

Menu

FISH

Blackened

Blackened Salmon, filleted or scaloppini style coated with a mix of chilies and Cajun seasonings and oven baked.

Teriyaki

Salmon filleted or scaloppini style, marinated and oven baked or broiled.

BBQ Salmon

Salmon, filleted or scaloppini style, glazed with barbecue sauce and oven baked.

Garlic and Herb

Salmon filleted or scaloppini style, coated with coarsely chopped garlic, Fines Herbs and oven baked.

Blueberry Glazed Salmon

Salmon, filleted or scaloppini style, baked, topped with blueberry reduction sauce.

Thai Chili Glaze

Salmon, filleted or scaloppini style, oven baked and topped with sweet glaze made with chilies.

Cilantro and Lime

Salmon, filleted or scaloppini style, marinated in garden fresh cilantro and lime juice and oven baked.

Lemon and Dill

Salmon, filleted or scaloppini style, marinated in fresh dill and lemon juice and oven baked.

Poached in White Wine and Vegetables

Salmon fillet poached in white wine and julienne vegetables.

Baked White Fish with Garden Vegetables

White fish with seasonal vegetables, oven baked in white wine.

Cajun Catfish

Farm raised catfish, dusted with Cajun seasonings and pan seared.

Stuffed Flounder Roulades

Fresh flounder fillets, stuffed with vegetables and sautéed in white wine and lemon juice.

White Fish Almandine

White fish baked in white wine and lemon juice and topped with toasted almonds.

BBQ Shrimp

Large shrimp coated in honey barbeque sauce and sautéed.

BBQ Scallops

Bay scallops, coated in honey barbeque sauce and pan seared.

Italian Fish Stew

White fish, shrimp and vegetables cooked in white wine and tomatoes with Italian seasonings.

Cod Veracruz

Pan seared cod fillet served with tomato-onion chutney garnish.

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Fillet of Cod in Lemon

Parsley Sauce

Cod fillet coated in breadcrumbs, parsley, crushed red pepper and oven baked.

Mushroom and Shrimp Orzo Skillet

Large shrimp, sautéed with wild mushrooms, garlic, spinach and orzo.

Sweet and Sour Shrimp and Scallops

Large shrimp and bay scallops, sautéed with mixed vegetables served in a sweet and sour sauce.

Jambalaya

Shrimp, ham and Chorizo sausage with vegetables and rice.

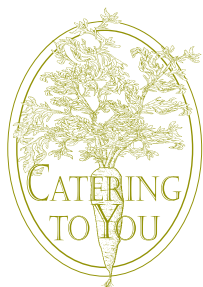
Halibut with Tomato, Capers and Olive Vinaigrette

Halibut steak marinated in lemon, Dijon mustard, tomatoes, olives, capers and extra virgin olive oil and oven baked.

Baked Halibut Provencale

Halibut fillets oven baked with sautéed tomatoes, garlic, basil, thyme, parsley and olive oil.

Note: Other fresh fish may be substituted for salmon.



A PERSONAL
CHEF SERVICE