

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.

THE US DEPARTMENT OF HEALTH RECOMMENDS EATING TWO SERVINGS OF SEAFOOD A WEEK. THE AVERAGE AMERICAN EATS LESS THAN ONE SERVING OF SEAFOOD PER WEEK. NEED HELP GETTING ANOTHER WEEKLY SERVING? HEAD TO MARBLEHEAD CHOWDER HOUSE!

<http://health.gov/dietaryguidelines2015>
www.seafoodhealthfacts.org/seafood-nutrition

www.mainelobsternow.com/health-benefits-of-seafood
www.healthline.com/nutrition/11-health-benefits-of-fish

MARBLEHEAD MOORINGS

OUR MISSION
 To provide a great place for our employees to work, enabling them to prepare and serve delicious food in a warm, friendly and efficient manner. We want to assure you, our guest, of a memorable visit and encourage you to tell your friends and return often.

OUR ENDEAVOR
 Let your light shine among men, that they may see your good deeds and praise your Father in heaven. Matthew 5:16

OUR GUARANTEE
 Your satisfaction is guaranteed or we will make suitable amends.

WWW.MARBLEHEADCHOWDERHOUSE.COM

COMING EVENTS

Celebrating our 29th Anniversary
APRIL
 RESERVE NOW FOR EASTER SUNDAY, APRIL 20TH. WE WILL BE OPEN FROM 11-7.

MAY MOTHER'S DAY
 OPEN ON MOTHER'S DAY, MAY 11TH, FROM 11-8. CELEBRATING MOMS WITH VALUABLE SAVINGS CERTIFICATES!

JUNE UNFORGETTABLE FATHER'S DAY
 OPEN ON FATHER'S DAY, JUNE 15TH, FROM 11-8. 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 MENUS DELICIOUS FOUR-COURSE TREATS \$25 LUNCH \$35 DINNER

SEPTEMBER LOBSTER PALOOZA
 Featuring Special Price LOTS A LOBSTA MENUS all day every day!