

TO GO SOUPS & SALADS

	Pt.	Qt.	Gal.
New England Clam Chowder	\$5.95	\$11.90	\$45.00
<i>Voted Best Soup in Des Moines</i>			
Creole Seafood Gumbo	\$5.95	\$11.90	\$45.00
<i>Fresh Seafood, Andouille Sausage, Vegetables and Rice in a Creole Broth</i>			
	1/2 Lb.	1 Lb.	
Tuna Salad	\$3.50	\$7.00	
Seafood Supreme Salad	\$4.00	\$8.00	
Salmon Pasta Salad	\$3.75	\$7.50	
Cole Slaw	\$1.75	\$3.50	

TO GO BY THE POUND

Excellent for Picnics, Parties, Office or just for the family at home. All items are lightly breaded or batter fried, With Cocktail or Tartar Sauce

TO GO ONLY

	1/2 Lb.	1 Lb.
Fish	\$7.25	\$13.95
<i>(Cold Water Cod Batter Fried)</i>		
Halibut Strips	\$18.00	\$36.00
<i>(White Fish from the Cold Waters of Alaska)</i>		
Catfish	\$6.95	\$13.95
<i>(Fresh, Carolina)</i>		
Shrimp	\$7.50	\$13.95
<i>(Large Fantail Fried Golden Brown)</i>		
Rock Shrimp	\$12.50	\$24.95
<i>(Sweet Lobster-Like Flavor)</i>		
Clam Strips	\$4.25	\$6.95
<i>(Atlantic Coast)</i>		
Oysters	\$16.95	\$33.95
<i>(Fresh East Coast - not breaded until ordered)</i>		
Salmon	\$11.25	\$22.50
<i>(Fresh Atlantic Salmon)</i>		

HEALTH BENEFITS OF SEAFOOD

- **Low in Calories** – Many species have fewer than 150 calories for a 3 ounce serving.
- **Low in Fat** – Most species have less than 5 percent fat. All shellfish have less than 2 percent fat. Only skinless poultry can compare with that.
- **Low in Saturated Fat** – The oil in fish is rich in polyunsaturated fatty acids, the kind that keep blood vessels healthy.
- **Source of Omega-3s** – These are highly unsaturated fatty acids that appear to protect against heart disease and other health problems. Long Chain Omega-3s are found only in fish and shellfish.
- **Low in Cholesterol** – Most species of fish have less than 100 milligrams of cholesterol per 3 1/2 ounce (raw), oysters, clams, mussels and scallops are very low in cholesterol. A few shellfish, namely squid, most shrimp, abalone, octopus and razor clams are fairly high in cholesterol.
- **Low in Sodium** – Fresh unprocessed seafood has very little sodium. Canned, smoked, salted or pickled seafood is usually high in sodium. Shellfish have more sodium than finfish, but this modest difference is not an issue for most people.
- **High in Protein** – Fish and shellfish proteins have all the essential amino acids we need, making them top quality protein. They are easily digested because there is very little connective tissue.
- **B Vitamins** – Seafood is an important source of niacin, pyridoxine and vitamin B12. It also has a good supply of riboflavin, folacin and pantothenic acid. All these nutrients are vital for processing energy.
- **Minerals** – Many shellfish and dark fleshed fish have an abundant amount of iron. Clams, mussels and oysters are especially rich in iron. Seafood is also rich in phosphorus and magnesium. Canned salmon with its bones and canned sardines are rich in calcium.
- **Trace Minerals** – Seafood is the best source of many minerals we need in only small amounts: zinc, selenium, fluoride, copper and iodine.

Nutritional Breakdown Top 20 Seafoods		Nutrition Information +							% of U.S.R.D.A. **			
		Calories	Protein, g	Carbohydrate, g	Fat, g	Saturated, g	Cholesterol, mg	Sodium, mg	Vitamin A	Vitamin C	Calcium	Iron
1	SHRIMP	110	22	0	2	0	160	155	*	3	3	15
2	COD	90	19	0	1	0	50	60	*	2	*	2
3	POLLOCK	100	21	0	1	0	80	90	*	*	*	*
4	CATFISH	120	10	0	5	1	60	65	*	*	3	5
5	SCALLOPS	150	29	2	1	0	60	275	*	3	2	*
6	SALMON, Coho & Atlantic	150	22	0	7	1	50	50	*	2	*	4
7	FLOUNDER	100	20	0	1	0	50	85	*	*	2	2
8	SOLE	100	21	0	1	0	60	90	*	*	2	2
9	OYSTERS	120	12	7	4	1	90	190	*	*	8	65
10	ORANGE ROUGHY	70	16	0	1	0	20	70	*	*	*	*
11	MACKEREL	190	21	0	12	3	60	95	7	*	*	9
12	OCEAN PERCH	100	20	0	2	0	50	80	*	*	10	6
13	ROCKFISH	100	20	0	2	0	40	65	4	*	*	3
14	WHITING	100	19	0	1	0	70	75	2	*	5	2
15	CLAMS	130	22	4	2	0	60	95	10	*	8	130
16	HADDOCK	90	20	0	1	0	60	70	*	*	4	6
17	CRAB, blue	90	19	0	1	0	80	310	*	*	9	4
18	TROUT, rainbow	130	22	0	4	1	60	30	*	5	7	10
19	HALIBUT	120	22	0	2	0	30	60	3	*	5	5
20	LOBSTER	100	20	1	1	0	100	320	*	*	5	2

+ 3 oz. edible portion, cooked without fat or seasoning

* less than 2% of U.S.R.D.A. ** United States Recommended Daily Allowance

Data Provided by United States Food and Drug Administration

Waterfront Seafood Market and Restaurant is interested in your health. We have trained personnel that can explain the different species of fish and shellfish and how to prepare them by dietary guidelines.

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 ON THE LAKE OFF ORALABOR ROAD

www.waterfrontseafoodmarket.com



TO GO - DINNER

Welcome to the Waterfront Seafood Market and Restaurant, voted Central Iowa's Best Seafood Restaurant — 29 years in a row. It is our pleasure to serve you the Freshest Fish available whether you are making your selection from the Market or dining in our Restaurant.

Our Fresh Fish come from all parts of the world depending on season and availability. To further ensure the highest quality products, we buy directly from the fishermen or their brokers, not from processors or other wholesalers.

Here at Waterfront, we prepare your selection as you prefer — broiled, grilled, sauteed, steamed or fried. Our Entrees are prepared only when ordered to ensure the best of flavor. Please allow us this extra time.

In addition to our printed menu, any item in our market (except whole fish) is available in the Restaurant.

Thank you
Waterfront Seafood Market
Shawn, Jennifer & Blake

Gift Certificates



Party Room Available



FRESH SEAFOOD & OYSTER BAR

Consumer Advisory: Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry, or shellfish reduces the risk of foodborne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Consult your physician or public health official for further information.

