

(203) 924-0200
Call to pick up
www.GROWshelton.com



434 Howe Avenue Shelton, CT
Tues - Thurs. 11-9
Fri., Sat 11-10 / Sun Brunch. 10-3

Starters

~ We offer a flavorful selection of local wine and beer ~

Cheese Plate	MVP		
Locally sourced cheeses, fruit & homemade Artisan bread			
Crab Cakes	12.95		
Handcrafted and served with a sweet and spicy coriander sauce			
Wild Mushroom Risotto	9.95		
Creamy risotto made with locally grown mushrooms			
Meatball Sampler	10.95		
A trio of Italian chicken, Moroccan beef & Jamaican pork			
Salmon Tartar	14.95		
Fresh Sockeye Salmon mixed with radish and caper slaw, served with fresh avocado, wasabi sauce and toast points			
		Arancini	9.95
		Rice balls filled with beef, peas, & cheese with marinara sauce	
		Seafood Arancini	11.95
		Rice balls filled with lobster, shrimp, apples, saffron cream sauce	
		Shrimp & Corn Fritters	9.95
		Locally sourced corn, tender shrimp, lightly fried, served with a creamy pepper relish	
		Brussels Sprouts & Leeks	8.95
		Tossed in a sweet roasted garlic vinaigrette	

Salads

Seven Layer	9.79
Spinach, turkey, bacon, avocado, tomato, egg, cheddar, red onion, with honey mustard dressing	
Caesar	8.49
Romaine, parmesan cheese, croutons, homemade dressing	
Beet & Apple	9.79
In a sweet white vinaigrette topped with feta cheese croutons	
Nantucket	9.49
Spinach tossed in balsamic vinaigrette and topped with granny smith apples, goat cheese, candied almonds	
House	7.99
Seasonal vegetables over romaine, sun-dried tomato dressing	

Add: Chicken ~ 3.00 Steak ~ 8.00
Salmon ~ 10.00 Shrimp ~ 5.00

Burgers ~ Served with hand-cut fries

Salmon Patty	16.99
Wild salmon patty, pineapple cantaloupe salsa, wasabi mayo & greens	
Broccoli Burger	14.99
Broccoli Parmesan patty, mushroom tapenade, red onions, greens, cheddar and balsamic aioli. Served crunch-wrap style.	
Black Bean Burger	14.99
With avocado, paprika mayo, a cilantro lime corn salsa, lettuce, tomato, and sweet potato fries. Served crunch-wrap style.	
Bleu Cheese Beef Burger	13.99
Fresh bacon, bleu cheese, roasted leeks, greens, bacon aioli	
Greek Chicken Patty	12.99
Free range, in-house ground chicken, topped with lettuce, onions, sweet cucumber feta sauce & olive tapenade	
BBQ Beef Burger	13.99
Frizzled red onions, cheddar cheese, Guinness BBQ sauce	

Entrées

Drenched Chicken ~ Chicken breast, sautéed spinach, sundried tomatoes and pepper medley in a sherry mascarpone sauce	23.95
4 Cheese Ravioli ~ Handmade, served with freshly ground sausage, spinach, in a brown butter sauce	19.95
Chicken Marsala ~ Our classic, sautéed with local mushrooms and served over pasta	17.95
Balsamic Glazed Salmon ~ Topped with a balsamic reduction served with, black rice, seasonal vegetables	21.95
Butternut Squash Ravioli & Lobster ~ Handmade, filled with roasted butternut squash & apple tossed in a spiced port wine shallot cream sauce, topped with lobster	23.95
New York Strip Steak ~ Seared 16 oz. grass fed steak, Sliced and served with seasonal vegetables and a garlic butter sauce	24.95
Eggplant Lasagna ~ Lightly fried, thin layers of eggplant layered with ricotta cheese. Served lasagna style.	16.95
Pan Seared Sea Bass ~ Alberto takes this beautiful fish and creates something different every week. Ask your server	MVP
Bacon Wrapped Meatloaf ~ Fred's famous meatloaf served with seasonal vegetables and mashed potatoes & gravy	16.95
Center Cut Pork Chop ~ 22oz. chop topped with a brandy Demi-glace onion sauce, seasonal vegetables, mashed potatoes	22.95
Chicken Fried Chicken ~ Served with mashed potatoes, country gravy and a handmade buttermilk biscuit	17.95
Chipotle Shrimp Burrito ~ Whole wheat tortilla, refried local beans, imported black rice, Pico de Gallo, Monterey jack cheese, creamy roasted chipotle sauce. Served with a side of homemade guacamole	21.95

* Thoroughly cooking meat, poultry, seafood, eggs and shellfish reduces the risk of food borne illness

We feed people. Feed them well. From our hearts. From our souls.
We are so proud of what we have created and are humbled by the amount of love that flows through our door every day.
Thank you for being a part of our community. Part of our family. ~ Michele and Fred