



Fresh From the Sea

At L&N Seafood Grill, we go to great lengths to provide you with the freshest fish available.

L&N Mixed Grill

Chef's choice of three of the day's freshest catch served with fresh vegetables and roasted potatoes. \$17.99

Rainbow Trout
Farm Raised, Virginia \$12.99

Mahi Mahi
Pacific Coast \$14.49

Red Snapper
Gulf Coast \$15.49

Snow Crab Legs
Market

Salmon
Farm Raised, Atlantic \$13.99

Grouper
Gulf Coast \$15.49

Swordfish
Gulf Coast \$16.49

1^{1/4} lb. Whole Maine Lobster
Market

Ahi Tuna
Pacific Coast \$15.99

Catfish
Farm Raised, Mississippi \$12.49

Tilapia
Farm Raised, Pacific \$12.49

Crab Stuffed Lobster Tail
Market

All fish served the way you like it – grilled, blackened, broiled or fried with rice and a vegetable.
If you would like, you may choose one of the following sauces: Lemon Butter, Dill or Fresh Mango Chutney.

Add a House or Caesar salad to any entree for \$1.99

Appetizers

Maryland Crab Dip
A creamy dip filled with crab meat served with warm tortilla chips. \$7.99

Crispy Calamari
With a trio of sauces. \$7.49

Coconut Shrimp
Fried golden brown with our Island dipping sauce. \$7.49


Mussels Milan
Sautéed in white wine, garlic, tomatoes and bell peppers. \$7.49

Crab Stuffed Mushrooms
In white wine and garlic butter, baked golden brown. \$8.79

Popcorn Shrimp
Tender baby Gulf shrimp, fried golden brown with L&N's homemade cocktail sauce. \$7.49

Asian Spring Rolls
Shrimp, scallops, cabbage and carrots with a spicy ginger teriyaki dipping sauce. \$7.99


Buffalo Wings
Tossed in our spicy sauce with Bleu Cheese dressing and celery. \$6.99

 Spinach Con Queso
A spicy cheese and spinach dip with sour cream and warm tortilla chips. \$6.49

Soups

Maryland Creamy Crab Soup
Filled with crabmeat and a hint of sherry. \$4.49

New England Clam Chowder
The traditional way with bacon, clams, potatoes and cream. \$4.29

 Potato Cheese Soup
Rich and creamy with jack and cheddar cheeses, bacon and scallions. \$4.29

Signature Specials

Crab Stuffed Salmon
Fresh salmon filet stuffed with crabmeat, broiled golden brown. Served over white rice with a creamy spinach sauce. \$16.99

Trout Amandine
Virginia farm raised trout sautéed with almonds, white wine and lemon. Served with seasoned rice and fresh vegetables. \$13.49

Mahi Mahi STJ
Blackened Mahi Mahi over black beans and rice with Smoked Tomato Jalapeno sauce. \$14.99

Tilapia and Stuffed Shrimp
Grilled tilapia and three crab stuffed shrimp, served over white rice with a lobster sauce. \$16.49

Broiled Seafood Platter
Chef's choice of fish, sea scallops and Gulf shrimp, broiled, served with fresh vegetables and seasoned rice. \$15.49

L&N Maryland-style Crabcakes
Traditional Maryland-style crabcakes, broiled golden brown. Served with fresh vegetables, seasoned rice and homemade tartar sauce. \$18.99

Creole Platter
Farm raised blacken-seared catfish, Cajun fried Gulf shrimp and blacken-seared chicken, topped with a spicy bourbon and Andouille sausage bayou sauce. Served with seasoned rice. \$15.99

Grilled Scallops
Tender plump sea scallops, grilled to perfection, basted with garlic butter and served on a bed of rice with fresh vegetables. \$14.99


Steaks, Ribs & Chicken

Steak and Shrimp Combo
Ribeye steak topped with garlic butter and grilled shrimp with seasoned rice and fresh vegetables. \$18.49

Rib and Shrimp Combo
A half-rack of tender baby back ribs, fried shrimp, seasoned French fries, homemade coleslaw and cocktail sauce. \$15.49

Ribeye Steak
Grilled to perfection. Served with garlic mashed potatoes and fresh vegetables. \$15.49

Full Rack of Ribs
Tender baby back ribs with seasoned French fries and homemade coleslaw. \$16.99

 Southwest BBQ Chicken
Grilled chicken breast topped with BBQ sauce, tomatoes, scallions, smoked provolone, jack and cheddar cheeses. Served with black beans and seasoned rice. \$10.49

Crispy Chicken Tenders
Lightly breaded tenders fried crispy. Served with seasoned French fries, coleslaw and Honey mustard. \$9.99

Consuming undercooked steak may increase your risk of food borne illness.

Biscuits

Enjoy L&N Biscuits at home!
We have our famous biscuit mix available for you to make at home. Ask your server for details.

Dimmer



Add a House or Caesar salad to any entree for \$1.99

Fried Seafood

With homemade coleslaw and seasoned French fries.

Gulf Shrimp

Golden fried with L&N's homemade cocktail sauce. \$12.49

Fisherman's Platter

Beer battered white fish, shrimp and oysters fried golden brown with a trio of sauces. \$15.49 Substitute scallops \$2.99

L&N's Fish and Chips

Beer battered white fish with our homemade tartar sauce. \$10.99

Plump Select Oysters

Golden fried with Remoulade sauce. \$12.99

Sandwiches

With our seasoned French fries.

The Po' Boy

Golden fried oysters with lettuce, tomato and Remoulade sauce. \$8.99

Grilled Fish

Daily selection served grilled or blackened on a toasted Kaiser roll with lettuce, tomato, red onion and homemade tartar sauce. \$8.49

Bacon Cheddar Burger

Served with lettuce, tomato and red onion. \$7.49

Sierra Grill

Flame grilled chicken breast with BBQ sauce, bacon, smoked provolone, jack and cheddar cheeses, lettuce, tomatoes, mayo and scallions. \$7.99

Bleu Cheese Pepper Burger

Black pepper encrusted, topped with Bleu Cheese crumbles, lettuce, tomato, red onion and mayo. \$7.99

Buffalo Chicken Sandwich

Fried chicken breast tossed in our spicy Buffalo sauce with lettuce, tomato and red onion. Served with Bleu Cheese dressing. \$7.99

Tuna Melt

L&N's famous tuna salad. Served on toasted Sourdough with lettuce and tomato. \$7.49

Hamburgers and steaks may be cooked to order. NOTE: Consuming raw or undercooked meats may increase your risk of foodborne illness.

Desserts and Cappuccino

Coconut Key Lime Pie

Fresh Key Lime pie topped with whipped cream and toasted coconut with a Pina Colada sauce. \$5.49
Also available without coconut.

Peanut Butter Ice Cream Pie

Our peanut butter ice cream pie chock-full of Reese's® peanut butter crumbles in a graham cracker crust drizzled with chocolate syrup. \$4.99

Raspberry 'n Crème Cheesecake

Traditional New York style cheesecake with raspberry and crème sauces. \$5.49



Dreamy Milk Chocolate Cake

Moist milk chocolate cake frosted with chocolate icing and with white and milk chocolate morsels. Served with a scoop of vanilla bean ice cream. \$5.99

Espresso \$2.99

Cappuccino \$2.99

Flavored Cappuccino or Espresso \$3.29

Dinner Pasta

Shrimp Fettuccine Alfredo

Gulf shrimp tossed with fettuccine in an alfredo sauce topped with Parmesan Cheese. \$12.99

Cajun Chicken Fettuccine

Fettuccine tossed with bell peppers in a Cajun cream sauce, topped with blackened chicken, Parmesan Cheese and scallions. \$10.99

New Orleans Seafood

Shrimp, crab and crawfish tossed with a creamy mushroom sauce served over penne pasta. \$14.49



Smoked Chicken Pasta Pie®

Penne pasta mixed with roasted garlic alfredo sauce and baked with layers of smoked chicken, mushrooms, roasted red peppers and mozzarella cheese. Topped with scallions and Parmesan Cheese. \$10.99

Entree Salads

Salmon Spinach

Grilled salmon on a bed of fresh spinach with chopped bacon, tomatoes, red onion and eggs. Best with Basil Vinaigrette dressing. \$10.49

Greek Tuna

Ahi Tuna, grilled or blackened, over fresh greens with Basil Vinaigrette, topped with tomatoes, red onions, black olives and Feta cheese. \$9.99

Classic Caesar

Crisp romaine tossed with homemade Caesar dressing, topped with shredded Parmesan and garlic croutons.

With Calamari or Chicken \$9.79

With Salmon or Shrimp \$10.79



California Bleu Salad

Fresh mixed greens topped with Bleu Cheese crumbles, spicy sugared walnuts and fresh strawberries. Served with Bleu Cheese toast. Best with Sweet Balsamic Vinaigrette dressing. \$8.99

Add Calamari or Chicken \$2.79

Add Salmon or Shrimp \$3.79



Monterey Chicken Salad

Grilled or blackened chicken atop fresh mixed greens with bacon, eggs, tomatoes, jack and cheddar cheeses. Best with Honey Mustard dressing. \$8.79