

Ascot's All Day Menu

Starters

Amaretto Shrimp (GF)
Dusted and lightly Fried, Amaretto, Lime, Candied Walnut Dust . . . 14
834 Calories, 82g Fat, 24g Protein, 15g Carbohydrates, <1g Fiber

Beer Battered Onion Rings ✓
Ascot's Cheese Sauce with Fresh Grated Horseradish.12
850 Calories, 38g Fat, 3g Protein, 47g Carbohydrates, 5g Fiber

Smoky Mussels with Pomme Frites (GF)
Prince Edward Island Mussels simmered in a Smoked Tomato and
Roasted Fennel Broth; Garnished with Crispy Shoe-string Potatoes . .14
500 Calories, 18g Fat, 48g Protein, 41g Carbohydrates, 12g Fiber

Firecracker Calamari
Lightly dusted and fried Calamari, sliced Cherry Peppers, Cocktail
Onions, Charred Tomato Salsa.13
801 Calories, 67g Fat, 13g Protein, 34g Carbohydrates, 4g Fiber

Chips and Dips ✓ (GF)
House-made Potato Chips with a Trio of Dips; Lemon-Dill, Wasabi and
Roasted Garlic-chive.12
1563 Calories, 152g Fat, 5g Protein, 43g Carbohydrates, 4g Fiber

Classic Caesar Salad ✓
Crisp Romaine, Traditional Dressing, Croutons, Shaved Parmesan. . . . 10
580 Calories, 30g Fat, 20g Protein, 54g Carbohydrates, 5g Fiber

Garden Salad ✓ (GF Upon Request)
Delicate Greens, Cucumber, Tomato, Sweet Onion, Croutons, and
House Balsamic Vinaigrette10
266 Calories, 4g Fat, 7g Protein, 30g Carbohydrates, 4g Fiber

Curry Roasted Cauliflower ✓ (GF)
with Harissa Yogurt13
110 Calories, 0g Fat, 13g Protein, 12g Carbohydrates, 4g Fiber

Shrimp Cocktail (GF)
Classic Poached Shrimp, Grand Marnier scented Cocktail Sauce14
261 Calories, 3g Fat, 26g Protein, 30g Carbohydrates, 3g Fiber

Iberico Salami and Marinated Cheese
Iberico Salami, Orange-thyme Marinated Manchego Cheese, Cured Olives,
Toasted Hazelnut, Pickled Mustard Seed and Warm Baguette.16
1039 Calories, 58g Fat, 34g Protein, 94g Carbohydrates, 5g Fiber

Soups

New England Clam Chowder
Creamy and Packed with Seafood and Potatoes8
720 Calories, 22g Fat, 7g Protein, 20g Carbohydrates, 5g Fiber

Soup du jour
Ask your server for the Chef's creation8
Calorie counts vary

Sandwiches and Such....

Grilled Cheese and Chorizo
Buttery Sourdough Bread, Chorizo and Manchego Cheese with Tobasco
Onion Rings14
1121 Calories, 73g Fat, 55g Protein, 67g Carbohydrates, 3g Fiber

Fish and Chips
Beer Battered Salmon, House-made Chips, Mango Tartar Sauce . . .19
1524 Calories, 21g Fat, 31g Protein, 38g Carbohydrates, 4g Fiber

Pub Steak *
Herb Marinated Flat Iron Steak (8 oz.), Garlicky Texas Toast,
House-made Steak Sauce and Parmesan Truffle Fries18
845 Calories, 49g Fat, 51g Protein, 43g Carbohydrates, 3g Fiber

The Following Sandwiches are served with your choice of:
Tabbouleh, Sweet Potato Fries, Seasoned Fries, Fresh Fruit or Cottage Cheese

Waldorf Chicken Sandwich
Pulled Chicken, Apples, Celery, Grapes and Mayonnaise on
Wheat Berry Bread15
389 Calories, 23g Fat, 18g Protein, 28g Carbohydrates, 3g Fiber

Caprese Sandwich ✓
Fresh Mozzarella, Tomato, Arugula, Basil Pesto, Roasted Red Pepper
Hummus and Extra Virgin Olive Oil on House-made Focaccia15
744 Calories, 23g Fat, 32g Protein, 11g Carbohydrates, 4g Fiber

The Turkey Burger *
Grilled Turkey Patty, NY Style Hard Roll, Carolina BBQ, Cranberry-
Mango Relish and Fried Onions.14
506 Calories, 27g Fat, 33g Protein, 40g Carbohydrates, 2g Fiber

Black and Bleu Burger *
Blackened Hand-formed Choice Patty, NY Style Hard Roll, Smoked Bleu
Cheese Aioli, Lettuce, Tomato and a Pickle
(Bacon and Cheese Available)15
907 Calories, 74g Fat, 48g Protein, 9g Carbohydrates, 3g Fiber

Merguez Sausage Sliders*
Merguez Sausage, Sultana Raisin and Caramelized Shallot Relish . .16
524 Calories, 15g Fat, 38g Protein, 58g Carbohydrates, 7g Fiber

Falafel Wrap ✓
Curry Seasoned Chick Pea Fritter, Tahini Yogurt, Baby Arugula,
Tomato and Quick Pickled Carrots in a Spinach Wrap14
922 Calories, 8g Fat, 14g Protein, 48g Carbohydrates, 3g Fiber

The Raspberry Chicken Wrap*
Grilled Chicken, Spinach, Tomato, Avocado, Raspberry Pickled Onion,
Green Chili Yuzu Aioli in a Whole Wheat Wrap.14
425 Calories, 9g Fat, 35g Protein, 48g Carbohydrates, 3g Fiber

✓ Vegetarian

(GF) Gluten Free

**The items marked with an asterisk can be cooked to order*

"Thoroughly cooking meats, poultry, seafood, shellfish, or eggs reduces the risk of foodborne illness."

*Prices are subject to a 19% service charge, and applicable CT State Tax
Gratuity is included in the service charge for your convenience.*