

# SMALL PLATES

- LOADED HUMMUS** Tomato, Cucumber, Calamata Olive, Feta, Lemon Oil, Warm Pita 11
- PIMENTO DIP** Cheddar Cheese, Roasted Red Pepper, Celery Sticks, Corn Tortilla Chips 10
- STUFFED MUSHROOMS** Chorizo, Corn Relish, Cojita Cheese, Southwest Sauce 12
- BAVARIAN PRETZEL** Whole Grain Mustard, Chipotle Cream Cheese 11
- FALAFEL** Tzatziki, Tomato, Cucumber 9

# BOWLS

- ASIAN NOODLE** Ramen Noodle, Shredded Cabbage, Bell Peppers, Carrot, Cucumber, Edamame, Crispy Wonton, Cashews, Sesame Ginger Dressing 13
- MEDITERRANEAN** Basmati Rice, Calamata Olives, Cucumber, Tomato, Red Onion, Feta Cheese, Chickpea Hummus, Cucumber Yogurt Sauce 13
- BURRITO** Basmati Rice, Black Bean, Corn, Tomato, Avocado, Cheddar Cheese, Corn Tortilla Chips, Ancho Chili Sauce 13
- LOADED BAKED POTATO** Colossal Idaho Potato, Butter, Cheddar Cheese, Bacon, Scallions, Sour Cream 11

# SOUP & SALADS

- SOUP OF THE DAY** Cup \$5 Bowl \$7
- TOMATO BASIL BISQUE WITH GARLIC CROUTONS** Cup \$5 Bowl \$7
- SOUTHWEST SALAD** Mixed Greens, Black Bean, Corn, Grape Tomatoes, Avocado, Tortilla Strips, Cheddar Cheese, Avocado Ranch Dressing 12
- SUMMER BERRY SALAD** Mixed Greens, Strawberry, Blueberry, Avocado, Almonds, Raspberry Walnut Vinaigrette 13
- HEALTH NUT SALAD** Mixed Greens, Julienne Vegetables, Grape Tomatoes, Cucumber, Dried Fruit, Sunflower Seeds, Pepitas, Goat Cheese, White Balsamic Vinaigrette 14
- CLASSIC CAESAR SALAD** Crisp Romaine, Shaved Parmesan, Garlic Croutons, Traditional Dressing 12
- GREEK SALAD** Mixed Greens, Calamata Olives, Cucumber, Chickpeas, Grape Tomatoes, Red Onion, Feta Cheese, Garlic Croutons, Red Wine Vinaigrette 13
- SPORTSMAN** Mixed Greens, Cucumber, Shredded Carrot, Grape Tomatoes, Crumbled Bleu Cheese, Red Wine Vinaigrette 12

# ADD A PROTEIN TO ANY SALAD OR BOWL

- CHICKEN** 8
- FLANK STEAK** 11
- BAY OF FUNDY SALMON** 10
- AHI TUNA** 10
- CHILLED GULF SHRIMP** 10
- FALAFEL** 6



## TACOS

All Tacos Include Three Flour Tortillas  
And Cabbage Slaw

### **GULF SHRIMP** 16

Pico de Gallo, Old Bay Aioli

### **CHICKEN & CHORIZO** 15

Black Bean Corn Relish, Cojita  
Cheese, Chipotle Sauce

### **GROUPER** 16

Blackened, Pineapple Relish

### **KOREAN BBQ** 16

Asian Marinated Flank Steak,  
Julienne Carrot & Cucumber,

## BURGERS

Served On A Brioche Bun  
with Lettuce, Tomato and French Fries

### **MUSHROOM SWISS** 16

### **BLACK & BLEU** 16

### **BACON CHEESE BURGER** 16

## HANDHELDS

Served with French Fries

### **CHICKEN CAESAR WRAP** 14

Roasted Breast of Chicken,  
Crisp Romaine, Shaved Parmesan,  
Caesar Dressing

### **CLASSIC REUBEN** 14

Swiss Cheese, Sauerkraut,  
Thousand Island, Toasted Rye

### **HOT HONEY CHICKEN** 14

Crispy Breast of Chicken,  
Cabbage Slaw, Hot Honey Drizzle,  
Toasted Brioche Bun

## PASTA

### **GULF SHRIMP SCAMPI** 23

Linguini, Roasted Tomato,  
Asparagus Tips, Scallions, Capers,  
White Wine

### **SPRING VEGETABLE PASTA** 21

Cauliflower Linguini, Garlic & Oil,  
Red Pepper Flakes, Roasted Tomato,  
Squash, Asparagus Tips

### **BLACKENED CHICKEN** 22

Penne Pasta, Roasted Tomato,  
Asparagus Tips, Scallions,  
Parmesan Cream Sauce

## LAND

### **BABY BACK RIBS** 28

1/2 Rack of Ribs, Smoky BBQ Sauce,  
Roasted Potatoes,  
Cole Slaw

### **12 OZ DELMONICO** 38

Wild Mushroom, Caramelized Onion,  
Goat Cheese, Roasted Potatoes

### **CHICKEN PICATTA** 26

Twin Breast of Chicken, Roasted Tomato,  
Lemon Caper Sauce, Linguini, Basil Pesto

## SEA

### **MARYLAND CRAB CAKES** 26

Basmati Rice, Black Bean Corn Relish,  
Cabbage Slaw, Old Bay Aioli

### **BAY OF FUNDY SALMON** 28

Tomato Cucumber Relish, Sticky Rice,  
Tzatziki Sauce

### **AHI TUNA** 28

Teriyaki Glazed, Seaweed Salad,  
Sticky Rice