



Eggplant Caprese

With Jersey Tomato

Fried tender Eggplant & Tomato Stacked with fresh Mozzarella & Basil. Drizzled with a Balsamic Glaze & Homemade Pesto 10.95

Plantain Bites

Five yummy Plantains topped with Homemade Black Bean Corn Salsa Drizzled with Lizano 8.95

Chicken Tenders

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

Mozzarella Sticks

Served with marinara 6pc-8.25 8 pc-10.50 10pc-12.50

Veggie Spring Rolls with

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

Sweet Potato Fries 4.5

Add VT Maple Syrup for dipping 2.75

Linda's Loaded Fries

Crispy seasoned fries, Garlic, Bacon, Jalapenos, melted Colby Jack Cheese and Ranch dressing 9.95

Crispy Fries

Awesome!
Served with Siracha Mayo 3.95

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, Cilantro Lime Vinaigrette

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 Parmesan Cheese 8.95

With: Grilled Chicken +7

Coconut shrimp +8

Grilled Salmon +12

"Cool McCool" Cobb Salad

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

With: Buffalo Chicken +7

Grilled Chicken +7

Grilled Shrimp +8

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

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

ZUPPA

Black Bean

Served w/ a slice of avocado CUP 3.5 BOWL 4.50

Zuppa Di Granchio Creamy Crab Soup!

CUP 7.00 BOWL 8.50

Seafood Mac n Cheese

Shrimp & Scallops swimming in a creamy, cheesy sea of macaroni! 17.

Trae's Mac n Cheese 8.99

Blackened Ahi Tuna Bites

On a bed of Arugula Topped with Black Bean Corn Salsa Drizzled with Costa Rican Lizano 13.50

Costa Rican Shrimp N Grits

Where Caribbean meets the South! Chorizo Sausage, Blackened Shrimp, Homemade Salsa Fresca over Grits. Topped with Cheese 10.95

Homemade Crab Cake

Grilled or Fried. Sitting on a bed of Arugula Served with Cocktail or Tartar 14.50

Britt's Coconut Shrimp

Five succulent Coconut Shrimp, Flash fried & served with Pineapple Mango salsa. Drizzled w/ a sweet And spicy Chili Sauce 11.95

Arugula, Beets & Goat Cheese

Sweet meets Savory!
Arugula, Roasted Beets, Goat Cheese Sprinkled with Candied Walnuts And dried Cranberries 12.5

With: Salmon +12 Ahi Tuna +10.

Stuffed Avocado Salad

Half an Avocado topped with Your choice of Homemade:

Crab & Shrimp Salad 18.95

Chicken salad 13.25

On a bed of Mixed Greens with Cucumber, Tomato & Carrot

Melissa's C.M. Seafood Salad

Crab, Shrimp, Scallops and Avocado over Mixed Greens, topped With Pineapple Mango Salsa 25.95

Mermaid Margaret's Salad

Home made Crab & Shrimp salad, Avocado, Tomato & Colby Tack Cheese Over Mixed Greens 19.95

Blackened Ahi Tuna Ensalada

Mixed greens, blackened Ahi Tuna, Cucumber, Avocado, Tomato, Goat Cheese & A side of our house Locatelli Herb Dressing 22.95

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.

Add: Ahi Tuna +10

Grilled Salmon +12

Vegan chix +5

Veggie Burger +5

Jenny Lou's Ensalada

Crisp Greens, Cucumber & Carrot topped with our **Homemade Chicken Salad** Sprinkled with Candied Walnuts and Dried Cranberries 13.25

The Garden of Eden Plant Based Options

Served with Side of your choice!

Gluten Free Bread 1.50

MAKE IT VEGAN—SUB VEGAN CHEESE & 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, And 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 9.50

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 Wheat or White 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, Russian dressing
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 Homemade 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 10.25

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
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 19.
2 Crab Cakes 23.

Costa Rican Shrimp N Grits
Shrimp and Chorizo 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 & spicy Chili Sauce. Crispy Fries & Cole Slaw 13.99

Frank's Fish Sandwich

Fried or Blackened Flounder, Lettuce & Tomato on a Country White bun. W/ a side of Cocktail or Tartar 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

Served with Crispy Fries
Choose blackened: Shrimp 13. or Ahi Tuna 15.
Two soft corn tacos with your choice of Blackened Shrimp or Ahi Tuna, Avocado, Pineapple Mango Salsa & Colby Jack cheese.

Crab Cake Sandwich

Grilled or fried, Decked with Lettuce & Tomato on a Brioche bun. Served with a side of Cocktail or Tartar 16.95

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

Homemade Crab & Shrimp Salad With Lettuce, Tomato and a hint of curry!
Choice of wheat or white wrap 17.50

Bowls

Tico Chicken Bowl
Rice & Beans, Tender Grilled Chicken, Salsa Fresca, avocado, Colby jack & Siracha Mayo 13.
Sub V. Chix 3.

Costa Rican Casado Bowl
Rice & beans, Plantains, Avocado and Salsa Fresca Drizzled with Lizano salsa 11.

Quinoa Veggie Bowl
Quinoa topped With Grilled Veggies, Vegan Sausage and Avocado drizzled with a Sesame Ginger Sauce 13.5

Baja Bowl
Rice & Beans Quinoa, Blk Bean Corn Salsa, Grape Tomatoes, Feta Cheese, Avocado, Sour Cream and a Cilantro Lime vinaigrette 13.5

Bang Bang Shrimp and Chicken Bowl
Rice & Beans, Onions, peppers Sour Cream & Salsa, Colby Jack Drizzled w/ Sweet Chili sauce 18.

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.

Quesadillas

Served with a side of Home-made Salsa Fresca & sour cream

Ava's Chicken Quesadilla
Onions, Peppers, Tomato, Colby Jack Cheese. 12.99

Caribbean Quesadilla
Black Beans & Rice, Plantains, Pineapple Mango Salsa and Cheddar Jack cheese 12.

Add: Chicken +6.
Vegan Chicken +5.
Blackened Flounder +7.
Salmon +7.

Seafood Quesadilla
Shrimp, Lump crab, Colby Jack Cheese and Old Bay 18.95

Flatbread Pizza

Barbecue Chicken Flatbread
Chicken, Sweet & Spicy Barbecue Sauce, Mozzarella, & Caramelized Onions 12.95

Caprese Flat bread
Sliced Tomatoes, Spinach, Pesto & Mozzarella. Drizzled with a Balsamic Glaze 11.95
Add shrimp 8.00

Primavera Flatbread
Assorted Grilled Veggies, Marinara And Mozzarella 10.95
Vegan cheese + 1.50

Cheese Pizza Flatbread
Marinara & Mozzarella Cheese 8.95
Vegan cheese + 1.50

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 Homemade Bella Vida Crab Cake 19.95

Grilled Cheese
On Texas Toast 6.99
Add Tomato 7.59 Add bacon 9.59
Pork Roll and Cheese 7.50