

# MARBLEHEAD

## CHOWDER HOUSE

CASUAL + COASTAL + COMFORT FOOD

### EAT FISH - LIVE LONGER

Whether you decide to enjoy a fresh fillet of fish, succulent shrimp & scallops, or crisp & refreshing half shell oysters, you're giving your body an amazingly healthy treat. Need proof that eating fresh seafood has unparalleled health benefits and can help you live longer? Just look around the dining room!

FISH



AMAZING OMEGA 3

Many reputable sources and studies have shown that eating seafood twice a week (including salmon, rich in amazing omega-3's) can provide your body with the following benefits:

- ↓ Lower Cholesterol
- ↓ Reduced risk for certain types of cancer
- ↓ Improve heart health
- ↓ Increased essential nutrients
- ↓ Improved brain/eye health
- ↓ Immune System boost
- ↓ Combats depression
- ↓ Prevents Asthma
- ↓ Reduces risk of autoimmune diseases
- ↓ Improved sleep quality
- ↓ Enhanced fetal growth & development
- ↓ Healthy weight maintenance

### & HEALTHY DELICIOUS

**SHRIMP** has an impressive nutrition profile. It is quite low in calories, providing only 84 calories in a 3-ounce (85-gram) serving, and does not contain any carbs. Approximately 90% of the calories in shrimp come from protein, and the rest come from fat.

Additionally, the same serving size provides more than 20 different vitamins and minerals, including 50% of your daily needs for selenium, a mineral that may help reduce inflammation and promote heart health.

**CRAB** meat is high in vitamin B12. Vitamin B12 helps prevent anemia and keep our nerve and blood cells healthy. While some people take supplements to get enough of this vitamin, you can also eat crab: just 2-3 ounces of crab meat contains an adult's daily B12 requirement.



**LOBSTER** is a good source of selenium. Selenium has demonstrated qualities that make it a necessary component of healthy thyroid function. It functions as an antioxidant and also helps the thyroid absorb and metabolize hormones.



### WEEKLY EVENTS

- **GAMEDAY DEALS:** SPECIAL PRICED APPETIZERS, ENTREES & DRAFT BEER NFL SUNDAYS & ANY PHILLIES PLAYOFF GAME!
- **LIVE MUSIC:** EVERY MONDAY 6-9PM. \$5 DRINK SPECIALS
- **BUCK A SHUCK:** EVERY TUESDAY, \$1 OYSTERS, CLAMS & SHRIMP
- **QUIZZOHOLICS:** EVERY THURSDAY, LIVE TRIVIA 6:30-9PM - WIN A LOBSTER DINNER!

RESERVATIONS RECOMMENDED 609.839.3500  
WWW.MARBLEHEADCHOWDERHOUSE.COM

### COMING EVENTS

APRIL



RESERVE NOW FOR EASTER SUNDAY, APRIL 5TH. WE WILL BE OPEN FROM 11-9

MAY MOTHER'S DAY



OPEN ON MOTHER'S DAY, MAY 10TH, FROM 11-9. CELEBRATING MOMS WITH VALUABLE SAVINGS CERTIFICATES!

JUNE UNFORGETTABLE FATHER'S DAY

OPEN ON FATHER'S DAY, JUNE 21ST, FROM 11-9. CELEBRATING DADS WITH VALUABLE SAVINGS CERTIFICATES!



JULY LOBSTER DAZE ARE HERE AGAIN! (SUNDAYS, MONDAYS, & TUESDAYS)



AND PEEL & EAT SHRIMP SPECIALS/ CARRYOUT CLAM BAKES

AUGUST

BEN KNAUSS MEMORIAL BLOOD DRIVE HONORING & REMEMBERING A GREAT FRIEND AND INSPIRATION.



FIXED PRICE SAVINGS MENUS - WED & THUR

SEPTEMBER LOBSTER PALOOZA

Featuring Special Price LOTSA LOBSTA MENUS all day every day!

