



At The Fresh Fish Company, everything about us is fresh – from our flown-in-fresh-daily seafood, to our fresh, house-made seasonings, sauces, marinades and sides.

We've been Denver's go-to destination for fresh seafood for more than 38 years. Thanks to our loyal clientele, we've placed 1st or 2nd on Denver's "A List" for Seafood every year since 2007.

Much of our seafood is mesquite wood grilled, which brings out the real flavor of fresh fish. You'll find more than 20 varieties of fresh seafood on

our menu every day – the largest selection in Denver. You'll love the fact that our cuisine is not mass produced, uninspired or ordinary.

We're proud to offer a "Satisfaction Guarantee." If you aren't happy with your meal, we'll prepare it to your satisfaction or replace it with something you'll love.

Thank you for choosing The Fresh Fish Company. We appreciate your business.

– Karen Kristopeit-Parker and Tim Bell, Proprietors

# Lunch Menu

## Appetizers

### CALAMARI & COCONUT SHRIMP COMBO

Enjoy our two most popular appetizers, served with house-made coconut-curry, spicy plum and cocktail sauces. / 14.5

### \*COLD SEAFOOD COMBINATION

Cocktail shrimp, crab claws, oysters and salmon paté / 28

### HOT SEAFOOD COMBINATION

Calamari, coconut shrimp and crab stuffed mushrooms / 28

### CRAB STUFFED MUSHROOMS

Baked in a creamy Dijon and Old Bay sauce / 11.75

### \*CEVICHE

Bay scallops and True Cod marinated in lime juice and tossed with tomatoes, peppers, onions triple sec and tequila / 10.7

### OYSTERS ROCKEFELLER

Baked with fresh spinach and apple smoked bacon / 14.5

### PRINCE EDWARD ISLAND MUSSELS

Steamed with your choice of garlic butter or marinara / 16.8

### CALAMARI

Jumbo squid strips breaded in panko, served with house-made coconut curry and cocktail sauces / 12.5

### CRAB CAKES

Served with pineapple salsa, zesty sour cream and sweet chili / 13.5

### \*SEARED AHI TUNA

Seared Yellowfin Tuna with pickled ginger, sesame oil, watermelon and wasabi sauce / 11.75

### VENUS CLAMS

Tender-sweet little clams from the Baja. A "must try!" / 22.5

### ESCARGOT

Broiled in garlic butter, served with toasted French bread / 13.5

### CRAB AND ARTICHOKE DIP

Lump crab, artichokes, four cheese, cream and 10 spices with fresh corn tortilla chips / 11.25

### COCONUT SHRIMP

Plump white shrimp, rolled in coconut and bread crumbs, fried and served in a spicy plum sauce with pineapple salsa / 14.5

### MUSSELS AU GRATIN

PEI Mussels topped with Monterey jack cheese and seasoned bread crumbs, baked to a golden crisp / 13.5

### SHRIMP COCKTAIL

8 Tiger Shrimp served with house-made cocktail sauce / 13.5

### CRAB CLAWS

8 Snow Crab claws served on fresh basil salad with house-made honey mustard sauce / 16

### \*AHI POKE

Yellowfin Tuna cubes marinated in a zesty poke sauce and served with seaweed, radish and carrot on soba noodles / 13

## Salads

### \*\*SMOKED SALMON SALAD

Salmon cold smoked with apple and hickory wood, finished on the mesquite grill and served with blueberries, walnuts and feta cheese with honey mustard dressing / 19

### CRAB COBB SALAD

Jumbo lump crabmeat, apple smoked bacon, chopped egg, tomatoes and sliced avocados with house-made vinaigrette on the side / 16.8

### CRAB LOUIE

Jumbo lump crabmeat on mixed greens with vegetables, sliced egg and a double portion of Louie dressing / 16.8

### SPINACH AND OYSTER SALAD

Crunchy fried oysters and sliced egg served over fresh spinach with sliced tomatoes and house-made apple smoked bacon dressing / 16.8

### AVOCADO-SHRIMP SALAD

Grilled shrimp, mango, avocado, tomatoes and macadamia nuts on lightly dressed spinach and arugula with red curry dressing on the side / 17

### SOUP AND SALAD

Caesar or Garden Salad with a cup of any house-made soup / 11.25

### CAESAR LUNCH SALAD / 9

Available with shrimp / 13 chicken / 10 crab / 15.75

### GARDEN SALAD / 6 or 5 with entree

Choose from:

Ranch / Basil Vinaigrette / Blue Cheese / Honey Mustard / Raspberry Vinaigrette

### CAESAR SALAD / 6 or 5 with entree

### SHRIMP AND SPINACH SALAD / 8

Served with bacon dressing

## Dietary Concerns?

Ask to see our menu that features items that have dairy products or nuts, or are gluten free. Vegetarian items available.

\*Disclaimer: These items may be served raw or undercooked, or contain raw of undercooked ingredients. Consuming raw or undercooked meals, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.

\*\*Disclaimer: These items will only be served fully cooked to 145 degrees or more unless otherwise noted

## \*Fresh Oysters

Our fresh oysters are all harvested from USDA-certified waters

All available by half-dozen or dozen:

	HALF DOZEN	DOZEN
CHESAPEAKE (Delaware)	11.7	21.25
KUMOMOTO (Washington State)	19	34.75
LONG ISLAND (New York State)	15	27
RAINIER (Washington State)	16.2	30.25
WIANNO (Massachusetts)	19	34.75
FRIED OYSTERS (New Jersey)	13	22.5

## Soups

	CUP	BOWL
CLAM CHOWDER	6.75	9
LOBSTER BISQUE	8	10
SEAFOOD GUMBO	6.75	9
CIOPPINO	8	10





## \*\*House Specialties

All lunches on this page include coleslaw and one of the following house-made side choices: Mixed rice pilaf / French fries / Garlic mashed potatoes / Vanilla yams / Sweet chili tomatoes / Steamed vegetables / Rosemary red potatoes / Soba noodles / Fresh fruit

### APPLE HICKORY SMOKED SALMON

Cold smoked with apple and hickory wood and then finished over the mesquite grill. Served on mashed potatoes with house-made honey mustard sauce. / 19

### HERB SEARED TILAPIA

Tilapia, rolled in cilantro, basil and thyme, grilled and served with mango salsa and tomatillo sauce / 14.5

### FISH TACOS

Two flour tortillas stuffed with fresh fried Catfish with pico de gallo, sour cream, Monterey jack cheese and tomatillo salsa / 11.25

### SALMON OSCAR

Mesquite grilled Salmon topped with crabmeat, asparagus, Mornay and Hollandaise sauces / 20

### CRAB ALMOND TROUT

Grilled boneless whole Rainbow Trout topped with roasted almond pesto and crabmeat / 18

### \*SESAME SEARED AHI

Ahi Tuna crusted with sesame seeds, seared medium rare and served on soba noodles with wasabi, ginger and house-made Sesame Ginger sauce / 22.5

### FISH, SHRIMP AND CHIPS

Cod filet and shrimp battered with New Belgium 1554 Black Ale and golden fried. Served with house-made cole slaw and fries only / 14.5

### ALASKAN SNOW CRAB 16 OUNCE

Steamed to perfection and served with drawn butter / 30

### PEPITA PESTO SEA BASS

Mesquite grilled Sea Bass topped with our signature pumpkin seed pesto and served on garlic mashed potatoes / 19

### CRAB CAKES

Made with our own pasturized crabmeat blend, seasoned with a signature spice mix, pan fried and served with Cajun aioli and red chili sauce / 15.75

### CAJUN CATFISH

Mesquite grilled and blackened with our signature blend of Cajun spices / 12.5

### COCONUT CRUSTED MAHI MAHI

Mahi filet dipped in buttermilk, coconut and crumbs, fried and served with plum sauce and coconut crème fraiche / 20.75

### \*8 OZ. TOP SIRLOIN

Mushroom bordelaise / 22.5

## Sandwiches

### \*\*SALMON STEAK SANDWICH

Blackened and grilled filet served with lettuce, tomato, onion and charred jalapeño on the side / 17

### CRAB ROLL

Crab meat with lettuce, red onion and apple smoked bacon bits, served on a toasted bun / 18.5

### \*\*PRIME RIB SANDWICH

Slow roasted for 24 hours and sliced thin and served in a hoagie roll, served with au jus and horseradish sauce on the side / 17

## Pastas

### SHRIMP SCAMPI

Tiger Shrimp, sizzled with garlic butter, and linguini / 13.5

### SEAFOOD ALFREDO

Shrimp, scallops and lump crabmeat tossed with house-made Alfredo sauce and fettuccini / 15.75

### SEAFOOD DIABLO

Shrimp and salmon tossed with spicy marinara sauce and fettuccini / 15

## Golden Fried Seafood

### MISSISSIPPI CATFISH

Perfectly prepared in seasoned cornmeal, served with house-made tartar sauce / 12.25

### COCONUT SHRIMP

Tiger Shrimp rolled in coconut breading and golden fried to perfection / 15.75

### OYSTERS

Cornmeal breaded and served with house-made tartar and cocktail sauces / 15.75

### FISH AND CHIPS

Cod filet battered with New Belgium 1554 Black Ale and golden fried. Served with cole slaw and fries only of course. / 13.5

### FISHERMAN'S PLATTER

A great assortment of Catfish, Coconut Shrimp and Calamari / 18

## \*\*Fresh Catches

All of our fresh catches are mesquite grilled with our signature seasoning. If you prefer, you can request Cajun Spice, Jerk Spice or Sesame Crust.

Please choose your favorite house-made sauce to accompany your selection. You may add a second sauce for just 75c.

Cocktail / Chive Beurre Blanc / Tomatillo / Hollandaise / Creole BBQ / Ginger Sesame / Tartar / Lemon Caper / Pepita (Pumpkin Seed) Pesto / Almond Pesto

ATLANTIC SALMON / 16.8

KING SALMON / 25.75

SWORDFISH / 20.25

\*YELLOWFIN TUNA / 22

CATFISH / 12.5

RAINBOW TROUT / 14.5

BLACK GROUPER / 23

RED SNAPPER / 27

TRUE COD / 12.5

MAHI MAHI / 20.75

TILAPIA / 13.5

SEA BASS / 17.5

SCALLOPS / 27

ESCOLAR / 18

WALLEYE (Seasonal Availability) / 22

HALIBUT / 30.25

ARCTIC CHAR / 20

HAWAIIAN ONO / 19

HAWAIIAN OPAH / 22

BARAMUNDI / 22

## ENTREE ADD-ONS

### OSCAR

Crab meat, asparagus, Mornay and Hollandaise sauces / 6.75

### NEW ENGLAND

Crab meat and lemon caper sauce / 6.75

### MANGO SALSA

Diced fresh mango, pineapple, red onions, avocado and red peppers / 5

### GARLIC SHRIMP

7 white shrimp sauteed in garlic butter / 7

ASPARAGUS 1/2 LB. / 7

## Our Commitment

We try to be responsible in our seafood sourcing, whether it's fresh caught or farm raised. We simply refuse to serve seafood species that are over fished or irresponsibly harvested.

## Visit Our Night Club

On Thursday, Friday and Saturday nights, Denver comes to dance next door at Proof! We've got the best DJ, light jockey and mix of 80s, 90s 00s, and today's music.

Bottle service available. Dress code enforced. Must be 21 years of age or older with valid ID.

## Join Our Clubs

Sign up on our website and receive special coupons, discounts and even a special offer for your birthday! Birthday discounts are available on entrees up to \$32.

[www.thefreshfishco.com](http://www.thefreshfishco.com)

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