



Fresh Chef Lunch Menu

Starters

Duo Dip \$12

Chilled pimento queso and fresh guacamole, topped with pico de gallo and served with fresh warm corn chips.

Fresh Guacamole & Chips \$7

Spinach Artichoke Dip \$7
Creamy spinach, jalapenos, tender artichokes and melted cheeses, served with corn chips.

***Tuna App \$12**

Pepper crusted ahi tuna served with wasabi, ginger and soy sauce.

***Smoked Salmon \$12**

House-smoked salmon served with toast points and a side of our fresh herb aioli.

Crab Cake Appetizer \$12

House-made lump crab cake served with a whole grain mustard sauce.

Salads

Substitute Kale or Caesar salad for any of our entrée salads.

Roasted Chicken Salad \$15

Pulled roasted chicken tossed with romaine, white cheddar cheese, bread crumbs, bacon, tomatoes in our creamy garlic

Chef Salad \$16

Mixed greens topped with ham, turkey, eggs, cheddar, bacon, tomatoes and red onion

***Ahi Tuna Salad \$19**

Seared tuna thinly sliced over a bed of mixed greens tossed with our Asian Sesame dressing

Hawaiian Chicken Salad \$15

Marinated grilled chicken breast on a bed of mixed greens topped with cheddar cheese, red onions, mushrooms, cucumbers, tomatoes and fresh grilled pineapple.

***Teriyaki Filet Salad \$18**

Teriyaki-marinated beef tenderloin on a bed of mixed greens topped with cheddar cheese, red onions, mushrooms, cucumbers and tomatoes.

***Black & Blue Filet Salad \$18**

Blackened beef tenderloin on a bed of mixed greens topped with blue cheese, red onions, mushrooms, cucumbers and tomatoes.

***Grilled Salmon Salad \$18**

Grilled salmon on a bed of mixed greens topped with feta cheese, red onions, mushrooms, cucumbers and tomatoes.

Herb Shrimp Salad \$17

Herb shrimp grilled and served on a bed of mixed greens topped with feta cheese, red onions, mushrooms, cucumbers, and tomatoes.

Blackened Chicken Salad \$15

Grilled blackened chicken breast on a bed of mixed greens topped with blue cheese, red onions, mushrooms, cucumbers and tomatoes.

Grilled Romaine Wedge

Slightly charred on the grill and topped with herb vinaigrette, blue cheese, bacon, sunflower seeds and sundried tomatoes with your choice of:

~Chicken \$15 Shrimp \$17

~*Salmon, *Filet or

Portobello Mushroom \$18

Salad Dressings

Asian Sesame, Blue Cheese, Caesar, Catalina, Creamy Garlic, Herb Vinaigrette, Honey Mustard

Wraps

Served with our fresh fries.

***Salmon Wrap \$15**

Grilled/smoked salmon, mixed greens with herb vinaigrette, feta cheese, herb aioli, cucumbers and pico de gallo.

Blackened Chicken Wrap \$14

Blackened chicken breast, mixed greens, tomatoes, blue cheese crumbles, herb vinaigrette, cucumbers, sautéed peppers and onions.

***Black and Blue Filet Wrap \$16**

Blackened filet tips, mixed greens, tomatoes, blue cheese crumbles, herb vinaigrette, cucumbers, sautéed peppers and onions.

***Teriyaki Filet Wrap \$16**

Teriyaki filet tips, mixed greens, cheddar cheese, honey mustard, tomatoes and cucumbers.

Hawaiian Chicken Wrap \$14

Marinated chicken breast, mixed greens, cucumbers, cheddar cheese, fresh grilled pineapple and honey mustard dressing.

Herb Shrimp Wrap \$15

Herb basted shrimp, mixed greens, cucumbers, feta cheese, herb vinaigrette and topped with our fresh pico de gallo.

Sandwiches

Served with our fresh fries.

ADD BACON \$2.00

***Half Pound Burger**

100% fresh CAB ground chuck burger topped with lettuce, tomato, onion and pickles. Your choice:

~Cheddar Cheese \$13

~Mushroom & Provolone \$15

Portobello Sandwich \$13

Portobello mushroom basted in herb vinaigrette topped with roasted red pepper, feta cheese, red onion and lettuce, finished with balsamic glaze.

Chicken Sandwich \$13

BBQ or Hawaiian topped with provolone cheese, tomato, onion and lettuce.

Grilled Fish Sandwich \$15

Blackened and grilled fish of the day topped with sriracha aioli, lettuce, tomato, and red onions.

Chicken Salad Sandwich \$13

House-made cranberry-pecan chicken salad with tomato and cheddar cheese on grilled Texas wheat toast.

Club Sandwich \$13

A classic, grilled wheat bread with sliced ham, turkey, provolone, lettuce, tomato and bacon.

Pasta

Pasta Alfredo \$10

Linguine, fresh alfredo, topped with chives and parmesan cheese.

Cajun Pasta \$10

Linguine, cajun cream sauce, topped with sour cream, chives and diced tomatoes.

Add any of the following to our pasta

~*Blackened Filet \$20

~*Grilled Salmon \$20

~Grilled Herb Shrimp \$18

~Blackened Chicken \$17

Shrimp Scampi \$18

Tender shrimp sautéed in a light butter sauce with a splash of wine and fresh lemon juice.

*These items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions

Lunch Entrées

***Teriyaki Filet \$22**

Grilled center-cut filet, marinated in our house-made Teriyaki and served with fresh fries.

***Black & Blue Filet \$23**

Center-cut filet, blackened, grilled and topped with blue cheese crumbles and served with fresh fries.

Hawaiian or Blackened or Smothered Chicken \$13

Served with cilantro rice

***Grilled Salmon \$17**

Fresh Atlantic salmon simply grilled and served with cilantro rice topped with pico de gallo.

Grilled Herb Shrimp \$16

Herb shrimp grilled and served with cilantro rice topped with pico de gallo.

Cajun Trout \$17

Fresh grilled cajun trout served with cilantro rice topped with pico de gallo.

Shrimp and Grits \$18

A combination of NOLA and Charleston styles.

Gumbo \$18

NOLA style with shrimp, chicken, and andouille sausage with traditional vegetables served over a bed of rice

Crab Cake Entrée \$16

One crab cake topped with our whole grain mustard sauce and served with cilantro rice

Stir Fry

~Chicken \$16

~Beef or Shrimp \$18

Your choice of protein sautéed in a teriyaki sauce with assorted vegetables and tossed with rice or angel hair pasta.

Sides

Fresh fries \$4

Garlic bread \$3

Broccoli \$4

Cilantro rice \$4

Mashed potatoes \$4

Vegetable medley \$4

White cheddar grits \$4

Fried apples \$4

Mushroom risotto \$5

Grilled asparagus \$5

Brussels sprouts \$5

Burgundy mushrooms & onions \$5

Soup, Kale, Caesar or House salad \$5

SUBSTITUTE SOUP OR SALAD FOR ANY ENTRÉE SIDE FOR \$1

Desserts

Key Lime Square \$7

Zesty Key Lime custard on a cinnamon graham cracker crust.

Pecan Pie \$7

Fresh baked pecan pie served warm in a flaky, buttery crust, topped with ice cream.

Chocolate Brownie \$7

Rich fudge brownie stuffed with chocolate chunks and topped with whipped cream, chocolate sauce and ice cream.

Fruit Cobbler of the Day \$7

Fresh made fruit cobbler served warm, topped with ice cream.