





## STARTERS

**Chef Sampler...** coconut Shrimp martini, Calamari, lump blue Crab cakes, sweet potato fries (serves up to 4)... 24.95

**Coastal Calamari...** Calamari dusted in seasoned flour, deep-fried served with sweet basil tomato sauce. 9.25

 **Nachos Fiesta...** tri-color Nachos topped with blackened Chicken, cheese, tomato, sour cream, and jalapenos on the side. 10.25

**Coconut Shrimp...** orange cilantro vermouth jam and macadamia paste. 10.95

 **Rasta Rings...** sweet Onions deep-fried in a Jamaican masa flour, served with a Caribbean rémoulade. 8.95

**Captain's Fish Spread...** served on a bed of lettuce with diced tomatoes, capers, diced onions and jalapeno peppers on the side. 9.95

**Tuna Sate Sampler...** sesame, blackened, Jamaican jerk (2 each) served with cucumber wasabi dip, Caribbean rémoulade, mango ketchup. 12.95


 **Lump Blue Crab Cakes...** served with key lime tartar sauce. 10.95

## SOUPS

 **Caribbean Black Bean...** chipotle lime sour cream and tri-color tortilla chips. Cup 2.25 Bowl 3.95

**Florida Seafood Chowder...** Cup 3.95 Bowl 5.95

## FROM THE GARDEN

 **Mangos Seared Tuna...** Lightly blackened seared tuna topped with mango chili sauce, served alongside a salad of fresh mixed greens with cucumber jicama slaw, and garnished with sliced mango. 12.95

**Beefsteak Salad...** fresh spinach, bleu cheese, balsamic vinaigrette. House 4.95 Grand 8.95

## FROM THE GARDEN (Continued)

**Sea and Shore Caesar...** traditional Caesar salad topped with your choice of grilled Chicken, Steak or Shrimp. 12.95

**Local Field Greens...** jicama mango slaw, sun-dried raisins, toasted macadamia. House 3.95 Grand 7.95

**Beef Tenderloin Salad...** fresh baby greens drizzled with balsamic vinegar and olive oil, tomatoes, cucumbers and bleu cheese accompanied with grilled lean Beef Tenderloin and caramelized onions. 17.95  
Fat 18g Sat. Fat 8g Cholesterol 25mg Carbs 14g Pro. 36g Cal. 360

**Chicken Cobb Salad...** traditional cobb salad with grilled Chicken and crispy iceberg lettuce, topped with hard boiled eggs, kalamata olives, smoked ham, diced tomatoes, avocado, cilantro and feta cheese served with low fat ranch dressing. 14.95  
Fat 38g Sat. Fat 10g Cholesterol 285mg Carbs 23g Pro. 41g Cal 600

## SANDWICHES & MORE

*Served with choice of fries, chips, potato salad, sweet potato fries or fruit*

**Chicken Sandwich...** boneless Chicken breast marinated in jerk seasoning (broiled or blackened). 10.95

**Grouper Tacos...** 2 soft flour tortillas filled with lightly blackened imported grouper, fresh pico de gallo, and shredded lettuce. Served with side of chipotle sour cream. 11.95

**Beachside Burger...** ½ lb. thick and juicy Angus beef, charbroiled and served with American, Swiss or Cheddar cheese. 10.95

**Caesar Wrap...** grilled Chicken breast tossed with creamy Caesar dressing & romaine lettuce, wrapped in a spinach tortilla. 10.95

**Island Burger...** ½ lb thick and juicy Angus beef on a grilled ciabatta bun, charbroiled and drizzled with mango chili sauce, topped with jicama relish. 11.95

## PASTA SENSATIONS

All pasta entrees are served with fresh garlic bread



**Shrimp Alfredo...** lightly sautéed Shrimp tossed in alfredo cream sauce over vermicelli pasta. 19.95

**Greenland Mussels...** sun-dried tomato, artichoke hearts, apple-wood smoked bacon, tomato garlic cream, penne pasta. 17.95



**South West Chicken Pasta...** blackened Chicken atop Fussili pasta tossed in ancho cream sauce. 17.95

## BEEF ENTRÉES



**Certified Hereford Beef**

USDA CERTIFIED ALL NATURAL  
HEREFORD BEEF

**Delmonico...** 12oz, garlic basted, fried sweet onion sprouts. 24.95

**Filet Mignon...** garlic basted, fried sweet onion sprouts.  
6oz. 22.95      8oz. 25.95

**New York Strip...** 12oz, garlic basted, fried sweet onion sprouts. 25.95

**Top Sirloin...** 8oz, garlic basted, fried sweet onion sprouts. 18.95

## GRILL ENTRÉES



**Char Grilled Filet of Beef...** 6oz, topped with a wine/veal demi-glace with red and yellow grilled peppers. 22.95  
Fat 12g Sat. Fat 3g Cholesterol 90mg Carbs 30g Pro. 37g Cal 380



**Baby Back Ribs...** one pound, chipotle BBQ glazed. 20.95

**Sante Fe Pork Tenderloin...** tender sliced Pork tenderloin, fanned and topped with a chorizo cream sauce. 17.95

## SEAFOOD ENTRÉES

**Stuffed Shrimp...** lump blue crab stuffing, mango tarragon cream. 21.95



**Center Cut Swordfish Steak...** lump blue crab, jumbo asparagus, key lime hollandaise. 25.95

**Mahi Two Way...** char-broiled Mahi-Mahi finished with your choice of either mango BBQ sauce or malibu mango salsa. 18.95

**Seaside Grouper...** pan seared Grouper, topped with sautéed baby shrimp, mushrooms, capers and artichoke hearts with a creamy white sauce.  
Seasonal, based upon availability- Market Price

**Sesame Seared Tuna...** with toasted sesame seeds, served with sweet fries and asparagus, accompanied by soy sauce. 18.95  
Fat 19g Sat. Fat 4g Cholesterol 110mg Carbs 26g Pro.37g Cal 418



**Veracruz Salmon...** char-grilled Salmon topped with garlic butter, green olives, capers, and salsa sauce. 20.95

**Mangos Island Tuna...** seared blackened Tuna drizzled with mango chili sauce and topped with jicama relish. 24.95



## CHICKEN SELECTIONS

**Blackened Chicken Stacker...** smoked bacon, provolone cheese, beefsteak tomato, Caribbean rémoulade. 14.95  
Carbs 8g



**Gulf Breeze Chicken ...** oven roasted chicken breast stuffed with fresh mozzarella, tomato and spinach served over a garlic cream sauce. 18.95

*All entrées (except Eat Right options and Pasta) are served with your choice of the following two...*

## ACCOMPANIMENTS

- White mashed potatoes
- Sunset Rice
- Caramelized Plantains
- Sweet Potato Fries with Mango Ketchup
- Cole Slaw
- Asparagus with Key Lime Hollandaise
- Chef's Vegetable
- French Fries
- Potato Salad

**GRATUITY IS NOT INCLUDED.  
HOWEVER, A 15% GRATUITY WILL BE ADDED TO  
PARTIES OF 6 OR MORE.**  
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