



Open For Dinner Thursday, Friday and Saturday for the Summer Season

Serving Lunch Tuesday through Sunday 11.30-2.00

We are available for Private Events, Weddings, Rehearsal Dinners and Corporate Parties.

FMI Visit us on the web at [www.phoenixhouseandwell.com](http://www.phoenixhouseandwell.com) or call 207-838-4479

## Appetizers

### Point Judith Fried Calamari

Roasted Red Peppers • Garlic • Pepperoncini  
Parmesan Cheese • Marinara Sauce 8.95

### Ahi Seared Tuna

Ahi Tuna • Crisp Wonton • Pickled Ginger • Wasabi  
Sweet Soy Sauce 9.95

### Tomato Brushetta with Chevre Toast 7.95

### California Roll

Sticky Rice • Crabmeat • Avocado • Cucumber 7.95

### PEI Mussels

Steamed PEI Mussels • Champagne • Shallots  
Garlic • Old Fashioned Butter • Capers 9.95

### Phoenix Spinach and Artichoke

### Spanakopita

Spinach • Artichokes • Roasted Red Peppers • Feta  
Cheese 8.95

### Empanada

Root Vegetable • Red Potato • Corn • Sweet Peas •  
Spicy Aioli • Balsamic Glaze • Flaky Pastry 8.95

### Pan Fried Gnocchi

Roasted Red Peppers • Garlic • Portobello  
Mushrooms • Vegetable Broth 9.95

## Small Salads

### Grilled Romaine

Sundried Tomatoes • Fresh Basil • Balsamic Glaze  
7.95

### Hearts of Romaine

Romaine Lettuce • Parmesan Cheese • Focaccia  
Crouton 6.95 Add Chicken 4 add Shrimp 6 Add  
Scallops 6

### Phoenix Salad

California Field Greens • Hot House Cucumber  
Roma Tomato • Carrot • Tuscan Vinaigrette 5.95

*In Celebration of Summer,*

*The Phoenix Is Happy to Offer Our Three Course  
Dinner Menu, Each day, All day*

*Choose an Appetizer or Small Salad, Entrée and  
Dessert for \$25*

## Desserts 6.95

**Gelato** — Ask your Server for Flavor Details

### Flourless Chocolate Torte

### Brownie Sundae with French Vanilla Gelato

### Smores for two

## Entrees

### NY Sirloin

10oz Sirloin • Garlic Mashed Potato • Asparagus  
21.95

### Lobster Fettuccine

Fresh Maine Lobster • Fettuccine • Alfredo Sauce  
Parmesan Cheese 21.95

### Salmon Baguette

Atlantic Salmon • Grilled Baguette • Honey Mustard  
Cream • Sundried Tomato 16.95

### Asian Style Ahi Tuna

Ahi Tuna • Mango Sticky Rice Roll • Ginger  
Sweet Soy • Wakeme Salad 18.95

### Caribbean Shrimp and Scallop Salad

Field Greens • Mango • Mint • Shrimp • Scallops  
Spicy Vinaigrette • Black Beans • Roasted Corn 18.95

### Chicken Piccata

Boneless Chicken • Lemon • Old Fashioned Butter  
Capers • Fettuccine 15.95

### Grilled Pork Loin

Polenta Fries • Creamed Spinach • Mushroom Demi  
Glaze 15.95



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## Lighter Fare Appetizers

### Nachos

Crisp Tortilla Chips • Tomato • Onion • Jalapenos • Olives Sour Cream • Salsa 9.95

### Potato Skins

Bacon • Scallions • Sour Cream • Three Cheese 7.95

### Chicken Wings

Choose From: BBQ • Teriyaki • Buffalo Style 8.95

### Crab Rangoon

Crisp Wonton • Creamy Crab • Duck Sauce 7.95

## Lighter Fare Sandwiches and Other Good Stuff

*All Sandwiches and Panini come with your choice of French Fries or a Demi salad*

### Rueben Panini

Corned Beef • Marble Rye • Sauerkraut • Swiss Cheese

Thousand Island Dressing 9.95

### Roast Beef Panini

Roast Beef • Boursin Cheese • Roasted Red Peppers • Caramelized Onions

Au Jus 9.95

### Grilled Chicken

**Hawaiian Style** Grilled Pineapple • Bacon • Sweet Soy 9.95

**Mediterranean Style** Buffalo Mozzarella • Sundried Tomatoes • Pesto  
Balsamic Glaze 9.95

### BBQ Pulled Pork Sandwich

Austin Style Pulled Pork • Sweet and Tangy BBQ Sauce 9.95

### Quesadillas

**Vegetable** Three Cheese • Broccoli • Tomato • Onion • Jalapenos  
Olives • Mushrooms • Scallions • Sour Cream • Salsa 8.95

**Chicken** Tomato • Onion • Jalapenos • Grilled Chicken • Olives  
Three Cheese • Scallions • Sour Cream • Salsa 9.95

### Macaroni and Cheese

Cavartari Pasta • Swiss • Cheddar • Parmesan • Panchetta • Caramelized Onion  
9.95

### Chicken Tenderloins

Crisp Chicken Fritters French Fries Honey Mustard 9.95

### Phoenix Burger

Half Pound Certified Angus Beef Grilled to Your Liking

Topping 1.50 each

Cheddar

Sautéed Forest Mushrooms

Swiss

Roasted Red Peppers

Provolone

Caramelized Onion

Mozzarella

Bacon

American

Roasted Garlic

Blue Cheese

Pesto

Sundried Tomatoes

Grilled Pineapple