



LUNCH MENU

Served from 11:30 until 4:00 p.m.

LUNCH SALADS

BLUE CRAB GARDEN SALAD \$7.99

Fresh green salad with mushrooms, bell pepper, plum tomatoes, red onions and Blue Crabmeat served with a slightly spicy Louis Dressing.

BLACKENED CHICKEN CAESAR SALAD \$7.99

Large fresh tossed Caesar salad topped with lightly blackened chicken tenders.

NAPA SALAD \$6.99

Fresh mixed field greens tossed with a raspberry vinaigrette, roasted pine nuts and California fresh Chèvre goat cheese.

SESAME TUNA NAPA SALAD \$11.99

Our Napa Salad topped with 4oz of sliced Ahi Tuna seared with Sesame Seeds

SHRIMP AND SPINACH SALAD \$7.99

Fresh spinach with blue cheese crumbles, black olives, bacon bits, mushrooms, tomatoes, sweet green peppers, red onions, hard boiled eggs topped with chilled shrimp.

CHICKEN CASHEW SALAD \$7.99

A green salad topped with green peppers, mushrooms, olives, tomatoes, alfalfa sprouts, poached chicken breast and roasted cashew

STEAK AND PORTABELLO SALAD \$10.59

A fresh green salad with roasted red peppers, onions, walnuts and blue cheese crumbles with grilled sliced Striploin and portabella mushrooms

LUNCH SANDWICHES

Served with a choice of fresh fruit, chips, three potato salad, or french fries.

SMOKED TURKEY CROISSANT \$6.99

Whole Turkey Breast, smoked and sliced on a croissant with bacon, lettuce, tomato, and Swiss

BBQ BEEF SANDWICH \$7.99

Braised shredded Beef, tossed with Barbeque sauce and served on a toasted Kaiser roll

ANGUS BEEF BURGER \$6.99

served with a choice of toppings: cheese, mushrooms, or blackened and with lettuce, tomato and a pickle and served with French Fries.

GROUPEL SANDWICH \$9.99

Fresh Grouper filet sandwich served fried, grilled, or blackened on a toasted Kaiser roll

ANGUS BEEF CHEESESTEAK \$8.99

Angus Beef Top Round slow roasted and sliced topped with melted provolone and grilled onion Served on a toasted Kaiser roll with Au Jus.

CHICKEN CORDON BLEU SAND \$6.99

A grilled chicken breast topped with Proscuitto Ham and Swiss cheese served on a Kaiser roll with lettuce, tomato and a side of Dijonaise sauce.

ITALIAN PANINI \$6.99

Portobello mushrooms, roasted peppers, Proscuitto ham, provolone cheese and a Basil pesto aioli on grilled foccacia bread



SEAFOOD LUNCH FAVORITES

Served with French Fries, Roast Garlic Mashed Potatoes, Baked Potato, Baked Sweet Potato or Rice. Rolls, Hushpuppies and Coleslaw

*Substitute a House salad for \$1.00 more or a Caesar salad or Napa salad for \$1.99 more.

FRESH FISH OF THE DAY \$10.59

Ask your server about the fresh fish today served fried, charbroiled, baked, or blackened.

- additional charge to substitute other fresh fish.

FRIED SEAFOOD COMBO \$9.59

Choose two seafood items from the following:
Flounder, Shrimp, Scallops, or Oysters

SEAFOOD POT PIE \$8.29

Shrimp, fish, scallops and crabmeat sautéed in a white wine crab supreme sauce in a puff pastry

FISH AND CHIPS \$7.59

Beer battered flounder deep fried and served with French fries..
flounder also served fried or broiled

SEAFOOD CHILI \$8.59

Shrimp, fish and scallops sautéed with are house recipe Chili topped with mozzarella cheese and served in a bread bowl

NEW YORK STRIP \$13.59

A 8oz aged Angus New York strip steak grilled To perfection.

GRILLED MEATLOAF \$6.99

A slice of homemade meatloaf grilled. Served with a mushroom bordelaise sauce.

STUFFED GROUPEL \$10.99

Fresh grouper filet baked with our homemade crab stuffing.

PINEAPPLE GROUPEL \$10.99

Grouper filet seasoned with a spicy seasoning blend, and blackened. Topped with a sweet golden pineapple mango chutney.

SHRIMP EXTRAZAGANZA \$7.99

Local shrimp served fried, grilled, or stuffed with our crab meat stuffing and baked

SEAFOOD AU GRATIN \$8.59

Shrimp, scallops and fish baked in a rich cream sauce and topped with cheese

STUFFED FLOUNDER \$7.99

Flounder filet stuffed with our homemade crabmeat stuffing and baked

SEAFOOD FLORENTINE \$7.99

Shrimp, scallops, and fish sautéed with mushrooms, and scallions, presented in a folded crepe with a Spinach Florentine sauce.

CRAB CAKE LUNCH \$8.59

Maryland style fresh blue crab cake made with 95% crab meat



MORE LUNCH FAVORITES

Served with French Fries, Roast Garlic Mashed Potatoes, Baked Potato, Baked Sweet Potato or Rice. , and Coleslaw.

CHICKEN

ROTISSARY CHICKEN \$5.99

1/4 Chicken slow roasted in our rotisserie oven

ROTISSARY CHICKEN AND SHRIMP \$7.99

1/4 Chicken served with 6 fried shrimp

WRAPS

Served with a choice of fresh fruit, chips, three Potato salad, or French fries.

BLACKENED GROUPER AND SWISS \$8.99

4oz fresh blackened grouper with spring lettuce, Tomatoes, Swiss cheese and a tiger sauce.

ORIENTAL CHICKEN WRAP \$6.59

Teriyaki grilled chicken, bean sprouts, carrots, Spring lettuce and our sesame vinaigrette.

**Atkins approved low carb shells may be substituted ask your server*

LUNCH PASTA

LUNCH PASTA SPECIALS ARE SERVED

WITH ROLLS, HUSHPUPPIES,

AND COLESLAW

SUBSTITUTE A HOUSE SALAD FOR \$1.00 MORE OR CAESER SALAD OR NAPA SALAD FOR \$1.99

ANGEL HAIR SEAFOOD PASTA \$8.59

Fresh fish, Shrimp, Scallops, Mushrooms, and Tomatoes Sautéed in Diane Butter Sauce and Tossed with Pasta.

SEAFOOD MARINARA \$8.59

Fresh fish, Shrimp, Scallops Sautéed in a rich Marinara sauce and tossed with Linguini.

SHRIMP OR CHICKEN ALFREDO \$8.59

Sautéed Shrimp or Grilled Chicken with a Rich creamy Alfredo Sauce Tossed with Fettuccini.

BUILD YOUR OWN LUNCH \$7.59

Choose **two** items from the list (limited to one item per row)

<u>SALADS</u>	<u>SOUPS</u>	<u>SANDWICH</u>
Caesar Salad		Fried Shrimp
Napa Salad	New England Clam Chowder	Smoked Turkey, Bacon and Swiss Cheese Croissant
House Salad	Soup of the Day	Grilled Chicken Breast
Shrimp Salad		Flounder Sandwich