



Fresh Chef Lunch Menu

Starters

DUO DIP \$9

Pimento and fresh guacamole, topped with pico de gallo and served with corn chips.

*SMOKED SALMON \$10

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

SPINACH ARTICHOKE DIP \$5

Creamy spinach, jalapenos, tender artichokes and melted cheeses, served with corn chips.

FRESH MADE GUACAMOLE & CHIPS \$5

PINEAPPLE SALSA & CHIPS \$4

Made in house.

Salads

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

ADD BACON \$1.50

HAWAIIAN CHICKEN SALAD \$13

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

*TERIYAKI FILET SALAD \$15

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

*BLACK & BLUE FILET SALAD \$15

Beef tenderloin grilled with blackening seasoning on a bed of mixed greens and topped with blue cheese crumbles, red onions, mushrooms, cucumbers and tomatoes.

*GRILLED OR SMOKED SALMON SALAD \$16

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

HERB SHRIMP SALAD \$16

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

BLACKENED CHICKEN SALAD \$13

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

BLACKENED CHICKEN CAESAR \$13

Grilled, blackened chicken breast on a caesar salad made with romaine lettuce, shredded parmesan cheese, our house-made herb croutons and fresh caesar dressing.

~GRILLED ROMAINE WEDGE

Grilled romaine wedge topped with herb vinaigrette, blue cheese crumbles, bacon, sunflower seeds and sundried tomatoes.

~CHICKEN \$13

~*FILET \$15

~*SALMON \$17 OR SHRIMP \$16

SALAD DRESSINGS

Caesar, Creamy Garlic, Blue Cheese, Herb Vinaigrette, Catalina, Honey Mustard.

Wraps

Served with our fresh fries.

*SALMON WRAP \$13

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

BLACKENED CHICKEN WRAP \$11

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

*BLACK AND BLUE FILET WRAP \$13

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

*TERIYAKI FILET WRAP \$13

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

HAWAIIAN CHICKEN WRAP \$11

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

HERB SHRIMP WRAP \$13

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

Sandwiches

Served with our fresh fries.

Add bacon \$1.50

*CHEESE BURGER \$10

Fresh Chef's 8 oz burger topped with cheddar cheese, lettuce, tomato, onion and pickles.

*MUSHROOM & PROVOLONE BURGER \$12

8 oz burger topped with burgundy mushrooms and onion, provolone cheese, lettuce, tomato and white onion.

PORTABELLO SANDWICH \$10

Herb marinated portabello mushroom topped with roasted red pepper, feta cheese, red onion and lettuce, finished with balsamic glaze on a brioche bun.

CHICKEN SANDWICH \$12

- Hawaiian chicken breast topped with grilled pineapple
- Blackened chicken
- Grilled with BBQ sauce

All topped with provolone cheese, tomato, onion and lettuce.

CHICKEN SALAD SANDWICH \$10

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

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 \$16

~*GRILLED SALMON \$18

~GRILLED HERB SHRIMP \$16

Lunch Entrées

*TERIYAKI FILET \$19

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

*BLACK & BLUE FILET \$19

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

HAWAIIAN/BLACKENED / SMOTHERED CHICKEN \$11

- Blackened chicken breast
- Hawaiian chicken breast
- Smothered chicken breast topped with peppers, onions, mushrooms and provolone cheese

Served with cilantro rice

*GRILLED SALMON \$15

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

GRILLED HERB SHRIMP \$13

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

CAJUN TROUT \$15

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

SHRIMP AND GRITS \$16

A combination of NOLA and Charleston styles.

Sides

Grilled Asparagus \$4

Broccoli \$3

Cilantro Rice \$3

Fresh Fries \$3

Basket of Bread \$3

Vegetable of the day \$4

House Salad \$4

Caesar Salad \$4

Kale Salad \$4

Soup of the Day \$4

Burgundy Mushrooms & Onions \$4

White Cheddar Grits \$4

Mashed Potatoes \$3

Desserts

CHEESECAKE \$5

House made creamy cheesecake with fresh strawberry topping.

KEY LIME SQUARE \$4

Zesty Key Lime custard on a cinnamon graham cracker crust.

CHOCOLATE BROWNIE \$5

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

FRESH FRUIT SHORTCAKE A LA MODE \$5

Fresh made shortcake topped with ice cream and seasonal fruit.

*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