





CERTIFIED
SUSTAINABLE
SEAFOOD
MSC
www.msc.org



Everyone knows lobsters from cold Maine waters are celebrated and preferred worldwide for their exquisite flavor.

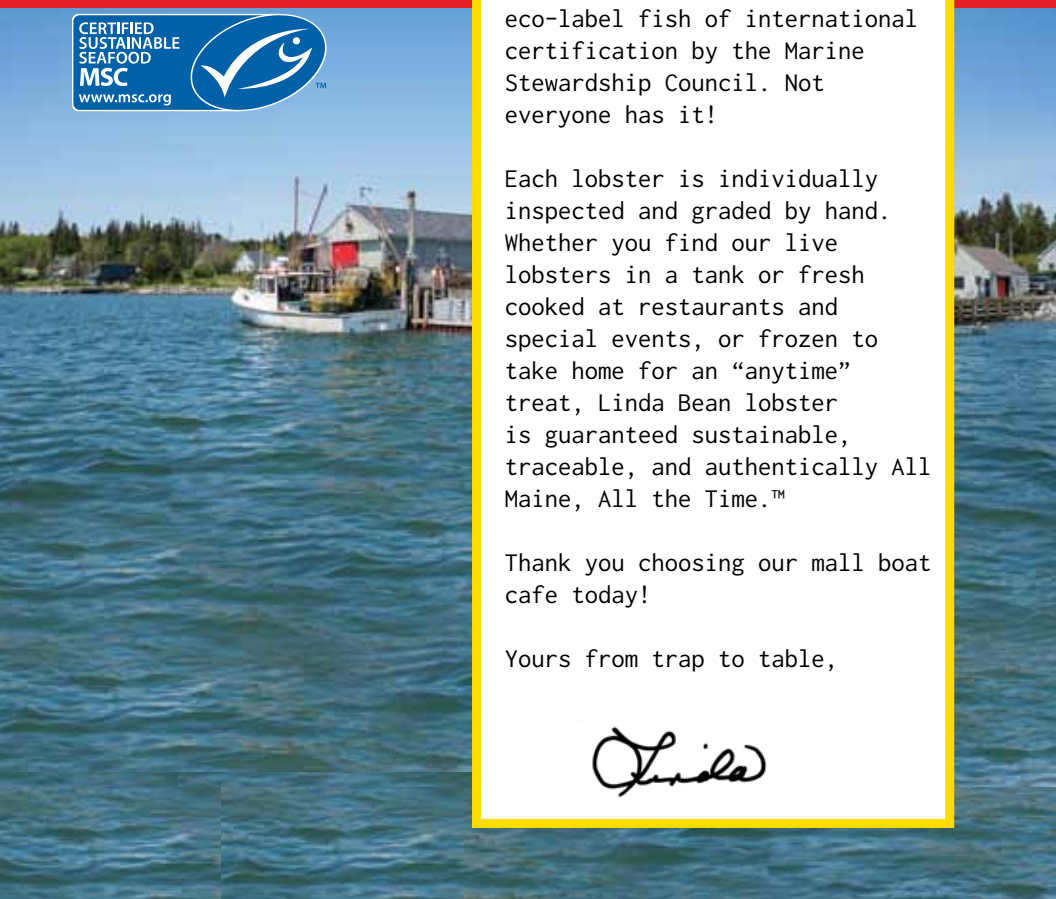
For sustainability, Linda Bean Maine Lobster has the blue ribbon -- actually the blue eco-label fish of international certification by the Marine Stewardship Council. Not everyone has it!

Each lobster is individually inspected and graded by hand. Whether you find our live lobsters in a tank or fresh cooked at restaurants and special events, or frozen to take home for an "anytime" treat, Linda Bean lobster is guaranteed sustainable, traceable, and authentically All Maine, All the Time.™

Thank you choosing our mall boat cafe today!


Yours from trap to table,

Linda



Salads

PORTLAND RED CLAWS SALAD

Saluting Maine's power team 
training for the Boston Celtics.

A great body builder with protein rich Maine lobster meat and hardboiled eggs, potassium loaded avocado, and fresh C-vitamin tomato with bacon and locally made cheddar cheese!...\$19.95

FRESH FARM SALAD

Fresh greens with sliced cucumber, tomato, diced onion, bell peppers and carrots...\$7.25

Want Maine lobster on it?...+\$10.25
or how about Maine crab?...+\$8.25
to add roast chicken...+\$4.50
to add crisp bacon...+\$2.25

CRAB & AVOCADO SALAD

Delicious combination of Maine crabmeat salad made irresistible with avocado, red onion and bell peppers atop fresh greens...\$12.95

DRESSINGS:

*Ranch, Blue Cheese,
Balsamic Vinaigrette,
Raspberry Vinaigrette,
Italian herb, and
Lite Italian.*

Soups

LINDA'S CLAM CHOWDER

Freeport Chowder Challenge Winner 2011, and our most popular!

6 oz cup...\$4.25
12 oz bowl...\$7.25

LINDA'S LOBSTER BISQUE

6 oz cup...\$4.25
12 oz bowl...\$7.25
with lobster meat
cup...\$8.95
bowl...\$14.50

CHEF'S SOUP OF THE DAY

6 oz cup...\$3.25
12 oz bowl...\$6.50

Sandwiches

LINDA BEAN'S PERFECT MAINE® TOASTED MALL LOBSTER ROLL



The light dressing of Linda's secret herbs and spices have made this recipe a best seller since 2008! Served with chips, pickles and Kelpislaw...\$13.95

COLOSSAL LOBSTER ROLL

6 oz of succulent lobster



meat bought right off the boat. Butter toasted as usual but twice the size as the one above. Served with chips, pickles and Kelpislaw...\$19.95

CRAB SALAD ROLL

The sweet delicate flavor of Maine crabmeat lightly blended with Maine Mos-Ness dressing on a butter toasted roll. Served with chips, pickles and Kelpislaw...\$11.95

BLUEBERRY BARBECUE CHICKEN

Chicken breast with our signature blueberry barbecue sauce, cheddar cheese and red onion on toasted white, wheat or gluten free bread. Served with chips and pickles...\$9.00
Like the sauce? Purchase a bottle to go!

TURKEY CLUB

Smoked turkey with crispy bacon, lettuce and tomato on toasted white, wheat or gluten free bread. Served with chips and pickles...\$9.95

CLASSIC BLT

Bacon, lettuce and tomato on hot butter toasted white, wheat or gluten free bread. Served with chips and pickles...\$8.75

HUMMUS, TOMATO AND AVOCADO SANDWICH

Delicious garlic hummus spread with rich avocado and tomato on toasted white, wheat or gluten free bread. Served with chips and pickles...\$8.25

CHICKEN SALAD SANDWICH

A generous helping of roast chicken salad with lettuce and tomato on toasted white, wheat or gluten free bread. Served with chips and pickles...\$8.00

CHICKEN BACON RANCH

Chicken breast with cheddar cheese, bacon and ranch dressing on toasted white, wheat or gluten free bread. Served with chips and pickles...\$9.95

Grilled Cheesens®

LINDA BEAN'S GRILLED CHEESEN LOBSTER

Developed on her panini at her first stand, Freeport, Linda's twist on the classic grilled cheese sandwich has become a national hit. Panini grilled with succulent sweet lobster, sliced tomato, melted cheddar, and Linda's secret herbed dressing. Grilled with your choice of thick white, wheat or gluten free bread. Served with chips, pickles and Kelpislaw..\$13.95



LINDA BEAN'S GRILLED CHEESEN CRAB

Maine crab meat, fresh sliced tomato, avocado and bacon with melted cheddar cheese, panini grilled and perfectly delicious. Served with chips, pickles and Kelpislaw..\$13.95

GRILLED CHEESEN CHICKEN

Chicken breast, with fresh sliced tomato, red onion, basil pesto and melted cheddar cheese on panini grilled white, wheat or gluten free bread. Served with chips and pickles..\$9.50

GRILLED CHEESE SANDWICH

For the American purist! Thick panini grilled melted cheddar or American cheese between white, wheat or gluten free bread. Served with chips and pickles..\$5.50

With fresh sliced tomato...\$6.50

Each and every lobster we sell is certified sustainable by the MSC, which means it can be traced back to the exact wharf and the hard-working Maine fishermen who fished it.



Maine Lobster Fun



BIB AND PICKER

Linda Bean's Maine Lobster: In a Class by Itself®. Priced by weight and season, choose one or more from our salt water tank! We'll cook and serve you a perfect platter with lemon, our Kelpislaw® and melted butter!



LOBSTICKLE®

From the beach to you, split lobster tail on a stick! Developed by us at Linda Bean's Maine Lobster, Rockland!...
Two for \$12.00

Fun's no obstacle... Have a Lobstickle!®

Small Plates and Sweets

KELPISLAW®

It's our name for this lightly dressed slaw that's brightened with thin blanched slices of Maine grown sugar kelp, the Virtuous Vegetable® from Ocean Approved in Portland!...\$2.25

VEGETABLE STICKS AND HUMMUS

Light and lively!...\$3.50

SALSA AND CHIPS

House made mild salsa with corn tortilla chips...\$4.25

LOCAL CHEESE PLATE

Two selections from local cheese makers, sliced french bread and fresh fruit...\$9.75

SPINACH AND ARTICHOKE

Rich and creamy dip hot from the oven with french bread...\$5.00

CHIPS

Your choice of plain or sea salt & vinegar...\$1.75

MAINE BLUEBERRY PIE

Everyones favorite!...\$4.25

WEE MAINE WHOOPIE PIE®

The perfect finish! Bite size Maine whoopie pie made in Freeport.

Traditional, mint, or peanut butter...

Try all three for \$7.00 or ...\$2.75 ea.

APPLE CRISP

Cinnamon spiced apples baked with a sweet crumb topping ...\$4.25

CRUSHER CRUNCH BAR

From Shaker Pond Ice Cream, two chocolate chip cookies with chocolate ice cream in the middle, all dipped in chocolate. Made especially for the Maine Red Claws NBA D-League team!...\$5.00

Maine Lobster To Go

TAKE IT NOW, SPECIALLY PACKED

Choose your own 1 1/4 pound Maine lobsters right out of the live tanks (packed for local travel only)...Seasonally priced.

ORDER ONLINE, SHIPPED OVERNIGHT

Anywhere in the USA! LindaBeansMaineLobster.com

Childrens Offerings

All children's meals are served with choice of chips or fresh vegetable sticks.

GRILLED CHEESE

Grilled white, wheat or gluten free bread with american cheese...\$5.00

HOT DOG

Local Red hot dog in a butter toasted roll...\$5.00

PEANUT BUTTER AND JELLY

White, wheat or gluten free bread with creamy peanut butter and choice of strawberry or blueberry jelly...\$5.00

Beverages

MAINE BEER ON TAP...\$5.25

Gritty's Red Claws Ale
Gritty's Seasonal Ale
Atlantic Brewing, New Guy IPA
Shipyards, Seasonal Ale

WINE BY THE GLASS

WHITE

Cellardoor Winery Viognier, Maine ...\$8.00
Ca Donini Pinot Grigio, Italy ...\$6.00
J.Lohr Reisling...\$8.00
Sutter home white zinfandel ...\$6.00

RED

Cellardoor Winery Zinfandel, Maine...\$8.00
Montpellier Pinot Noir, California...\$6.00

DOMESTIC BEER...\$3.75

Budweiser, Bud Light,
Pabst Blue Ribbon

NON-ALCOHOLIC

Coke, Diet Coke, Moxie and
Diet Moxie \$1.50

Maine Root Sodas...\$2.50

Blueberry, Lemon Lime, Mandarin Orange, Root Beer, Ginger Brew,
Summit Spring® Maine Water...\$2.75

Iced Tea...\$2.50

Coffee, Hot tea...\$2.00

Whole chocolate milk...\$2.25

Whole milk...\$2.25

Apple Juice...\$1.75

Our Community

We are proud to work with these Maine companies to promote jobs and sustainability in this great state.

ATLANTIC BREWING COMPANY	Bar Harbor
BETTY REEZ WHOPIEZ	Freeport
BROOKS TRAP MILL	Thomaston
CELLARDOOR WINERY	Lincolntonville
DELORME	Yarmouth
DAVID MATERO ARCHITECTURE	Bath
THE BRAND AGENCY	Portland
FAST SIGNS	South Portland
GRITTY MCDUFF'S	Portland
MAINE RED CLAWS	Portland
MAINE ROOT	Portland
MAINLY EMBROIDERY	Bath
MARINE ECOLOGICAL HABITATS	Biddeford
NATIONAL DISTRIBUTORS	Portland
OCEAN APPROVED	Portland
PFG NORTHCENTER	Augusta
REDMAN MARINE FABRICATORS	Eliot
SEABEE ELECTRIC INC.	Scarborough
SYSCO NORTHERN NEW ENGLAND	Westbrook
WIDE ANGLE MARKETING	Leominster, MA
YARMOUTH PRINTING	Yarmouth
ZACHAU CONSTRUCTION	Freeport





Linda Bean's Maine Lobster **It Stirs Your Primal Senses®**

**Since 2007 · more affordable · more popular
more available · and more fun!**

Our Maine employees number about 240 and we source between 8 and 10 million pounds of lobster a year, and we do two things with it: 1) pack and ship it live through the USA and 2) cook, package and sell it into USA markets. We also buy, process and pack about 2 million pounds of fresh crab meat, and we process Maine shrimp when available in season.

This location was developed by the Hospitality Division, with boat design by its Executive Corporate Chef Andrew Omo from Bath working closely with General Growth Properties, owners and managers of The Maine Mall to establish something completely new and innovative. Anchored in the center court of the Mall's 1 million square feet of shopping area, "Miss Moxie Maine" was fabricated by Zachau Construction Company, Freeport.

Unveiled after weeks of secrecy, the boat's unique design skylights the cooking crew inside making Bean's most popular quick meals, including her famous lobster roll recipe that has now reached an estimated 2 million served.

"Miss Moxie Maine" is a visual statement of our trap-to-table involvement in the Maine lobster industry since 2007. Maine small boat fishermen face risks, economic challenges and a short season destiny, so our founder and brand leaders, together with The Maine Mall, will work together with your support to help the Maine lobster fishery move its marketing ahead with gusto!

LOBSTER FOR THE 21st CENTURY®

Sustainable · Traceable · Affordable

Easy to Eat! · Fun!

LindaBeansMaineLobster.com

