

# In the Beginning



## Eggplant Caprese With Jersey Tomato

Fried Tender Eggplant & Tomato  
Stacked with fresh Mozzarella &  
Basil. Drizzled with a Balsamic  
Glaze & Homemade Pesto 12.95

## Plantain Bites

Five yummy Plantains, with  
Homemade Black Bean Corn Salsa  
Drizzled Lizano 9.95

## Chicken Tenders

Choose honey mustard or barbecue  
6PC- 10.00 8PC-- 12.00 10PC-- 14.00

## Mozzarella Sticks

Served with marinara  
6pc-10.50 8 pc-11.50 10pc-12.50

## Veggie Spring Rolls

Garlic Ginger soy dipping sauce  
6pc- 8.95 12pc- 14.95

## Zuppa

### Black Bean Soup

Served w/ a slice of avocado  
CUP 4.00 BOWL 5.00

### Creamy Crab Soup!

CUP 7.00 BOWL 8.50

## Bang Bang Shrimp

6pc.-9.95 10pc- 12.95 20pc.-26.95

## Lobster Mac n Cheese bites

5 fried bites served with blush  
dipping sauce 13.95

## Linda's Loaded Fries

Crispy Seasoned Fries, Garlic,  
Bacon, Jalapenos, Melted Colby  
Jack Cheese Ranch dressing 10.50

## Crab Croquettes

5 fried croquettes served with  
sriracha mayo 12.95

## Blackened Ahi Tuna Bites

On a bed of Arugula  
Topped with Black Bean Corn Salsa  
Drizzled with Costa Rican Lizano 13.95

## Costa Rican Shrimp N Grits

Where Caribbean meets the South!  
Chorizo Sausage, Blackened Shrimp,  
Homemade Salsa Fresca over Grits.  
Topped with Cheese 12.50

## Monge Buffalo Calamari

Tossed with tomatoes and jalapenos and  
drizzled with blue cheese 13.95  
Plain calamari with sweet chili sauce  
12.95

## Britt's Coconut Shrimp

Five succulent Coconut Shrimp, served  
with sweet and spicy chilly sauce and  
pineapple mango salsa 12.95

## Sides

### Crispy Fries

Served with Siracha Mayo 3.95

### Sweet Potato Fries 4.50

Add VT Maple Syrup for dipping 2.75

### Garlic or Old Bay Fries

Amanda says, "They'll party  
with your taste buds!" 4.95

Ask your  
server about  
our daily  
specials

## Ensaladas

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

### Cissy's Caesar Salad

Romaine, Croutons, Caesar,  
Parmesan Cheese 10.95

**Add: Grilled Chicken +7**  
**Coconut shrimp +8**  
**Grilled Salmon +12**

### "Cool McCool" Cobb Salad

Romaine, Tomato, Bacon,  
Avocado, Homemade Black Bean  
Corn Salsa, Feta Cheese 11.50

**Add: Buffalo Chicken +7**  
**Grilled Chicken +7 Grilled Shrimp +8**

### Garden salad

Romaine, Carrots, Tomato,  
Red Onion, Cucumber  
Petit 5.50 Large 8.50

### Stuffed Avocado Salad

Half an Avocado Topped With:  
**Crab & Shrimp Salad 18.95 or**  
**Chicken salad 13.25**

On Romaine, Cucumber, Tomato and-  
Carrots .

### Quinoa Plato

Romaine, Carrots, Avocado, Grilled  
Broccoli & Asparagus, Tomatoes,  
Homemade Black Bean Corn Salsa, Ses-  
ame Ginger Dressing 14.25

**Add: Ahi Tuna +10 Grilled Salmon +12**  
**Vegan chix +7 Veggie Burger +5**

### Arugula, Beets & Goat Cheese

Arugula, Roasted Beets, Goat Cheese  
Candied Walnuts, Dried Cranberries 12.5  
**Add Salmon +12 Ahi Tuna +10.**

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

Romaine, Crab, Shrimp,  
Scallops, Avocado,  
Pineapple Mango Salsa 25.95

### Mermaid Margaret's Salad

Romaine, Scoop of Homemade  
Crab & Shrimp salad, Avocado,  
Tomato, Colby Jack Cheese 19.95

### Blackened Ahi Tuna Ensalada

Romaine, Blackened Ahi Tuna,  
Cucumber, Avocado, Tomato, Goat  
Cheese, Locatelli Herb Dressing 23.

### Chicken Tender Salad

Romaine, Chicken Tenders,  
Bacon, Tomato, Colby Jack Cheese  
Honey Mustard dressing 12.25

# The Garden of Eden ~ Plant Based Options

Served with chips or coleslaw.  
Gluten Free Bread 1.50  
MAKE IT VEGAN—SUB VEGAN CHEESE & VEGANAISE 1.50

## The Linda Christine

Portabella Mushrooms, Roasted Red Peppers, Caramelized Onions, Garlic Spinach, Mozzarella Cheese, Italian Herb Focaccia Bread 13.25

## Margo's Veggie Burger Wrap

Homemade Veggie Burger, Lettuce, Tomato, Avocado & Veganaise, Honey Wheat Tortilla 11.95

## Todd's Veggie Burger Burrito

Homemade Veggie Burger, Rice & Beans, Avocado, Lizano, Salsa Fresca, Colby Jack, Jalapenos, Honey Wheat Tortilla 12.75

## The Jeannie Panini

Spinach, Portabella Mushroom, Avocado, Mozzarella, Veganaise, Grilled Multigrain 11.95  
With Vegan Chicken +7

## Anela's Veggie Reuben

Spinach, Carrots, Mushrooms, Caramelized Onions, Sauerkraut, Swiss Cheese, Russian Dressing, Grilled Rye 11.95  
smoked Tempeh +5, Vegan Chix +7

## Carlos's Tempeh Reuben

Smoked Tempeh, Swiss Cheese, Sauerkraut, Russian Dressing. Grilled Rye 13.95

## VEGAN BLT

Avocado, Fakin' Bacon, Lettuce, Tomato, Veganaise, Multigrain Toast 12.75

## Signature Sandwiches

Served with chips or coleslaw.  
Gluten Free Bread 1.50 Vegan cheese 1.50

### ABL T

Avocado, Bacon, Lettuce, Tomato  
On Multigrain toast, Mayonnaise 10.95

### BLT Wrap or Sandwich

Good old fashioned Bacon, Lettuce, Tomato, Mayonnaise 8.95

### Kayden's "Turkey" BLT

Turkey, Bacon, Lettuce, Tomato  
Honey Mustard. Choice of:  
Italian Herb Focaccia, Multigrain, White, Rye bread or Wheat or White wrap 13.50  
ADD AVOCADO 2.50

### Christopher's Choice!

Turkey, Avocado, Roasted reds, Lettuce, Tomato, Mozzarella Cheese  
Honey Mustard. Multigrain toast! 13.50

### Turkey Reuben Monge

Roasted Turkey, Sauerkraut, Russian Dressing  
Swiss Cheese, Grilled Rye 12.25

### Grilled Ham & Turkey Panini

Roasted Turkey, Ham, Swiss Cheese,  
Honey mustard, Italian Herb Focaccia 12.75

### "BV" Tico Burrito

Cajun Chicken, Black Bean  
Corn Salsa, Avocado, Lizano,  
Salsa Fresca, Colby Jack Cheese 12.50  
Sub vegan chicken 3.

### Grilled Chicken Pesto Florentine

Grilled Chicken, Baby Spinach, Roasted Red Peppers, Fresh Mozzarella,  
Homemade Pesto, Italian Herb Focaccia 13.95

### Trae's on the Ranch Wrap

Grilled Chicken, Bacon, Tomato,  
Colby Jack Cheese, Ranch dressing 12.95

### Jim's Chicken Wrap

Grilled Chicken, Bacon, Tomato,  
Caramelized Onion, Colby Jack Cheese  
Honey Mustard 12.95

### Chicken Salad Sandwich or Wrap

Our Locals Favorite!  
Homemade with Red Grapes,  
Local Honey, Mayonnaise.  
Multigrain toast, Wheat, or White Wrap 11.75

**Sandwich Extras:** Jalapenos, lettuce & tomato, fried or raw onion or X-tra Dressing 1.00  
Portabella mushrooms or Caramelized Onion 1.00 Avocado 2.50 Roasted Reds 1.50 Homemade Pesto 1.50  
Vegan Cheese 1.50 Bacon 4 Side of Homemade Salsa Fresca 1.50  
Sub Bagel or Focaccia on any sandwich 1.00 Sub Gluten free bread 1.5 Sub Gluten Free Tortilla 1.00

## “Sea” Food & Eat It!

### Chicken Tender Platter

5 plump Chicken Tenders, Crispy Fries & Coleslaw. Honey Mustard or Barbecue Sauce  
12.50

### Chicken Salad BLT

Homemade Chicken Salad, Bacon, Lettuce, Tomato On Italian Herb Focaccia Sweet Potato Fries  
15.50

### Costa Rican Shrimp N Grits

Shrimp n Grits Chorizo Sausage Homemade Salsa Fresca, Colby Jack Cheese  
16.50

### Coconut Shrimp Platter

5 succulent Coconut Shrimp, Homemade Pineapple Mango Salsa, Sweet Spicy Chili Sauce. Crispy Fries & Cole Slaw  
14.50

### Frank's Fish Sandwich

Fried or Blackened Flounder 12.95  
Grilled or Blackened Mahi Mahi 13.95  
Siracha Mayo, Lettuce, Tomato, Country White Bun

### Paula's Fish & Chips Platter

Breaded Fried Filet of Flounder, Malt Vinegar or Tartar. Crispy Fries & Homemade Slaw  
14.95

### Tucker's Taco Platter With Crispy Fries

Choose blackened: Shrimp 13. Mahi 14. Ahi Tuna 15.  
Two Soft Corn Tacos, Avocado, Colby Jack cheese  
Homemade Pineapple Mango Salsa

**Crab Cake Sandwich** Grilled or fried, Lettuce, Tomato on a Brioche bun.  
Cocktail or Tartar 15.95

### Richie's Fish Burrito

Blackened Mahi, Black Bean Corn Salsa, Avocado, Salsa Fresca, Coleslaw, Plantains, Colby Jack Cheese & Lizano Salsa  
15.25

### Crab & Shrimp Salad Wrap

Homemade Crab & Shrimp Salad Lettuce, Tomato, a Hint of Curry!  
Wheat or White Wrap 17.50

## Bowls

### Tico Chicken Bowl

Rice & Beans, Grilled Chicken, Salsa Fresca, Avocado, Colby Jack, Siracha Mayo  
14.75

### Costa Rican Casado Bowl

Rice & beans, Plantains, Avocado, Salsa Fresca Drizzled Lizano Salsa  
12.75

### Quinoa Veggie Bowl

Quinoa, Grilled Veggies, Vegan Sausage, Avocado, Drizzled Sesame Ginger Sauce  
14.75

### Southern Chicken Bowl

Buffalo Chicken Tenders, Grape Tomatoes, Black Bean Corn Salsa over Cheese Grits Drizzled With Blue Cheese  
13.95

### Bang Bang Shrimp and Chicken Bowl

Rice & Beans, Onions, peppers Sour Cream, Salsa, Colby Jack Drizzled Sweet Chili Sauce  
18.50

**Add:** Goat Cheese or Feta Cheese +2 Grilled Chicken +7 Vegan Chicken +7 Flounder +7. Salmon +12. Shrimp +8  
Jalapenos 1.50 Grilled Veggies +3.5 Vegan Sausage +6 Add Vegan Cheese 1.5 Blackened Tuna Bites +10. Mahi +9

## Quesadillas

Served With Homemade Salsa Fresca & Sour Cream

### Ava's Chicken Quesadilla

Onions, Peppers, Tomato, Colby Jack Cheese. 13.50

### Caribbean Quesadilla

Black Beans & Rice, Plantains, Pineapple Mango Salsa, Cheddar Jack cheese 12.50

**Add:** Chicken +7.  
Vegan Chicken +7.  
Blackened Flounder +7.  
Salmon +7.



## Kahuna's Grill

### Cheeseburger

Fat Juicy Sirloin Pure Beef burger! Lettuce, Tomato, Chips & Pickle 11.50

### Bacon Cheeseburger 13.95

**ADD:** Caramelized Onion +1.00  
Mushrooms +1.00  
Avocado +2.50

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

Fat Juicy Burger, Melted cheese, Lettuce, Tomato, Homemade BV Crab Cake 19.95

### Grilled Cheese

On Texas Toast 7.50  
**Add Tomato +1.00 Add bacon + 4**