

BYOB

LUNCH 11-2:30

In the Beginning



Eggplant Caprese With Jersey Tomato

Fried Tender Eggplant & Tomato Stacked with fresh Mozzarella & Basil. Drizzled with a Balsamic Glaze & Homemade Pesto 11.50

Plantain Bites

Five yummy Plantains, with Homemade Black Bean Corn Salsa Drizzled Lizano 9.50

Chicken Tenders

Choose honey mustard or barbecue 6PC- 9.50 8PC-- 11.50 10PC-- 13.50

Mozzarella Sticks

Served with marinara 6pc-9.50 8 pc-10.50 10pc-12.50

Veggie Spring Rolls

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

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

Buffalo Calamari
Flash fried and tossed with tomatoes, jalapenos & Homemade buffalo sauce! Drizzled with bleu cheese 13.95

Linda's Loaded Fries
Crispy Seasoned Fries, Garlic, Bacon, Jalapenos, Melted Colby Jack Cheese Ranch dressing 9.95

Homemade Crab Cake
Grilled or Fried.
On a bed of Arugula
Cocktail or Tartar 14.50

Blackened Ahi Tuna Bites

On a bed of Arugula Topped with Black Bean Corn Salsa Drizzled with Costa Rican Lizano 13.75

Costa Rican Shrimp N Grits

Where Caribbean meets the South! Chorizo Sausage, Blackened Shrimp, Homemade Salsa Fresca over Grits. Topped with Cheese 11.50

Monge Dusted Calamari

Tender Calamari Rings Lightly Battered, Flash Fried Sweet Chili Dipping Sauce 12.50

Britt's Coconut Shrimp

Five succulent Coconut Shrimp, Flash Fried, Served with Homemade Pineapple Mango Salsa. Sweet And Spicy Chili Sauce 12.25

Zuppa & Sides

Crispy Fries

Served with Siracha Mayo 3.95

Sweet Potato Fries 4.5

Add VT Maple Syrup for dipping 2.75

Garlic or Old Bay Fries

Amanda says, "They'll party with your taste buds!" 4.25

Black Bean Soup

Served w/ a slice of avocado CUP 3.5 BOWL 4.50

Creamy Crab Soup!

CUP 7.00 BOWL 8.50

Trae's Mac n Cheese 8.99

Rice 'n Beans 4.

Petit Garden Salad 4.95

Cole slaw 1.75

Side du Jour 1.75

Ensaladas

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

Cissy's Caesar Salad

Romaine, Croutons, Caesar, Parmesan Cheese 8.95

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

"Cool McCool" Cobb Salad

Mixed Greens, Tomato, Bacon, Avocado, Homemade Black Bean Corn Salsa, Feta Cheese 10.25

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

Garden salad

Mixed greens, Carrots, Tomato, Red Onion, Cucumber Petit 4.95 Large 7.95

Stuffed Avocado Salad

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

On Mixed Greens, Cucumber, Tomato & Carrot

Quinoa Plato

Mixed Greens, Carrots, Avocado, Grilled Broccoli & Asparagus, Tomatoes, Homemade Black Bean Corn Salsa, Sesame Ginger Dressing 14.25

Add: Ahi Tuna +10 Grilled Salmon +12
Vegan chix +5 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

Mixed Greens, Crab, Shrimp, Scallops, Avocado, Pineapple Mango Salsa 25.95

Mermaid Margaret's Salad

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

Blackened Ahi Tuna Ensalada

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

Chicken Tender Salad

Mixed Greens, Chicken Tenders, Bacon, Tomato, Colby Jack Cheese Honey Mustard dressing 11.25

The Garden of Eden ~ Plant Based Options

Served with Side of your choice!
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 11.95

Margo's Veggie Burger Wrap

Homemade Veggie Burger, Lettuce, Tomato, Avocado & Veganaise, Honey Wheat Tortilla 10.95

Todd's Veggie Burger Burrito

Homemade Veggie Burger, Rice & Beans, Avocado, Lizano, Salsa Fresca, Colby Jack, Jalapenos, Honey Wheat Tortilla 11.95

The Jeannie Panini

Spinach, Portabella Mushroom, Avocado, Mozzarella, Veganaise Grilled Multigrain 10.25
With Vegan Chicken +5

Anela's Veggie Reuben

Spinach, Carrots, Mushrooms, Caramelized Onions, Sauerkraut, Swiss Cheese, Russian Dressing Grilled Rye 9.75

With Tempeh or Vegan Chix +5

Carlos's Tempeh Reuben

Marinated grilled Tempeh, Swiss Cheese, Sauerkraut, Russian Dressing. Grilled Rye 12.50

VEGAN BLT

Avocado, Fakin' Bacon, Lettuce, Tomato, Veganaise Multigrain Toast 12.25

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, Mayonnaise 9.75

BLT Wrap or Sandwich

Good old fashioned Bacon, Lettuce, Tomato, Mayonnaise 7.75

Kayden's "Turkey" BLT

Turkey, Bacon, Lettuce, Tomato Honey Mustard. Choice of: Italian Herb Focaccia, Multigrain, White, Rye bread or Wheat or White wrap 11.25
ADD AVOCADO 1.50

Christopher's Choice!

Turkey, Avocado, Roasted reds, Lettuce, Tomato, Mozzarella Cheese Honey Mustard. Multigrain toast! 12.75

Turkey Reuben Monge

Roasted Turkey, Sauerkraut, Russian Dressing Swiss Cheese, Grilled Rye 11.95

Grilled Ham & Turkey Panini

Roasted Turkey, Ham, Swiss Cheese, Honey mustard, Italian Herb Focaccia 12.25

"BV" Tico Burrito

Cajun Chicken, Black Bean Corn Salsa, Avocado, Lizano, Salsa Fresca, Colby Jack Cheese 12.25

Sub vegan chicken 3.

Grilled Chicken Pesto Florentine

Grilled Chicken, Baby Spinach, Roasted Red Peppers, Fresh Mozzarella, Homemade Pesto, Italian Herb Focaccia 13.25

Trae's on the Ranch Wrap

Grilled Chicken, Bacon, Tomato, Colby Jack Cheese, Ranch dressing 11.95

Jim's Chicken Wrap

Grilled Chicken, Bacon, Tomato, Caramelized Onion, Colby Jack Cheese Honey Mustard 11.95

Chicken Salad Sandwich or Wrap

Our Locals Favorite! Homemade with Red Grapes, Local Honey, Mayonnaise. Multigrain toast, Wheat, or White Wrap 10.95

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 Tender Platter

5 plump Chicken Tenders, Crispy Fries & Coleslaw. Honey Mustard or Barbecue Sauce 12.

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 15.95

Coconut Shrimp Platter

5 succulent Coconut Shrimp, Homemade Pineapple Mango Salsa, Sweet Spicy Chili Sauce. Crispy Fries & Cole Slaw 13.99

Frank's Fish Sandwich

Fried or Blackened Flounder 12.50
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 14.50

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 16.95

Richie's Fish Burrito

Blackened Mahi, Black Bean Corn Salsa, Avocado, Salsa Fresca, Coleslaw, Plantains, Colby Jack Cheese & Lizano Salsa 14.50

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 13.5
Sub V. Chicken 3.

Costa Rican Casado Bowl

Rice & beans, Plantains, Avocado, Salsa Fresca Drizzled Lizano Salsa 11.50

Quinoa Veggie Bowl

Quinoa, Grilled Veggies, Vegan Sausage, Avocado, Drizzled Sesame Ginger Sauce 13.95

Baja Bowl

Rice & Beans Quinoa, Blk Bean Corn Salsa, Grape Tomatoes, Feta Cheese, Avocado, Sour Cream, Cilantro Lime vinaigrette 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 +5 Flounder +7. Salmon +12. Shrimp +8
Jalapenos .50 Grilled Veggies +3.5 Vegan Sausage +5 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.

Add: Chicken +6.

Vegan Chicken +5.
Blackened Flounder +7.
Salmon +7.

Flatbread Pizza

Barbecue Chicken Flatbread

Chicken, Sweet & Spicy Barbecue Sauce, Mozzarella, Caramelized Onions 13.50

Caprese Flat bread

Sliced Tomatoes, Spinach, Pesto, Fresh Mozzarella. Drizzled Balsamic Glaze 12.50

Add shrimp 8.00

Shrimp n Veggie Flatbread

Mushrooms, Spinach, Caramelized Onion, Goat Cheese, Ranch, Balsamic 15.
Vegan cheese + 1.50

Cheese Pizza Flatbread

Marinara, Mozzarella Cheese 9.50
Vegan cheese + 1.50

Kahuna's Grill

Cheeseburger

Fat Juicy Sirloin Pure Beef burger! Lettuce, Tomato, Chips & Pickle 8.95

Bacon Cheeseburger 11.95

ADD: Caramelized Onion +.75
Mushrooms +.75
Avocado +1.5

Noah's Ark ... Land & Sea Burger

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

Grilled Cheese

On Texas Toast 6.99

Add Tomato +.50 **Add bacon** + 3

Pork Roll & Cheese 7.50