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 astonishingly healthy treat. Need proof? Eating fresh seafood has unparalleled health benefits and can help you live longer! Just look around the dining room!

**FISH**

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

**SHRIMP**

**CRAB**

**LOBSTER**

**HEALTHY & DELICIOUS**

**LOBSTER** has an impressive nutrition profile. It is quite low in calories, providing only 64 calories in a 3-ounce (85-gram) serving, and does not contain any cholesterol. Approximately 90% of the calories in shrimp and crab come from protein, and the rest comes 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 helps 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.

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**MARBLEHEAD MOORINGS**

**OUR MISSION**

To provide a great place for our employees to work, creating an environment to prepare and serve delicious food in a warm, friendly and efficient manner. We want to assure you, our guests, of a memorable visit and encourage you to tell your friends and family often.

**OUR ENDAVER**

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 amendments.

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**COMING EVENTS**

**JUNE**

UNFORGETTABLE FATHER’S DAY

OPEN ON FATHER’S DAY, JUNE 18TH, FROM 11-8. CELEBRATING DADS WITH VALUABLE SAVINGS CERTIFICATES!

**JULY**

LOBSTER DAZE ARE HERE AGAIN!

(SUNDAYS, MONDAYS & TUESDAYS)

AND PEEL & EAT SHRIMP SPECIALS!

**AUGUST**

HONORING K REMEMBERING A GREAT FRIEND AND INSPIRATION

FIXED PRICE MENUS DELICIOUS FOUR-COURSE TREATS

$25 LUNCH

$35 DINNER

**SEPTEMBER**

LOBSTER PALOOZA

Featuring Special Price

LOTSA LOBSTA MENUS all day every day

**OCTOBER**

OUR BEST SELLING APPETIZER GETS A MONTH-LONG CELEBRATION SHUCKS, IT ONLY MAKES SENSE!

ANNUAL FOOD DRIVE HELP FILL OUR BOAT WITH NON-PERISHABLES & YOU WILL BE REWARDED

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**MARBLEHEAD CHOWDER HOUSE**

[Website links]

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**www.marbleheadchowderhouse.com**