

# CHELO'S

## HOMETOWN BAR & GRILLE

### Lent Menu

## Appetizers

### MEDITERRANEAN CALAMARI

Breaded calamari rings tossed with roasted red peppers and mixed Greek olives topped with a chipotle aioli - 11.99

### STUFFIES

Two classic New England stuffed quahogs served with a lemon wedge - 7.99

### CHOWDER & CLAM CAKES

Three of our award winning clam cakes served with a bowl of our famous chowder - 7.99  
**Substitute Seafood Chowder add 1.00**

### RI FISH TACOS

Blackened seasoned cod fish served on 3 floured tortillas with cheddar Jack cheese, lettuce and our pico de gallo with sour cream and guacamole on the side - 10.99

## Salads

### CALAMARI SALAD

Fresh romaine lettuce topped with our fried calamari, pepper rings, diced tomatoes, sliced black olives and gorgonzola cheese. Drizzled with balsamic glaze and served with balsamic dressing on the side - 13.29

### BLACKENED SHRIMP CAESAR

Fresh cut romaine lettuce tossed in our classic Caesar dressing with croutons, shredded Romano cheese and topped with blackened grilled shrimp - 11.99

### GRILLED SALMON SALAD

Fresh mixed greens with red onions, cucumbers and grape tomatoes topped with grilled Norwegian salmon and served with your choice of dressing - 15.99

### GREEK SALAD

Fresh salad greens topped with Greek olives, roasted golden tomatoes, cucumbers, red onions and feta cheese, served with Greek dressing and flat bread wedges - 9.99

**Add Blackened Grilled Shrimp - 5.99**

**Add Grilled Chicken - 3.99 Add Grilled Salmon - 7.99**

## Sandwiches

Comes with your choice of steak fries, curly fries, coleslaw, baked potato or rice pilaf.

**Substitute sweet potato fries, onion rings, small garden salad or Caesar salad - .99**

### LOBSTER SALAD

Our freshly made lobster salad, shredded lettuce served on either a grilled torpedo roll or a garlic herb wrap - Market Price

### NARRAGANSETT REUBEN

Our famous fried fish served on grilled rye bread with Swiss cheese, Thousand Island dressing and topped with coleslaw - 10.29

**Served on Wednesday & Friday only.**

### SALMON BURGER

A hearty grilled salmon burger with our secret seasoning and topped with red onions, tomatoes, lettuce and chipotle aioli on a grilled bulky roll - 11.99

## Entrées

### FISH & CHIPS

Fresh cod lightly battered and cooked golden brown. Served with steak fries and coleslaw - Market Price  
**Only available Wednesday and Friday.**

### BAKED SCROD

Fresh scrod topped with our secret seasoning blend, white wine, cracker crumbs and butter. Served with your choice of two sides - Market Price

### VEGGIE SCAMPI

Fresh zucchini, summer squash, broccoli, tomato, peppers and onions tossed in a garlic herb sauce served over rice pilaf. Served with a side salad - 9.99  
**Add Scampi Shrimp - 3.99 Add Grilled Chicken - 3.99**  
**Add Grilled Salmon - 7.99**

### SHRIMP SCAMPI

A hearty portion of grilled shrimp tossed in a garlic herb butter sauce served over imported pasta. Served with a side salad - 14.59

### LOBSTER MAC & CHEESE

Our five cheese Mac & Cheese tossed and baked with chunks of delicious lobster meat. Served with a side salad - Market Price

### NORWEGIAN SALMON

An 8 ounce portion of Norwegian salmon grilled to perfection and served with your choice of two sides - 17.99

### BLACKENED SHRIMP ALFREDO

Blackened grilled shrimp served on top of imported penne pasta and tossed in our new blackened spiced alfredo sauce. Served with a side salad - 15.59

Consumption of raw or undercooked foods of animal origin may increase your risk of foodborne illness. Consumers who are especially vulnerable to foodborne illness should only eat food from animals thoroughly cooked.

\*Before placing your order, please inform your server if you or a person in your party has a food allergy.