
SHAW'S PARTNERSHIP WITH CHICAGO'S SHEDD AQUARIUM

Shaw's Crab House works with Chicago's Shedd Aquarium to identify menu items that are Best Choices for Guests if they want to eat environmentally sustainable seafood. Many items on Shaw's menu are on the Shedd's Right Bite Program's Green List, which identifies species that are abundant, well managed, and caught or farmed in ecologically sound ways. Shaw's also has several menu items that are yellow "Good Alternative" options for Guests when green "Best Choices" are not available. These should be consumed less frequently than green choices.

Shaw's menu also includes items that are on the red "Avoid" list. However, Shaw's entire menu is purchased from fisheries that are managed by the National Marine Fishery Service or are legally imported from foreign fisheries. We have also sourced farmed fish that are cultivated in an ecologically safe way. We purchase for quality, flavor, and environmental concerns. Our goal is not to tell the Guest what to eat but to offer choices if the Guest is concerned about the health of the oceans and wants to eat in an environmentally friendly way.



SUSTAINABLE SEAFOOD MENU

BEST CHOICES

BEST CHOICES are abundant, well managed and caught or farmed in environmentally friendly ways.

APPETIZERS


All Oysters on the Half Shell
New England Clam Chowder
Oysters Rockefeller

ENTREES

 MSC Alaskan Wild Salmon (Seasonal)
Dungeness Crab (Seasonal)

Lake Whitefish (Trap Net Caught) – Chicago Only

Lake Erie Yellow Perch – Chicago Only

 MSC U.S. North Pacific Halibut (March to November)
Stone Crab (Seasonal)
Striped Bass (Seasonal)



The Marine Stewardship Council (MSC) is a not-for-profit, non-governmental, international organization that promotes sustainable seafood and responsible fishing practices and is the leading independent seafood certification and eco-labeling program. Shaw's Crab House is the first Chicago restaurant to gain MSC Chain of Custody Certification – a process to

ensure that products using the MSC eco-label have definitely come from an MSC-certified fishery. Presently, two Shaw's menu offerings are certified, Alaskan Wild Salmon and US North Pacific Halibut. Several more fisheries are under assessment and will be added to our menu as they receive MSC certification. Our goal is to give Shaw's guests the choice to eat certified sustainable seafood. Learn more by visiting www.msc.org.

GOOD ALTERNATIVES

GOOD ALTERNATIVES are options when the "best choices" are not available. There are, however, some concerns with how they are caught or farmed, or with the health of their habitat.

APPETIZERS

Alaskan King Crab Bites
Crispy Calamari
Lobster, Avocado, & Cucumber Maki
King Crab Nigiri
Spicy King Crab Nigiri
Spicy California Maki
Spicy Lobster Maki
King Crab Maki

ENTREES

Alaskan King Crab Legs
Crab Cake Sliders & Burgers
Jumbo Lump Crab Cakes
Lobster, Brie & Penne Pasta
Maine Lobster
Maryland Style Crab Cakes
New England Lobster Roll
Pacific Wild Salmon (WA, OR, CA)
Rainbow Smelt (Seasonal)
Sautéed Bay of Fundy Sea Scallops
Soft Shell Crab (Seasonal)
Swordfish – US Long-line (Seasonal)
Walleye (Seasonal)



The Right Bite program assists consumers in understanding that there are environmental costs associated with some fishing and farming methods. For more information regarding seafood sustainability, visit www.SheddAquarium.org. Shaw's menu has been reviewed by The Shedd Aquarium.