

The Seal

2 Jarves St · +15088880060 · Updated: Jan 14, 2026

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RAW BAR 3

CAPE COD OYSTERS **\$19.00**

6 local oysters / passion fruit mignonette / lemon

CEVICHE OF THE DAY **\$19.00**

Ask your Server for today's preparation

SESAME SEARED AHI TUNA **\$19.00**

Asian slaw / Seaweed / Aasabi Drizzle / Mango Mojo

GRAZING BOARDS 5

STEAMED EDAMAME **\$14.00**

Sea salt / fresh lemon

MEDITERAINIAN CRUDITE **\$18.00**

Hummus / Carrot / Tomoato / Olives / Feta Cheese / Pita

CHARCUTERIE & CHEESE **\$23.00**

Cured Meats / Artisan Cheeses / Nuts / Dried Fruit / Fig Jam / Crostini

STICKY ASIAN BBQ PORK RIBS **\$19.00**

Asian Slaw / Edamame / Asian BBQ Sauce

HOT CRAB DIP **\$20.00**

Lump Crab / Fontina Cream / Crumbles Bacon / Warm Pita

SALADS 4

LITTLE GEM CAESAR **\$15.00**

Garlic croutons / Parmesan cheese / classic dressing

ARUGULA & STRAWBERRY SALAD **\$15.00**

Gorgonzola / Shaved Cucumber / Candied Almonds / Blood Orange Vinaigrette

ADD TO ANY SALAD OR BOWL

Asian Chicken 9 / Beef Bulgogi 10 / Miso Salmon 17/ Ahi Sashimi 16

BABY KALE & PEAR **\$15.00**

Smoked Bacon / Spiced Pepita Seeds / Cranberries / Goat Cheese / Vanilla Bean Dressing

SEAL MAKI 5

SPICY TUNA ROLL	\$21.00
Cucumber / Avocado / Tempura Crumble / Wasabi Mayo / Mango Mojo	
TORCHED TRUFFLE SALMON ROLL	\$22.00
Faroe Island Salmon / Avocado / Sushi Rce / Truffle Oil / Lemon Zest / Maldon Salt	
GARDEN ROLL	\$20.00
Tempura Shrimp / Arugula / Avocado / Asian BBQ	
THE CRUNCH DRAGON	\$24.00
Tempura Shrimp / Spicy Tuna / Cucumber / Avocado / Tempura Crunmble / Sriracha / Asian BBQ	
MISO SWEET POTATO ROLL	\$21.00
Tempura Shrimp / Sweet Potato / Sushi Rice / Cucumber / Avocado / Sriracha / Miso Glaze	

HANDHELD'S 4

BEEF BULGOGI LETTUCE WRAPS	\$22.00
Pickled Vegetables / Gochujang Aioli / Chili Crunch	
ASIAN CHICKEN LETTUCE WRAPS	\$20.00
Pickled Vegetables / Gochujang Aioli / Chili Crunch	
SPICY TOFU FRESH ROLLS	\$18.00
Vegetables / Mango / Arugula / Sesame Peanut Sauce	
MANGO SHRIMP FRESH ROLLS	\$20.00
Arugula / Vegetables / Pickled Lotus / Sesame Peanut Sauce	

BOWLS 4

SESAME TUNA NOODLES	\$31.00
Rice Noodles / Napa Cabbage Slaw / Seaweed / Daikon / Edamame / Mango Chili Sauce / Green Chili Oil	
BEEF BULGOGI BOWL	\$32.00
Jasmine Rice / Carrot / Sprouts / Bok Choy / Marinated Mushrooms / Edamame	
ASIAN GINGER CHCIKEN	\$30.00
Udon Noodles / Vegetable Slaw / Daikon / Sprouts / Edamame / Asian BBQ / Spicy Peanuts	
GINGER MISO SALMON	\$32.00
Mango / Edameme / Jasmine Rice / Sprouts / Tomato / Thai Coconut Red Curry	

FLATBREADS 6

TRUFFLE MUSHROOM & GARLIC	\$19.00
Ricotta / Scallions / Shitake / Truffle Oil	
FIG & PROSCIUTTO	\$19.00
Sliced Italian Ham / Fig Jam / Baby Arugula / Balsamic Syrup	

ASIAN BBQ CHICKEN	\$20.00
Bean Sprouts / Scallion / Asian BBQ Sauce	
TOMATO & PESTO	\$19.00
Ricotta / Scallion / Tomato / Basil Pesto / Balsamic Syrup	
HOT SOPPRESSATA	\$20.00
Salami / Smoked Cheddar / Chili Crunch / Hot Honey	
BLUEBERRY & GOAT CHEESE	\$19.00
Prosciutto / Blueberries / Goat Cheese / Balsamic Syrup	

SWEETS 6

BLUEBERRY CHEESCAKE	\$15.00
Cinnamon Gelato / Brown Sugar Crumble	
ESPRESSO TIRAMISU	\$15.00
Whipped Cream / Chocolate Drizzle	
CHIPOTLE CHOCOLATE MOUSSE	\$15.00
Whipped Cream / Mexican Chocolate	
MANGO SORBET	\$13.00
Strawberries	
BLOOD ORANGE SORBET	\$13.00
Orange Supremes	
CHOCOLATE LAVA CAKE	\$15.00
Raspberry Sauce / Vanilla Bean Gelato	

COCKTAILS 10

PAINKILLER	\$12.00
Pushers Rum/Pineapple Juice / Orange Juice / Cream of Coconut / Ground Nutmeg	
TROPICAL SEAL PUNCH	\$12.00
Captain Morgan Rum / Pineapple Juice / Orange Juice / Grenedine / Myers Floater	
CAPE COD MULE	\$12.00
Tito's / Ginger Beer / Splash Cranberry / Lime	
DARK N STORMY	\$13.00
Goslings Black Seal Rum / Ginger Beer / Lime	
PERFECT OLD FASHIONED	\$12.00
Bulliet Bourbon / Bitters / Luxardo Cherry / Orange	
ANEJO SMASH	\$13.00
Casamigos Anejo / Grand Mariner / Sweet Vermouth / Bitters / Fresh Orange	

JARVES STREET COOLER	\$12.00
Hendricks Gin / Elderflower Liqueur / Grapefruit Juice / Splash Soda	
CAPE APEROL SPRITZ	\$12.00
Aperol / Prosecco / Soda Water / Splash Cranberry Juice	
MARGARITA	\$12.00
Classic, Skinny, Strawberry or Dpicy	
MOJITO	\$12.00
Original, Coconut, Pineapple, or Strawberry	

FROZEN DRINKS 2

MUDSLIDE	\$14.00
Tito's / Baileys / Kailua / Chocolate or Strawberry	
PINA COLADA	\$14.00
Malibu / Pineapple / Cream of coconut / Myers Float	

MARTINIS 7

THE DIRTY BLUE	\$14.00
Grey Goose / Olive Juice / Blue Cheese Olives	
RASPBERRY LEMON DROP	\$14.00
Stoli raspberry vodka/ Limoncello / Fresh Lemon Juice	
CUCUMBER COSMO	\$14.00
Ketel One / Cointreau / Fresh Lime Juice / Fresh Cucumber Juice	
ROSE ALL DAY	\$14.00
Hanger Rose' Vodka / Cointreau / Fresh Lemon / Splash Cranberry Juice	
PERFECT MANHATTAN	\$14.00
Redemption Rye / Sweet Vermouth / Dry Vermouth / Luxardo / Bitters	
ESPRESSO MARTINI	\$14.00
Van Gogh Double Espresso Vodka / Stoli Vodka / Kahlua / Fresh Espresso	
CARAMEL MACCHIATO MARTINI	\$14.00
Van Gogh Double Espresso Vodka / Caramel Vodka / Bailey's / Fresh Espresso	

CHAMPAGNE AND SPARKLING 3

VEUVE CLIQUOT	\$25.00
Prosecco, Zardetto	\$11.00
DUVAL LEROY GRAND BRUT	\$18.00

WHITE WINES 8

Pinot Grigio, Kris	\$10.00
Chardonnay, Cambria Katherine's Vineyard	\$12.00
Chardonnay, Melville	\$14.00
Chardonnay, ZD	\$21.00
Reisling, Karl Erbes, Kabinett	\$9.00
Sancerre, Roland Tissier Et Fils	\$19.00
Sauvignon Blanc, Dom Brunet	\$11.00
Sauvignon Blanc, Villa Maria	\$19.00

ROSE 2

Chateau De Berne, Romance	\$12.00
Rose of Pinot Noir, Cambria	\$14.00

RED 10

Chianti, Costello Di Bossir	\$12.00
Merlot, Parcel 41	\$11.00
Pinot Noir, Morgan 12 Clones	\$13.00
Pinot Noir, La Crema	\$14.00
Malbec, Catena	\$11.00
Cabernet Sauvignon, Slingshot	\$11.00
Cabernet Sauvignon, Scattered Peaks	\$16.00
Red Blend, Hook&Ladder, Station 10	\$10.00
Cabernet Sauvignon, Justin	\$18.00
Zinfandel, Frey	\$12.00

DRAUGHT BEER 8

Allagash White	\$6.00
Cape Cod Blonde	\$6.00
Cisco Whale Tale	\$6.00
Fiddlehead, Second Fiddle IPA	\$7.00

Hog Island IPA	\$7.00
Sam Seasonal	\$6.00
Wormtown Be Hoppy	\$7.00
Maine Beer Company - Lunch	\$7.00

BOTTLES & CANS 6

Bud Light	\$5.00
Cape Cod Red	\$6.00
Corona	\$6.00
Guinness	\$7.00
Lawsons Sip Of Sunshine	\$7.00
Zero Gravity Conehead	\$7.00

VEGAN MENU 10

STEAMED EDAMAME	\$14.00
Seal Salt / Fresh Lemon	
MEDITERAINIAN CRUDITE	\$18.00
Hummus / Vegetables / Olives / Pita	
SPCIY TOFU FRESH ROLLS	\$18.00
Vegetables / Mango Peanut Sauce	
ARUGULA & STRAWBERRY SALAD	\$15.00
Cucumber / Walnuts / Blood Orange	
AVOCADO CUCUMBER MAKI ROLL	\$16.00
Pickled Ginger / Mango Mojo / Asian BBQ	
SPICY JACKFRUIT MAKI ROLL	\$17.00
Cucumber / Avocado / Mango Mojo	
ASIAN BBQ TOFU BOWL	\$18.00
Sushi Rice / Sprouts / Avocado / Mango Mojo	
SPICY JACKFRUIT TOWER	\$18.00
Sushi Rice / Sprouts / Avocado / Mango Salsa	
MISO TOFU UDON NOODLES	\$17.00
vege Slaw / Asian BBQ / Sprouts / Bok Choy	
VEGAN FLATBREAD	\$19.00
Vegan Mozzarella / Mushroom / Tomato / Olives / Garlic	

Mango Sorbet	\$13.00
Strawberries	
Blood Orange Sorbet	\$13.00
Orange Supremes	