BEGIN

Breads

Roast Turkey Sandwich (cal. 248) 13.5
sliced turkey breast, tomato, bibb lettuce, whole wheat flatbread, fat free mayonnaise on the side

Tuna Salad Sandwich (cal. 292) 13
fresh tuna salad, tomato, bibb lettuce, whole wheat flatbread

Turkey Burger (cal. 461) 13.5
lean ground turkey seared, bibb lettuce, tomato, whole wheat flatbread, fat free mayonnaise on the side

Skinny Bites

served with a small side salad

Traditional Turkey Club 13.5
house made oven roasted turkey, hardwood bacon, bibb lettuce, tomato, swiss cheese, mayonnaise

Reuben 12.5
slow simmered corned beef brisket, swiss cheese, sauerkraut, 1000 island on grilled rye bread

Cubano Sandwich 14
smoked ham, roasted pork loin, swiss cheese, pickles, spicy mustard, cuban bread

Caribbean Fish Tacos 14.5
marinated mahi mahi, avocado salsa verde topped with jicama, black bean and corn salsa. served with tortilla chips, salsa and sour cream

New England Lobster Roll 18
lobster salad, soft bun, tomatoes and lettuce

Groupier Sandwich 16
gilled, fried or blackened, lettuce and tomato, tartar sauce

Cali Chicken 14
grilled chicken, hardwood bacon, avocado, swiss cheese, bibb lettuce, tomato, brioche roll

Chipotle Chicken Wrap 13.5
grilled chicken, guacamole, pico de gallo, jack and cheddar, sun-dried tomato wrap

B.L.T. E* 12.5
hardwood bacon, bibb lettuce, red ripe tomatoes, fresh egg salad, toasted brioche bread

Burger Bar

Angus Burger with Cheese* 13
selection of cheese, bibb lettuce, tomato, sweet onion, brioche roll

Angus Blue Mushroom Burger* 13.5
sautéed mushrooms, blue cheese, bibb lettuce, tomato, sweet onion, brioche roll

Yukon Angus Burger* 14
cheddar cheese, hardwood bacon, fried onions, sweet bbq sauce, brioche roll

Bacon Cheddar Burger* 13.5
cheddar cheese, hardwood bacon, lettuce, tomato, onion, brioche roll

Turkey Burger 13.5
lean ground turkey seared, bibb lettuce, tomato, brioche roll and fat free mayonnaise on the side

Greens

Burrata Caprese 12.5
soft mozzarella, heirloom tomatoes, mixed greens, white balsamic vinagrette

Chicken Caesar Salad 14
grilled romasny chicken, shaved parmesan cheese

Asian Chicken Salad 14
grilled spicy chicken, cucumber sticks, tomatoes, carrots, almonds, mandarin dressing

BLT Salad 13.5
baby greens, tomatoes, crispy bacon, blue cheese and creamy dressing

Seared Tuna Salad* 15
seared ahi tuna, mixed greens, sherry mustard vinagrette, hard cooked eggs, roasted peppers, tomatoes, cucumber noodle salad

Warmth

Today’s Fresh Made Soup 6
Conch Chowder 7
Three Cheese Onion Gratinée 6.5
gruyere, provolone, parmesan

After 5 Selections

add a house salad or Caesar for $3 more

Chicken Milanese 24
parmesan paillard panko chicken, fresh tomato, lemon beurre blanc, garlic confit, white wine reduction

Angus Beef Filet* 39
grilled filet mignon, fingerling potatoes, roasted brussels sprouts

Chicken Chow Chow 24.5
garlic-herb mascarpone cheese, fresh mango chow chow, haricot verts, yukon gold mashed and mashed demi glace

Chicken Carbonara 22
cavatappi pasta, applewood bacon, spring peas, light cream, parmesan and grilled chicken

Baked Stuffed Shrimp 26
large white shrimp, lump crab stuffing topped with provolone cheese, brown rice, broccoli, served with a lemon beurre blanc

Drunken Grouper 28
ginger bourbon glaze, mänge lime salsa

Thai Shrimp Bowl 24
jasmine rice, onion, pepper and broccoli, spicy gochujang chili sauce

Seafood Fra Diavolo 26.5
shrimp, scallops and mussels with hot peppers in a spicy marinara sauce over linguine

Salmon Caponata* 27
seared fillet, jasmine rice, saffron honey blossom

Lollipop Pork Chop* 26.5
seared center cut chop, chipotle BBQ, house bourbon bacon, fingerling potatoes, broccoli

Day Boat Catch* Mkt
our chef purchases small quantities of the freshest available fish based on seasonality

You have any concerns regarding food allergies, please alert your server prior to ordering.
* consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.