

BYOB

In the Beginning



Trae's Mac n Cheese
Creamy and cheesy! 8.99

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

Chicken Tenders
Choose honey mustard or barbecue
6-8.25 8-10.50 10-12.95

Mozzarella Sticks
Served with marinara
6pc-8.25 10pc-10.50 10pc-12.50

Veggie Spring Rolls with
A Garlic Ginger soy dipping sauce
6pc- 8.95 8pc- 14.95 24pc-27.95

Sweet Potato Fries 4.5
Add maple syrup for dipping 2.75

Crispy Fries
Awesome!
Served with Siracha Mayo 3.95

Honey Hot Chicken Wings
Served with Bleu Cheese dipping sauce and celery
6-8.95 10-11.95 20-25.95

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

ZUPPA
Black Bean
Served w/ a slice of avocado
CUP 3.5 BOWL 4.50

Zuppa Di Granchio Creamy Crab Soup!
CUP 6.00 BOWL 7.50

Linda's Loaded Fries
Crispy seasoned fries, Garlic, bacon, Jalapenos, melted Colby Jack cheese And ranch dressing 9.95

Blackened Ahi Tuna Bites
On a bed of Arugula
Topped with Black bean corn salsa
Drizzled with Costa Rican Lizano 12.50

Costa Rican Shrimp N Grits
Where Caribbean meets the South!
Chorizo 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 11.50

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

Garlic or Old Bay Fries
Amanda says, "They'll party with your taste buds!" 4.25

Ensaladas

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 11.99

Cissy's Caesar Salad
Fresh crisp romaine, croutons, Creamy Caesar dressing and Sprinkled w/Locatelli Cheese 8.95
With: Grilled Chicken 13.95
Coconut shrimp 14.95
Grilled Salmon 15.95

"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 10.25

Garden salad
Mixed greens, carrots, tomato, Red onion & cucumber
Petit 4.95 Large 7.95

Quinoa Plato
Grilled broccoli & asparagus, carrots, tomatoes, avocado & black bean corn salsa on a bed of mixed greens & drizzled with a sesame ginger dressing 14.
With Ahi Tuna 22.
With Grilled Salmon 20.
With vegan chix 19.
With Veggie Burger 19.

Jenny Lou's Ensalada
Crisp greens, cucumber & carrot topped w/ our **Homemade chicken salad** Sprinkled with Candied walnuts & dried Cranberries 12.25

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

With: Salmon 19.50 Ahi Tuna 20.95

Stuffed Avocado Salad
Half an avocado topped with Your choice of homemade:
Crab & Shrimp Salad 14.95
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 With Pineapple mango salsa 19.95

Mermaid Margaret's Salad
Home made Crab & Shrimp salad, Avocado, tomato & Colby jack cheese Over mixed greens 16.95

Blackened Ahi Tuna Ensalada
Mixed greens, blackened Ahi Tuna, Cucumber, avocado, tomato, goat cheese & A side of our house Locatelli Herb Dressing 18.95

The Garden of Eden Plant Based Options

Served with Side of your choice!

Gluten Free Bread 1.50

MAKE IT VEGAN—SUB VEGAN CHEESE & VEGENAISE 1.50

The Linda Christine

Portabella mushrooms, roasted red peppers, caramelized onions And garlic spinach.
Topped with Mozzarella cheese.
On Italian herb focaccia bread 11.50

Margo's Veggie Burger Wrap

Homemade veggie burger, lettuce, Tomato, avocado & vegenaise on A honey wheat tortilla 10.50

Todd's Veggie Burger Burrito

Homemade Veggie burger, rice & beans, Avocado, Lizano, salsa fresca, Colby jack, Jalapenos on a honey Wheat tortilla 11.50

The Jeannie Panini

Spinach, portabella, avocado, mozzarella & Vegenaise on grilled multigrain 9.95
With Vegan Chicken 14.99

"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
Served on rye 9.25

With Tempeh or Vegan Chix 13.25

Carlos's Tempeh Reuben

Marinated grilled tempeh,
Swiss cheese, sauerkraut and
Russian dressing on grilled rye 11.50

Vegan Grilled Cheese & Tomato

Vegan cheese, tomato & caramelized onion
On multigrain bread 9.25

VEGAN BLT

Avocado, fakin' bacon, lettuce,
Tomato and vegenaise
On multigrain toast 11.95

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 7.50

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 10.50
ADD AVOCADO 1.50

Christopher's Choice!

Turkey, Avocado, Roasted reds,
Lettuce, tomato, mozzarella cheese &
Honey mustard on multigrain toast! 11.95

Turkey Rueben Monge

Roasted Turkey, sauerkraut, thousand island
And Swiss cheese on grilled rye bread 10.95

Grilled Ham & Turkey Panini

Roasted Turkey, Ham, Swiss Cheese and
Honey mustard on Italian herb Focaccia 10.50

"BV" Tico Burrito

Cajun chicken, Black bean
corn salsa, avocado, Lizano, salsa
Fresca and Colby jack cheese 11.50

Sub vegan chicken 3.

Grilled Chicken Pesto Florentine

Grilled chicken, baby spinach, roasted
Red peppers, fresh mozzarella cheese,
And home made pesto on
Italian Herb Focaccia 12.50

Trae's on the Ranch Wrap

Grilled chicken, bacon, tomato,
Colby jack cheese and ranch dressing 10.95

Jim's Chicken Wrap

Grilled chicken, bacon, tomato,
Caramelized onion, Colby Jack cheese
And honey mustard 10.95

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 1.5 or Gluten Free Tortilla 1.

"Sea" Food & Eat It!

Chicken Salad BLT

Our homemade Chicken salad with Bacon, lettuce & tomato On Italian Herb Focaccia Served with Sweet Potato Fries 14.95

Chris's Crab Cake Platter

Homemade Crab Cake Grilled or fried Served with Fries & Coleslaw
1 crab cake 15.
2 crab cakes 19.

Costa Rican Shrimp N Grits

Shrimp and Chorizo Sausage Topped with Salsa Fresca & Smothered w/ Colby Jack 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

Frank's Fish Sandwich

Fried or Blackened flounder lettuce & tomato on a country White bun. W/ a side of Tartar or cocktail 11.95

Paula's Fish & Chips Platter

Breaded and fried filet of flounder, 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

Crab Cake Sandwich

Grilled or fried, Decked with lettuce & tomato on a Brioche bun. Served with a side of cocktail or tartar 13.99

Richie's Fish Burrito

Blackened Flounder, black Bean corn salsa, Avocado, salsa fresca, coleslaw, Plantains, Colby Jack cheese & Lizano salsa 13.95

Crab & Shrimp Salad Wrap

Home made crab & shrimp salad With lettuce, tomato and a hint of curry! Choice of wheat or white wrap 14.50

Bowls

NEW

Tico Chicken Bowl

Rice and beans, Tender Grilled chicken, Salsa fresca, avocado, Colby jack & Siracha Mayo 12.95
Sub Vegan Chicken 3. Add Jalapenos .50

Costa Rican Casado Bowl

Rice & beans, plantains, avocado and salsa fresca Drizzled with Lizano salsa 10.95
Add: Chicken +5. Vegan Chicken + 5. Shrimp + 6. Flounder + 7. Salmon + 7. Ahi Tuna + 8. Grilled Veggies 3. Vegan Saus 5.

Quinoa Veggie Bowl

Quinoa topped with grilled veggies, Vegan sausage and avocado Drizzled with a sesame ginger sauce 13.25

Flatbread

Barbecue Chicken Flatbread

Chicken, Sweet & spicy barbecue sauce Mozzarella, & caramelized onions 11.95

Caprese Flat bread

Sliced tomatoes, spinach, pesto & mozzarella. Drizzled with a balsamic glaze 10.95
Add shrimp 6.00

Primavera Flatbread

Assorted grilled veggies, marinara & mozzarella 10.95
Vegan cheese + 1.50

Cheese Pizza Flatbread

Marinara & mozzarella cheese 8.95

Kahuna's Grill

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 with melted cheese, Lettuce & tomato, topped with a Home made Bella Vida Crab Cake 17.50

Grilled Cheese

On Texas Toast 6.99
Add Tomato 7.59 Add bacon 9.59

Pork Roll and Cheese 7.50

Quesadillas

Ava's Chicken Quesadilla

Onions, peppers, tomato, Colby jack cheese. Served With Homemade Salsa and Sour cream 12.99

Caribbean Quesadilla

Black beans & rice, plantains, pineapple mango salsa & Cheddar Jack cheese 12.

Add:

Chicken 16.
Vegan Chicken 18.
Blackened Flounder 17.
Salmon 19.

Seafood Quesadilla

Shrimp, lump crab, Colby jack cheese and Old Bay Served with a side of Homemade salsa and Sour cream 16.99