



BYOB

## In the Beginning

### Plantain Bites

Five yummy Plantains topped with Black bean corn salsa  
Drizzled with Lizano 8.95

### Trae's Mac n Cheese

Creamy and cheesy! 8.95

### Mozzarella Sticks

Five breaded, perfectly fried & Served with marinara 6.95

### Veggie Spring Rolls

Six pieces, Served with a Garlic Ginger soy dipping sauce 8.50

### Gram's "Sweet" Potato Fries 4.75

### Linney's Loaded Fries

Crispy seasoned fries, Garlic, bacon, Jalapenos, melted Colby Jack cheese And ranch dressing 9.95

### Crispy Fries Awesome! 3.75

### Garlic or Old Bay Fries

Amanda says, "They'll party with your taste buds!" 3.95

### Buffalo Calamari

Flash fried and tossed with tomatoes, jalapenos  
Homemade buffalo sauce!  
Drizzled with bleu cheese 11.95

### ZUPPA

#### Black Bean

CUP 3.5

BOWL 4.50

#### Zuppa Di Granchio Creamy Crab Soup!

CUP 6.50 BOWL 7.50

## Ensaladas

### Salad Toppers

GRILLED CHICKEN, CHICKEN SALAD OR HOMEMADE VEGGIE BURGER 5.

GRILLED SHRIMP OR GRILLED SALMON 6.

CRAB & SHRIMP SALAD, SCALLOPS, SEARED AHI TUNA OR A CRISPY CRAB CAKE 8.

**Dressings:** House Locatelli Herb Dressing, Balsamic Vinaigrette, Fat Free Raspberry Vinaigrette, Caesar, Bleu Cheese, Honey Mustard, Ranch, Sesame Ginger or Thousand Island

### Spinach & Berry Salad

Fresh blueberries, strawberries,  
Dried cranberries, candied walnuts  
And feta cheese over spinach 11.95

### Cissy's Caesar Salad

Fresh crisp romaine, croutons,  
Creamy Caesar dressing and  
Sprinkled w/Locatelli Cheese 8.95

### With: Grilled Salmon 14.95

### Grilled Chicken 13.95

### Coconut shrimp 14.95

### "Cool McCool" Cobb Salad

Mixed greens, tomato, bacon,  
Avocado, black bean corn salsa & feta  
cheese 10.25

### With: Buffalo Chicken 15.75

### Grilled Chicken 15.25

### Grilled Shrimp 16.25

### Chicken Tender Salad

Mixed greens, chicken tenders,  
Bacon, tomato, Colby jack cheese  
And honey mustard dressing 9.75

### Garden salad

Mixed greens, Carrots, tomato, red onion & cucumber  
Petit 4.95 Large 7.95

### Quinoa Plato

Grilled broccoli & aspara-  
gus, carrots, tomatoes,  
avocado & black bean  
corn salsa 14.

With Ahi Tuna 22.

With Grilled Salmon 20.

### Jenny Lou's Ensalada

Crisp greens, cucumber &  
carrot topped w/ our  
Homemade chicken salad  
Sprinkled with  
Candied walnuts & dried  
Cranberries 11.75

### Arugula, Beets & Goat Cheese

Sweet meets savory!  
Arugula, roasted beets, goat cheese  
Sprinkled with candied walnuts  
And dried cranberries 12.5

### W/: Salmon 18.50 Ahi Tuna 20.50

### Stuffed Avocado Salad

Half an avocado topped with  
Your choice of homemade:

### Crab & Shrimp Salad 13.95

### Homemade Chicken salad 12.25

Over mixed greens with  
Cucumber, tomato & carrot

### Melissa's C.M. Seafood Salad

Lump crab, shrimp, scallops and  
Avocado over mixed greens, Topped w/  
Pineapple mango salsa 18.95

### Mermaid Margaret's Salad

Home made Crab & Shrimp salad,  
Avocado, tomato & Colby jack cheese  
Over mixed greens 13.95

### Blackened Ahi Tuna Ensalada

Mixed greens, blackened Ahi Tuna,  
Cucumber, avocado, tomato, goat cheese &  
A side of our house Locatelli Herb Dressing 17.95

### Cape Island Scallops

Grilled & dusted with Old Bay  
On a bed of Arugula 12.50  
Served w/ cocktail or tartar

### Blackened Ahi Tuna Bites

On a bed of Arugula  
Topped with Black bean corn salsa  
Drizzled with Costa Rican Lizano 12.25

### Costa Rican Shrimp N Grits

Where the Caribbean meets the South!  
Hot sausage, blackened shrimp,  
Fresh homemade salsa over grits.  
Topped with cheese 9.95

### Homemade Crab Cake

Grilled or Fried.  
Sitting on a bed of Arugula  
Served with cocktail or tartar 10.5

### Britt's Coconut Shrimp

Five succulent coconut shrimp,  
flash fried & served with  
pineapple mango salsa.  
Drizzled w/ a sweet and  
Spicy chili sauce 10.95

## The Garden of Eden Plant Based Options

Served with Side of your choice!  
Gluten Free Bread 1.50 Vegan cheese 1.50

### The Linda Christine

Portabella mushrooms, roasted red peppers, caramelized onions And spinach. Topped with Mozzarella cheese.

On Italian herb focaccia bread 10.75

### Margo's Veggie Burger Wrap

Homemade veggie burger, lettuce, Tomato, avocado & vegenaise on A honey wheat tortilla 9.99

### Todd's Veggie Burger Burrito

Homemade Veggie burger, rice & beans, Avocado, Lizano, salsa fresca, Colby jack, Jalapenos on a honey Wheat tortilla 10.75

### The Jeannie Panini

Spinach, portabella, avocado, mozzarella and Vegenaise on grilled multigrain 9.99

### AFBLT

Avocado, fakin' bacon, lettuce, tomato And vegenaise On multigrain toast 10.99

### "NOT Chicken" Pesto Florentine

Grilled meatless chicken patty,  
Baby spinach,  
Roasted red peppers,  
Mozzarella or vegan cheese,  
Home made pesto.  
On Italian Herb Focaccia 12.95

### Anela's Veggie Reuben

Spinach, carrots, mushrooms,  
Caramelized onions, sauerkraut,  
Swiss cheese and

Russian dressing on rye 9.25

**Add Tempeh or Vegan Chix 4.**

### Carlos's Tempeh Reuben

Marinated grilled tempeh,  
Swiss cheese, sauerkraut and  
Russian dressing on grilled rye 10.99

### Vegan Grilled Cheese & Tomato

Vegan cheese, tomato & caramelized onion  
On Vegan multigrain bread 9.25

### Valerie's Grilled Spinach Sandwich

Garlic, fresh spinach, mushrooms, caramelized  
Onions and Swiss cheese on grilled rye 9.25

### Chrit's Quinoa Creation Wrap

Quinoa, arugula, avocado, carrots,  
Tomato & black bean corn salsa,  
Drizzled w/ sesame ginger dressing  
Choose wheat or white wrap 11.50

## Signature Sandwiches

Served with Side of your choice!  
Gluten Free Bread 1.50 Vegan cheese 1.50

### ABL T

Avocado, bacon, lettuce & tomato  
On multigrain toast with mayo 9.25

### BLT Wrap or Sandwich

Good old fashioned bacon,  
Lettuce & tomato with mayo 7.25

### Kayden's "Turkey" BLT

Turkey, bacon, lettuce, tomato  
And honey mustard. Choice of:  
Italian herb Focaccia, multigrain, white,  
Rye bread or White or wheat wrap 9.95

### Christopher's Choice!

Turkey, Avocado, Roasted reds,  
Lettuce, tomato, mozzarella cheese &  
Honey mustard on multigrain toast! 10.99

### Turkey Rueben Monge

Roasted Turkey, sauerkraut, thousand island  
And Swiss cheese on grilled rye bread 10.49

### Grilled Ham & Turkey Panini

Roasted Turkey, Ham, Swiss Cheese and  
Honey mustard on Italian herb Focaccia 9.95

### "BV" Tico Burrito

Cajun chicken, Black bean  
corn salsa, avocado, Lizano, salsa  
Fresca and Colby jack cheese 10.75

**Sub vegan chicken 3.**

### Grilled Chicken Pesto Florentine

Grilled chicken, baby spinach, roasted  
Red peppers, mozzarella cheese,  
And home made pesto on  
Italian Herb Focaccia 11.99

### Trae's on the Ranch Wrap

Grilled chicken, bacon, lettuce, tomato,  
Colby jack cheese and ranch dressing 10.50

### Jim's Chicken Wrap

Grilled chicken, bacon, lettuce, tomato,  
Caramelized onion, Colby Jack cheese  
And honey mustard 10.50

### Chicken Salad Sandwich or Wrap

Our Locals Favorite!  
Homemade with red grapes,  
Local Honey and mayonnaise. Served on  
Multigrain toast, wheat, or white wrap 9.99

**Sandwich Extras:** Jalapenos, lettuce & tomato, fried or raw onion or X-tra dressing .50 Portabella mushrooms or Caramelized Onion .75 Avocado, Roasted Reds, Vegan Cheese 1.50 Bacon 2. Side of Salsa Fresca or Pesto 1.  
**Sub** Bagel or Focaccia on any sandwich .75 Sub Gluten free bread or Gluten Free Tortilla 1.

**"SEA" FOOD and EAT IT!**

Sandwiches served w/ Coleslaw or side of the day

**Chicken Tender Platter**

5 plump chicken tenders, crispy Fries & Coleslaw. Choose honey mustard or barbecue sauce 10.25

**Big Kahuna Tuna**

**Ahi Tuna**  
Grilled or blackened  
Dressed w/ lettuce, Tomato, avocado  
And fresh Pesto on Italian Herb Focaccia  
Served w/ crispy Fries & coleslaw 15.

**Chris's Crab Cake Platter**

Homemade Crab Cake  
Grilled or fried  
Served with Fries & Coleslaw  
1 crab cake 14.  
2 crab cakes 18.

**Costa Rican Shrimp N Grits**

Shrimp & hot Sausage  
Topped with Salsa Fresca & Smothered w/ Colby Jack cheese 14.99

**Coconut Shrimp Platter**

5 succulent Coconut Shrimp  
Over home made Pineapple Mango Salsa & drizzled w/ Sweet n spicy chili sauce. Fries & Slaw 13.99

**Crab Cake Sandwich** Grilled or fried,  
Decked with lettuce & tomato on a bun or wrap  
Served w/ a side of cocktail or tartar 12.99

**Frank's Fish Sandwich** Grilled, fried or  
Blackened fish, lettuce & tomato on a country  
White bun Served with a side of Tartar or cocktail  
**Salmon 13.95 Flounder 11.25**

**Paula's Fish & Chips Platter**

Beer battered fried fish filet, Malt Vinegar or  
Tartar. Crispy fries & homemade slaw 13.95

**Tucker's Taco Platter**

Choose blackened: **Shrimp 13. or Ahi Tuna 15.**  
Two soft tacos with your choice of Blackened  
Shrimp or Ahi Tuna, avocado, pineapple mango  
Salsa & Colby Jack cheese. Served with crispy fries

**Richie's Fish Burrito**

Blackened Fish, black Bean corn salsa,  
Avocado, salsa fresca, coleslaw, Plantains,  
Colby Jack cheese & Lizano salsa 12.75

**Crab & Shrimp Salad Wrap**

Home made crab & shrimp salad  
With lettuce, tomato and a hint of curry!  
Choice of wheat or white wrap 13.50

**Seafood Club Wrap**

A crab cake, grilled shrimp, bacon,  
Lettuce, tomato & mayonnaise 14.99

**"Tour of the Sea" Platter**

Grilled Flounder, two shrimp,  
A crab cake, crispy fries and coleslaw 17.95  
**Sub Salmon 21.95 Sub Ahi Tuna 23.95**



**HOT OFF the KAHUNA'S GRILL**  
Served with Pickle & Chips

**Simon's Philly Cheese Steak 9.50**

**Cheese Steak Cape May**

Caramelized onion, mushrooms, Swiss cheese  
And horsey mayo 10.99

**Poppies Chunky Chicken Cheese Steak**

Our chicken cheese steaks are made  
With diced chicken breast 9.95

**Monge's famous Chicken Cheese Steak**

Spinach, roasted red peppers, garlic and  
Colby jack cheese 11.25

**Scout's Pork Roll and Cheese**

On a country white bun 7.50

**ADD**

**To any sandwich  
Crispy Fries**

**2.50**

**Sweet Potato  
Fries 3.50**

**Cheeseburger**

Fat & juicy ground sirloin pure  
Beef burger! With lettuce & tomato  
Served with chips & pickle 8.95  
**ADD: Caramelized Onion: .75  
Avocado 1.5 Mushrooms .75**

**Bacon Cheeseburger 9.99**

**Noah's Ark ... Land & Sea Burger**

Our fat & juicy Burger w/ melted cheese,  
Lettuce and tomato, topped with our  
Home made Bella Vida Crab Cake 15.49

**Grilled Cheese (choice of bread) 6.99**

**With Tomato 7.59 With bacon 9.59**

**QUESADILLAS**  
Vegan cheese add 1.50

**Armando's Fish Quesadilla**

BLACKENED FLOUNDER, SWEET &  
SPICY BLACK BEAN CORN SALSA,  
PLANTAINS, COLBY JACK CHEESE  
SERVED WITH HOMEMADE SALSA  
AND SOUR CREAM 13.75

**Ava's Chicken Quesadilla**

ONIONS, PEPPERS, TOMATO,  
COLBY JACK CHEESE. SERVED  
WITH HOMEMADE SALSA AND A  
SIDE OF SOUR CREAM 12.95

**Seafood Quesadilla**

SHRIMP, LUMP CRAB,  
COLBY JACK CHEESE AND OLD  
BAY SERVED WITH A SIDE OF  
HOMEMADE SALSA AND  
SOUR CREAM 15.49