



FORREST'S FAMILY MEAL OPTIONS

Family Sized Caesar Salad \$5.99

Cup of Old Fashioned New England Clam Chowder \$5.99

Bowl of Old Fashioned New England Clam chowder \$5.99

OPTION 1 • \$45

BBQ RACK OF RIBS

SHRIMP'S NET CATCH (Large)

MASHED POTATOES (16 oz.)

GARLIC BREAD

OPTION 2 • \$40

BBQ RACK OF RIBS

20 FRIED SHRIMP

COCKTAIL/TARTAR SAUCE
(2 each)

MASHED POTATOES (16 oz.)

GARLIC BREAD

OPTION 3 • \$40

FRIED CHICKEN (2 pieces)

20 FRIED SHRIMP

BUCKET OF FRIES

SLAW (12 oz.)

GARLIC BREAD



20 FRIED SHRIMP FOR \$20

BUILD YOUR OWN DINNER \$50

Pick 4 Entrées • 1 Side • Garlic Bread

ENTRÉES

SHRIMPER'S NET CATCH (Small) • **1/2 RACK OF RIBS**

14 FRIED SHRIMP & COCKTAIL/TARTAR • **FRIED CHICKEN** (2 pieces)

SIDES

MASHED POTATOES (16 oz.) • **RICE** (16 oz.) • **MAC & CHEESE** (18 oz.)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information is available upon request.

We have made an effort to provide accurate nutritional information but deviations can occur due to availability of ingredients, substitutions, and the hand-crafted nature of most items.

*CAUTION: There may be small bones or shells in some fish and shellfish. Wine and various foods contain sulphites. Consuming raw and undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have any chronic illnesses of the liver, stomach, blood, or any type of immune disorder. Some foods, though rigorously tested, may contain certain microorganisms that can, in rare circumstances, cause reactions in some people. We are not responsible for an individual's allergic reaction to our food. If you are unsure of your risk, ask your server and/or contact a physician.

DELIVERY MENU

APPETIZERS

MAMA GUMP'S GARLIC BREAD BASKET

Fresh baguette. 920 cals

SHRIMP SHACK MAC & CHEESE

Shrimp, Cheddar and Monterey Jack Cheese, Elbow Pasta, Parmesan Topping. 960 cals

SHRIMPER'S NET CATCH

Peel 'n' Eat Shrimp steamed in Beer.

Garlic: 490 cals; Cajun: 510 cals

Larger Portion Garlic: 980 cals;

Larger Portion Cajun: 1010 cals

SOUPS & SALADS

CLASSIC CAESAR SALAD

Parmesan, Baked Croutons. 580 cals

Add Grilled Chicken 860 cals

Add Cajun Shrimp 780 cals

SOUP & SALAD COMBO

Clam Chowder: 220 cals with Caesar Salad: 400 cals or

Garden Salad: 140 cals

OLD FASHIONED NEW ENGLAND CLAM CHOWDER

Clams, Potatoes.

Cup 220 cals / Bowl 380 cals

SANDWICHES

Add a Fresh Garden Salad (140 cals) or Tossed Caesar Salad (400 cals) or a Skewer of Grilled Shrimp (150 cals)

TEXAS CHICKEN SANDWICH

Grilled or Fried Chicken Breast, Bacon, Pepper Jack Cheese, Guacamole, Chili Ancho Mayo, Toasted Bun, Fries.

Cajun Grilled 1140 cals; Fried 1500 cals

* 1/2 LB. ALL-AMERICAN BURGERS

Served with fries. 1090 cals

Make it a Cheeseburger 1190 cals

Make it a BBQ Cheeseburger with Onion Rings 1490 cals

FORREST'S FAVORITES

*MAKER'S MARK GLAZED SALMON

Flame-Grilled Salmon, Maker's Mark Bourbon Sauce, Sautéed Spinach, Steamed Rice. 820 cals

MAMA'S FRIED CHICKEN

Boneless Chicken Breast, Corn on the Cob, Mashed Potatoes and Gravy. 1390 cals

MAMA BLUE'S SOUTHERN CHARMED FRIED SHRIMP

Fried Shrimp, Fries, Coleslaw, Cocktail and Tartar Sauce. 1020 cals

DIXIE STYLE BABY BACK RIBS

Baby Back Ribs, BBQ Sauce, Coleslaw, Fries. 1790 cals

*CERTIFIED ANGUS BEEF® TOP SIRLOIN

9 oz. USDA Top Sirloin, Mashed Potatoes, Onion Rings, Sliced Tomato. 1040 cals

CAPTAIN'S FISH & CHIPS

Regular 1140 cals 15.38; Large 1680 cals

SIDES

BOAT SIZE BUCKET OF FRIES 620 CALS

DESSERT

CHOCOLATE CHIP COOKIE SUNDAE

Vanilla Ice Cream, Chocolate and Caramel Sauce, Peanuts, Whipped Cream. 1680 cals

KIDS

ALL KIDS MEALS COME WITH CHOICE OF ENTREE, ONE SIDE, MILK AND JELLO

Choose your Entree:

Chicken Strips (510 cals), Burger (410 cals) or

Mac & Cheese (390 cals).

Choose your Side:

French Fries (160 cals) or Apple Sauce (100 cals).

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Gluten-Sensitive

We have prepared this menu based on the most current information available from our suppliers and their stated absence of gluten within these items. While we use caution in preparing our gluten-sensitive menu items, our kitchen is not gluten-free. Since our dishes are prepared-to-order, during normal kitchen operations, we cannot guarantee that cross-contamination with foods containing gluten will not occur. We encourage you to carefully consider your dining choices and your individual dietary needs when dining with us. When placing your order, please let your server know that you are ordering a gluten-sensitive menu item.

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