobster tail, marinated in herbs and spices, served with grilled vegetables and pasta</i>	\$29.95
Broiled Tilapia <i>Fresh from the ocean, we lightly coat our Tilapia with olive oil and char-broil to perfection. Choose potatoes, pasta or rice.</i>	\$14.95
Blackened Seafood Trio <i>Jumbo scallops, giant shrimp, & snapper with roasted shallots over sun dried tomato polenta</i>	\$22.95



All items on this menu are created with products that are Trans Fat FREE.

Steaks and Chops

We serve the finest Angus Beef available. Our beef is always fresh and has never been frozen.

Each Sables entrée is served with potato, or rice and fresh seasonal vegetables.

Steak "Oskar" \$21.95
A juicy sirloin steak topped with sautéed shrimp, asparagus and Hollandaise sauce with Dauphinoise potatoes and sautéed seasonal vegetables

Rosemary Roast Rack of Lamb \$29.95
Sun dried tomato polenta with roasted garlic and black olive tapenade

Bone-In Strip Steak \$32.95
Black Angus king cut, 22 ounces served with choice of potatoes or rice

Rib Eye Steak \$29.95
Served with peppercorn butter, baked potato or steamed rice and sautéed seasonal vegetables

New York Steak \$27.95
Served with peppercorn butter, baked potato or steamed rice and sautéed seasonal vegetables

Lobster Tail and Sirloin Steak \$33.95
A triumphant duo of our most popular dishes served with all of the trimmings

Prime Ribs of Beef *Regular Cut \$29.95 King Cut \$32.95*
Slow cooked and hand cut prime rib served au jus with baked potato, seasonal vegetable and a crowning service of Yorkshire pudding

Blackened Rib Eye Steak \$29.95
Hot from the bayou! Cajun seasonings are lavished on our Angus rib eye and then blackened Louisiana style. Served with baked potato or steamed rice and sautéed seasonal vegetables

Pan Seared Filet Mignon \$27.95
Brie and crab ravioli, baby greens, pinot noir reduction

Beef Tenderloin Filet Mignon \$29.95
With peppercorn butter, baked potato and sautéed seasonal vegetables

Gorgonzola Crusted Filet Mignon \$26.95
Bacon wrapped and broiled with a Gorgonzola cheese crust

King Crab Legs and Sirloin Steak \$27.95
Half pound of succulent king crab legs paired with a half pound, hand cut top sirloin steak, served with lemon and drawn butter

King Crab Legs \$29.95
One pound of succulent king crab legs served with lemon and drawn butter

Add a sirloin steak \$34.95

Live Maine Lobster

Hand selected Maine lobster is flown in live from the U.S.A. Choices of sizes include large (1^{3/4} lb) & jumbo (2^{1/4} lb)
Each Sables entrée is served with potato, or rice and fresh seasonal vegetables.

Live Maine Lobster Market Price
Your choice of 2 sizes with three sauces, choice of potato or rice and sautéed seasonal vegetables

Lobster Tail \$26.95
Succulent cold water lobster tail served steamed with drawn butter and lemon

Steak and Live Maine Lobster Market Price
Regular, large or jumbo Maine lobster and filet mignon served with three sauces, choice of baked potato or steamed rice and sautéed seasonal vegetables

Lobster and Shrimp "Phuket" \$26.95
Giant shrimp and lobster served in a Thai coconut curry sauce with rice

Dessert Buffet \$6.95

A selection of the finest, freshest pastries in Korea, created in our own pastry kitchen

8-07