

SEAFOOD & PROVISIONS

# PLANK

GLUTEN



SENSITIVE

## GLUTEN SENSITIVE

Our gluten sensitive menu items are prepared in a shared work area that also processes wheat & gluten products. There is always a chance that gluten sensitive items may come in contact with products containing gluten.

### RAW + CHILLED

- ICED OYSTERS**, horseradish, hot sauce, mignonette (ea) (R) *see oyster board or ask server for selection* 4 ea  
*add bowfin caviar* (R) 1.5 ea
- DRESSED OYSTERS**, jalapeño shoyu, smoked trout roe (R) 5 ea
- YELLOWTAIL SASHIMI**, buttermilk, yuzu, asian pear, radish, merquén, toasted quinoa (R) 18
- KING CRAB LEGS**, served chilled with preserved lemon, espelette, herbs or warm with butter ½ lb 35
- JUMBO PEEL & EAT SHRIMP**, old bay, cocktail & creole mustard sauces 19

### SOUP + SALAD

- THAI CLAM CHOWDER**, bacon, potato, coconut milk, green curry, thai basil 10
- GEM LETTUCE**, radish, cucumber, fennel, pickled onion, hazelnut, herbs, red wine vinaigrette 12
- BACON & BLUE CHEESE SALAD**, bacon, radish, rogue smokey blue, tomato, cucumber, buttermilk dressing 14
- SALAD ADDS**, herb chicken breast 7 | salmon (R) 9 | fried soft shell crab 10

### SHARED

- CHARRED SHISHITO PEPPERS**, bottarga, togarashi, meyer lemon, buttermilk aioli 10

### WOOD GRILLED

- FAROE ISLAND SALMON**, spice fried black rice, pickled asparagus, fennel pollen, saffron emulsion (R) 27
- BACON WRAPPED SHRIMP**, jalapeño, aged cheddar, dirty grits, tomato, crawfish beurre blanc 30
- RED SNAPPER**, hazelnut brown butter, meyer lemon, fingerling potato, broccolini 36

### KIDS TACKLEBOXES

kids 12 and under

- GRILLED SALMON** 14
- GRILLED CHICKEN BREAST** 13  
*served with carrots sticks, ranch, fruit, yogurt and a snack*

### DESSERT

- CHOCOLATE TERRINE**, peanut butter ice cream, cultured milk crumble, bing cherry, smoked maldon 11

## SOURCING

Conscious Earth is our commitment to responsibly source our seafood and meat respecting our Earth's ecosystems both land and sea. Our partnership with the Monterey Bay Aquarium's Seafood Watch®, an organization that shares our passion for sustainable seafood, supports our efforts by providing the groundwork and guidelines that allows us to serve seafood that is responsibly caught or aquacultured.



For our most up to date sourcing visit our menu on our website or visit:

[PLANKSEAFOOD.COM/MYCONSCIOUSEARTH](http://PLANKSEAFOOD.COM/MYCONSCIOUSEARTH)

#### FISH

- ATLANTIC SALMON** (R)  
📍 faroe Islands; submersible net pen, aquacultured, non gmo, no hormones, antibiotics or steroids.
- DUTCH KING YELLOWTAIL / HIRAMASA** (R)  
📍 netherlands; indoor recirculating aquaculture system, non gmo, no hormones, antibiotics, or steroids.

#### RED SNAPPER

- 📍 usa gulf of mexico; vertical lines, wild caught

#### FISH ROE

- BOWFIN CAVIAR**  
📍 north american inland waters; set gillnets, wild caught.
- FLYING FISH ROE, YUZU CAVIAR**  
📍 china, brazil; traps, wild caught.

#### GREY MULLET ROE, BOTTAGRA

- 📍 greece; encircling gillnet, wild caught.

#### PADDLE FISH CAVIAR

- 📍 north american inland waters; set gillnets, wild caught.

#### RAINBOW TROUT ROE

- 📍 france; indoor recirculating aquaculture system.

#### SHELLFISH

- SURF CLAM**  
📍 massachusetts, rhode island; hand picked/dredge.
- RED KING CRAB**  
📍 alaska; bristol bay, pot/trap, wild caught.
- OYSTERS**  
📍 usa, canada; open/uncontained, dredge harvest, wild caught, aquacultured.

#### WHITE SHRIMP

- 📍 gulf of mexico; bottom trawls, wild caught.

#### MEATS

- CHICKEN BREAST** (R)  
📍 usa; enriched environment without cages, crates or crowding, global animal partnership step 3, no hormones, antibiotics or steroids.

#### EGGS

- 📍 usa; pastured raised, certified humane, non gmo, hormone free.

#### PORK

- 📍 usa; cage & crate free, no hormone, antibiotics or steroids.

(R) Items contains raw seafood, beef or eggs. Consuming raw or undercooked meat and seafood may increase your risk of food born illness.

18% gratuity added to parties of 6 or more.

Bones can happen in dishes with fishes. We do not list all ingredients on our menus. Please notify server of any food allergies before ordering. We are not responsible for an individual's allergic reaction to our food or ingredients.

Eco Certified by independent non profit organizations, that set standards for sustainable fishing, aquaculture and animal welfare. And are fully traceable.