

Seafood / Fish

Teriyaki Salmon (My most popular dish!)

Pan seared salmon fillets coated with a teriyaki sauce.

Honey Ginger Salmon

Salmon fillets are broiled and glazed in a sweet hoisin sauce.

Salmon with Soy and Honey Glaze

Salmon fillets broiled and glazed in a maple soy mixture.

Salmon with Orange Glaze

Salmon fillets pan seared in sesame oil served with an orange sauce.

Couscous Salmon

Salmon baked under a couscous crust with raisins and pine nuts

Salmon with Honey Mustard Glaze

Salmon fillets grilled with a honey mustard glaze

Salmon in Vodka Cream Sauce with Green Peppercorns

Seared Salmon Fillets served over fresh sautéed spinach and topped with a vodka peppercorn sauce.

Pepper Crusted Maple Salmon

Marinated salmon fillets baked in a pepper crust.

Maple-Balsamic Glazed Salmon

Baked salmon in a maple balsamic glaze

Salmon in a Mustard Dill Sauce

Salmon in a mustard wine sauce served over fettuccine.

Salmon with Chili Mango Salsa

Grilled Salmon fillets topped with a mango salsa.

Salmon with Mushrooms, capers and olives.

Pan seared salmon with a tomato & mushroom based sauce served over orzo.

Mesquite Grilled Salmon

Asian flavor infused grilled salmon fillets.

Salmon with Tarragon Sauce

Salmon fillets topped with a creamy lemon tarragon sauce.

Almond-Crusted Salmon with Leek Cream

Salmon baked with almonds and served in a lemony cream sauce

Asian Salmon

Panko crusted salmon baked in Asian inspired sauce

Brown Sugar-Chipotle Salmon with Honey-Blackberry Glaze

Salmon baked in a sweet spicy sauce

Hoisin Breaded Salmon

Salmon fillets covered in a sweet Asian sauce, breaded and sautéed.

Key West Salmon

Grilled salmon with a hot key lime sauce

Parmesan Salmon with Pesto

Baked Parmesan crusted salmon with a creamy pesto sauce

Pecan Crunch Salmon

Salmon fillets baked in a pecan and breadcrumb mixture.

Tilapia with Spinach Pecan Pesto

Baked Tilapia fillets topped with spinach, ground pecans and parmesan cheese

Catch of the Day (Salmon, Halibut, Mahi, Mahi, Tilapia, etc) with Balsamic Glaze

Seared fish fillets served with a balsamic glaze.

Catch of the Day with Fruit Salsa

Seared fish fillets topped with fruit salsa

Catch of the Day with Mango Ginger Sauce

Sautéed or grilled fish steaks with Mango lime sauce

Catch of the Day (Firm white fish) with Spinach

Baked fish with a creamed spinach and pine nut topping

Catch of the Day (Halibut/Tilapia) Cilantro Mango

Broiled fish with a cilantro mango topping

Catch of the Day (Cod/ Halibut) with Tomato Butter

Seared fish topped with smoked tomato butter

Catch of the Day Blackened

Seasoned with Cajun spices and pan seared.

Catch of the Day Baked

Baked with tomatoes, olives, capers, mushrooms

Catch of the Day (Scrod/Haddock/Tilapia) with Mustard Marinade

Baked in a lemony mustard horseradish sauce

Catfish Parmesan

Baked Catfish fillets coated in a Parmesan cheese breading

Tilapia Almandine

Fresh tilapia coated in almond bread crumb mixture and baked.

Coconut Mango Tilapia

Baked tilapia coated in a mango coconut breading

Red Snapper Parmigiana

Red Snapper marinated in white wine then coated in a parmesan breading and pan seared.

Orange Roughy in Scallion and Ginger Sauce

Baked marinated Orange Roughy.

Sweet and Sour Swordfish

Swordfish steaks marinated in a sweet spicy sauce and then grilled.

Swordfish Spiedini

Swordfish steaks grilled with pancetta.

Baked Fillet of Catfish Creole

Catfish fillets baked in a Creole sauce.

Catfish Parmesan

Catfish fillets coated with a Parmesan mixture and baked.

Baked Blue Cheese Halibut

Halibut fillets baked in between layers of blue cheese sauce.

Teriyaki Halibut

Seared halibut seared with a tangy teriyaki sauce

Blueberry Halibut

Pecan crusted halibut with a blueberry pomegranate sauce

Broiled Halibut/Tilapia with Cilantro Mango Topping

Broiled fish fillets topped with mango sauce

Peppered Tuna

Tuna steaks seared and served in a sweet mushroom plum sauce.

Catfish Creole

Catfish fillets baked in Creole sauce

Mahi Mahi with Peach Salsa

Grilled mahi with a spicy fruit salsa

Macadamia Nut Mahi Mahi

Mahi Mahi baked then topped with a nutty topping

Margarita Shrimp

Shrimp marinated in orange liqueur and lime juice. Pan seared.

Cajun Shrimp and Andouille Alfredo Sauce

Spicy shrimp and andouille sausage in a creamy sauce served over fettuccine.

Gulf Shrimp Devine

Fresh shrimp marinated in a lemon marinade and then stir fried with garlic and almonds.

Shrimp and Grits Casserole

Baked Shrimp and cheesy grits

Spicy Garlic Shrimp with Sugar Snap Peas

Fresh Shrimp sautéed with mushrooms, bell peppers, and snap peas. Smothered in a creamy wine sauce and served over linguine.

BBQ Shrimp and Biscuits

Fresh shrimp seared and served in a creamy BBQ sauce over buttermilk biscuits.

Creole BBQ shrimp

Fresh shrimp marinated in Creole seasonings and then grilled.

Saffron Shrimp

Seared shrimp served over pasta in a tomato saffron sauce.

Shrimp with Chili Cream Sauce

Grilled shrimp served in a spicy chipotle sauce over rice.

Italian Shrimp Scampi

Zesty shrimp served over a bed of linguini

Tequila Shrimp

Tequila marinated shrimp sautéed and served in a creamy hot sauce over pasta.

Mango Shrimp

Sweet shrimp served with mango and apricots, served over orzo or pasta

Crispy Chipotle Shrimp Gratin

A Gratin made with fresh corn, chipotle and shrimp

Shrimp and Orzo Skillet

Garlicy sautéed shrimp in a wine sauce served over orzo

Asian Shrimp

Grilled spicy Asian seasoned shrimp

Shrimp Curry

Served over white rice

Curried Scallops

Seared scallops with a curry seasoning seared and served with crisp tender zucchini.

Scallops with Lemongrass and Coconut

Seared scallops in a coconut sauce.

Scallops with Breadcrumb Topping

Baked scallops with an herb crumb topping.

Crab and Spinach Lasagna

Layers of crab, spinach, cheese, lasagna noodles baked in a sour cream based sauce.

Fish Curry

Firm white fish served in a garlic and ginger curry sauce over Jasmine rice.

Crab or Shrimp Cakes

Seared crab cakes ready for you to finish in the oven

Thai Fish Cakes

Tilapia, shrimp, and Thai seasoning formed into a cake and pan fried.

Captain's Seafood Casserole

Creamy casserole with mushroom, rice, crab, shrimp and firm white fish