



Fresh Chef Lunch Menu

Starters

DUO DIP \$11

Pimento queso and fresh guacamole, topped with pico de gallo and served with 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

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.

Sandwiches

Served with our fresh fries.

Add bacon \$1.50

*CHEESE BURGER \$12

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

*MUSHROOM & PROVOLONE

BURGER \$13

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

PORTOBELLO SANDWICH \$11

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

CHICKEN SANDWICH \$13

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

GRILLED MAHI SANDWICH \$15

Blackened and grilled Mahi topped with sriracha aioli, lettuce, tomato, and red onions.

CHICKEN SALAD SANDWICH \$12

House-made cranberry chicken salad with pecans, 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.

CUBAN SANDWICH \$14

Traditional roasted pork with ham, Swiss cheese, pickles, and mustard on a roll.

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 \$19

~GRILLED HERB SHRIMP \$18

~BLACKENED CHICKEN \$17

CHICKEN PICCATA \$17

Grilled chicken breast sautéed in a lemon, caper and butter sauce served over angel hair.

CHICKEN MARSALA \$17

Lightly breaded chicken breast served over angel hair pasta and topped with our rich marsala mushroom sauce.

*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

Wraps

Served with our fresh fries.

*SALMON WRAP \$14

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

BLACKENED CHICKEN WRAP \$13

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

**ROASTED PORK WRAP \$13

Roasted pork, salad mixture with peanuts, sliced red peppers, Asian sesame dressing, and Thai hot red pepper paste.

*BLACK AND BLUE FILET WRAP \$15

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

*TERIYAKI FILET WRAP \$15

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

HAWAIIAN CHICKEN WRAP \$13

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

HERB SHRIMP WRAP \$14

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

Lunch Entrées

*TERIYAKI FILET \$21

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

*BLACK & BLUE FILET \$21

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

HAWAIIAN/BLACKENED / SMOTHERED CHICKEN \$12

Your choice of marinated, blackened or smothered chicken breasts 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 \$17

A combination of NOLA and Charleston styles.

Sides

Fresh fries \$4

Grilled asparagus \$4

Broccoli \$4

Cilantro rice \$4

Garlic bread \$3

Brussels sprouts \$4

Mashed potatoes \$4

Vegetable medley \$4

Burgundy mushrooms & onions \$5

Soup, Kale, Caesar or House salad \$5

White cheddar grits \$4

Mushroom risotto \$4

Fried apples \$4

SUBSTITUTE SOUP OR SALAD FOR

ANY ENTRÉE SIDE FOR \$1

**These items contain peanuts

Salads

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

ROASTED CHICKEN SALAD \$14

Pulled roasted chicken tossed with Romaine, white cheddar cheese, bread crumbs, bacon, tomatoes and our Creamy Garlic.

GRILLED MAHI SALAD \$16

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

**GRILLED PORK THAI SALAD \$15

Roasted pork over a bed of salad mix tossed in Thai pepper paste and our Asian Sesame dressing then topped with peanuts, oranges, and sliced red peppers.

CHEF SALAD \$16

Acadia greens topped with ham, turkey, cheddar, bacon, tomatoes and red onion.

*AHI TUNA SALAD \$19

Searched tuna thinly sliced over a bed of mixed greens topped with corn salsa and avocado and tossed with our Asian Sesame dressing.

*BLACK & BLUE FILET SALAD \$17

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

*TERIYAKI FILET SALAD \$17

Teriyaki-marinated beef tenderloin on a bed of mixed greens topped with cheddar cheese.

*GRILLED SALMON OR

HERB SHRIMP SALAD \$17

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

BLACKENED CHICKEN SALAD \$14

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

HAWAIIAN CHICKEN SALAD \$14

Marinated grilled chicken breast on a bed of mixed greens topped with cheddar cheese, and fresh grilled pineapple.

~GRILLED ROMAINE WEDGE

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

~CHICKEN \$14 *FILET \$17

~*SALMON OR SHRIMP \$17

SALAD DRESSINGS

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

Desserts

KEY LIME SQUARE \$6

Zesty Key Lime custard on a cinnamon graham cracker crust.

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 topped with ice cream.

STRAWBERRY SHORTCAKE \$7

Fresh made shortcake topped with ice cream and fresh strawberries.