

*Pantry • Produce •
Raw Seafood &
Chicken •
Packaged Meals*

*On-Line
Store*

407 Main Street, Armonk, NY, 10504
(914) 273-1766
Phone and on-line orders welcome

**Delivered
Or Pick-Up**

to order on line: Lamerfresh@aol.com
call to confirm order
**Monday-Friday
10:30-4:00**

FRESH RAW SEAFOOD

STEAKS

- __ 1 8 oz. Swordfish, boneless \$ 14
- __ 1 8 oz. Tuna, Y-Fin boneless \$ 12

FILLETS

- __ 2 8 oz Canadian Atlantic Salmon \$ 17
- __ 2 8 oz Organically raised Atlantic Salmon, skin on \$ 26
- __ 1 Remove Skin \$ n/c
- __ 1 lb. Sole, north Atlantic, boneless \$ 27
- __ 1/2 lb. Sole, north Atlantic, boneless \$ 14
- __ 1 lb. Sole, previously frozen \$ 18
- __ 1 lb. Cod Loins, (no bellies or tails) \$ 23
- __ 1/2 lb Cod Loins, (no bellies) or tails) \$ 12
- __ 1 lb. Cod fillets, Boneless, Frozen \$ 17
- __ 1 Freezer Wrapping, each item \$ 1

PACKAGING

- __ 1 Freezer Wrapping, each item \$ 1

- __ 4.5 oz. **NOVA** Hand sliced \$13

FRESH RAW SHELLFISH

SHRIMP

- __ 1 lb. Peeled 41-50 pc. \$15
- __ 1 lb. Shell-on Large 16-20 pc. \$17
- __ 1/2 lb. Peeled Large 11 pc. \$12
- __ 1 lb. Peeled Large 22 pc. \$24
- __ 1 lb. Tail-On X-Large 16 pc. \$26
- __ 1/2 lb. Tail-On Jumbo 14-15 pc. \$29

SCALLOPS

- __ 1 lb. Baby Scallops, previous frozen \$16
- __ 1 lb. 10-20 Sea Scallops, dry \$38
- __ 1/2 lb. 10-20 Sea Scallops, dry \$19

MOLLUSKS & INVERTABRATES

- __ 1 dz. Little Neck Clams \$12
- __ 1 dz. Little Neck Clams, 1/2 shell \$15
- __ 1 dz. Oysters, LI, medium \$30
- __ 1 dz. Oysters, LI, medium, 1/2 shell \$33
- __ 1 lb. Mussels, small -medium \$ 8
- __ 1/2 lb. Mussels, small -medium \$ 4
- __ 10 oz. Cleaned medium Squid frz. \$10

CRUSTACEA

- __ 1 1.5 lb. Lobster, Maine \$36
- __ 1 2-2.25 lb. Lobster, Maine \$54

FRESH CHICKEN

- __ 1 lb. Breast cutlets \$6
- __ 1 lb. Thighs, boneless, skinned \$6

SEASONED OR MARINATED per pound

- __ 1 Garlic herb rub \$ 4
- __ 1 Lemon Herb & capers \$ 4
- __ 1 Teriyaki glaze \$ 4
- __ 1 Ginger Teriyaki, fat free \$ 4

~DELIVERY~
Monday-Tuesday
Thursday-Friday

Place order by 12:00 am for same day delivery.

Deliveries will arrive in insulated packaging, capable of holding temperature under 40° for 3-6 hours.

- __ 1 Delivery within 5 mile radius \$15
- __ 1 Tip within 5 mile radius \$ 5

PICK-UP

- __ IN-STORE, SELF PICK-UP \$ n/c
- __ CURB-SIDE \$ n/c

STARTERS

...**On the half Shell** w/ sauce & lemon

- 6 Local Oysters 17
- 6 Little Neck Clams 9

Fried Calamari w/ tartar and lemon 14

8 Fried Lg. Shrimp w/tartar 15

8 Shrimp cocktail w/ sauce & lemon 16

8 Fried Oysters w/Chipotle mayonnaise 19

King Crab, steamed,w/butter, 65 /lb./ mkt.\$

6 Large Stuffed Baked Clams, frozen 6

6 Shrimp Dumplings w/Sesame Teriyaki 8.5

Spinach-Feta Quiche, G.F. 6

KIDS CORNER

Chicken tenders honey-mustard 9

Mac-n-Cheese pint / plate 9 / 14

Plate w/ grilled Chicken 18

PASTA or Rice

Shrimp Scampi w/ Thyme & Lemon 18

Lobster Mac Cheddar, Monterey, Parm., celery, Dill 36

Linguine or Penne:

- w/ Garlic & Parsley or Spaghetti sauce 6
- w/ Garlic-Broccoli & Grilled sliced chicken 15
- w/ Grilled Salmon or 8 Shrimp each 18

DINNERS

Microwave or Oven ready!

LOBSTERBAKE, 1½ lb. lobster, clams & mussels, corn or veg, rice, coleslaw, garlic bread, clarified butter, lemon 59

Eggplant Parmesan for 2, oven ready 19

***Dinners below are served with
Vegetable &
Rice, Pasta or Quinoa, & Bread**

Paella w/ Saffron Vegetable rice
Shrimp, scallops, mussels, clams, chorizo, chicken, peppers 22

Poached Salmon 22
w/ creamy dill

Salmon Grilled: *Garlic & Herb, creamy dill* 22
Teriyaki Glaze 22

Shrimp: *8 Grilled Lemon-Herb* 22

Branzino Provençal *tomato, olives, Lemon-caper* 24

Swordfish: *Garlic & Herb Grilled* 27

Sole: *Fried or Garlic & Herb Seared* 27

Tuna: *Sesame crusted (rare)* 25

Stuffed Sole: *Crab or G.F. Spinach & Feta* 27

Maryland style Crab Cake 29
w/ lemon & Dijon-Lime Mayonnaise

1½ lb. Lobster w/ *Lemon & clarified butter* 47

Chicken *Garlic & Herb Grilled, or Teriyaki Glaze* 16



GF | DF | V

SEAFOOD & Prepared food MARKET

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**PRODUCE AND GROCERY ITEMS
COMING SOON**

*See the next two pages for
sandwiches and dinners,*

Available:

Hot

As is

Microwavable

or

Oven ready.

Many Gluten Free & Vegan options !

Prices are subject to local sales tax.
Prices may change without notice.

**Inform your server of food allergies.*

SALADS

\$ 9

Garden, Romaine, tomato, carrots, onion, cucumber
White Balsamic-Honey-Dijon Vinaigrette

Greek, Romaine, olives, onion, tomato, feta,
Yellow peppers, cucumber, Tzatziki sauce

Sedona, Spinach, Romaine, Kale, raisins, walnuts,
onion, tomato, shredded cheddar & jack
cheese
White Balsamic-Honey-Dijon Vinaigrette

Spa Fresh Kale, bell peppers, sliced Radish,
Toasted Sunflower seeds, lemon-ginger
White Balsamic-Honey-Dijon Vinaigrette

TOPPINGS per portion:

8 Grilled Large Shrimp	14	Grilled Chicken	6
Maryland Crab Cake	18	Lobster salad	25
Sesame seared Tuna	14	Tuna salad	6
Salmon: grilled or poached	11	½ Avocado	2

LOBSTER ROLLS

Our Lobster salad on a buttered bun!

Traditional,	on toasted, buttered potato bun	29
Colossal,	on buttered-pressed Ciabatta	36

**SANDWICHES
WRAPS & PANINIS**

Tuna Salad	on sliced multigrain celery, onion, raisins, L&T	8
Shrimp Quesadilla, large	w/ peppers, onion, cilantro, side of sour cream	10
Poached Salmon	on ciabatta w/ creamy dill, L & T	12
Seared Fish Taco	w. w. wrap, pressed, cheddar, onion, tom., hot sauce. w/ sour cream	12
Salmon Burger, baked,	on warm brioche Jalapenos, Creamy dill & Tomato on Brioche bun	12
Shrimp Po' Boy Wrap	slaw, Rustic Rub, cheese, tartar, pressed	12
Salmon-Pesto-Monterey	+ cheddar & tomato on pressed ciabatta	13
Fried Fish Classic	Sole, Tartar, Tomato, on warm Ciabatta	13
Sole on a Roll	seared, on Ciabatta garlic herb rub, creamy dill, Tomato	13
Sesame Tuna Wrap, Seared Rare	Asian Broccoli slaw, wasabi mayo, ww wrap, pressed	14
Crab Cake	baked, on Brioche Burger bun w/Dijon Lime, Tomato	18

-Bagel	toasted & cream cheese, tom,	3
-Nova Bagel,	tomato, onion, cream cheese (3 oz.)	12
-Nova Ciabatta or Croissant (5 oz.)	tomato, onion, creamy dill	15

SOUPS all cups \$4. bowls:

New England Clam Chowder	GF	\$8
Lobster Bisque	GF	\$9
Manhattan Clam Chowder	GF, DF	\$8
Shrimp or Turkey Chili	GF, DF	\$7

Gazpacho	GF, DF, V	\$6
Lentil Vegetable	GF, DF, V	\$6
Split Pea	GF, DF, V	\$6

All served with Oyster Crackers

SIDES

Steak Fries		4
Slaws: traditional	/ Asian-Broccoli	5
Saffron Rice	/ Quinoa	5
Roasted Vegetables	/ French Beans	6
Garlic Bread	serves 3-4	6

CHICKEN Grilled

on Ciabatta

- w/ Pesto & Monterey Jack, Tomato 10
- w/ Spicy Chipotle Mayo & Tomato 10

Quesadillas

- 2 medium w/ Onions, Monterey 10

BEVERAGES & Desserts

Lemonade & Iced Tea	2.50
Soda cans	1.50
Poland Springs Water & Seltzers	1.75
Bottled Juices & Sodas	2.00
Brownies Choc Chip Cookie(s)	2.50
Slice: Babka Cheese cake	4.00