

LUNCH menu

SOUPS All soups are served with French bread

- Creamy Tomato Soup** 9.75
Grandma's recipe
- Caribbean Seafood Soup** 13.50
A must try!

SALADS

- Caesar salad** 10.75
Romaine lettuce, homemade croutons, Caesar dressing and Parmesan cheese.
Add: Grilled chicken breast 7.00
Seared shrimp 9.00
Beef 14.00
- Caprese Salad** 14.50
Sliced tomato, fresh mozzarella, arugula, pesto, fresh basil, olive oil and aged balsamic glaze.
- Tuna Taky Salad** 18.75
Sesame crusted sushi grade tuna, flash seared, served on a green salad with edamame, green asparagus dressed with wasabi mayogrette and soy syrup.
- Matthew's Salad** 16.75
With grilled chicken breast, Golden delicious green apple, walnuts, mixed organic local lettuce and a light curry dressing.

WRAPS

- Served with natural potato chips**
- Smoked Salmon wrap** 13.75
Fresh Romaine lettuce with smoked salmon, Parmesan cheese and Caesar dressing rolled in a soft flour tortilla
- Chicken Caesar wrap** 11.50
Fresh Romaine lettuce with grilled chicken, Parmesan cheese and Caesar dressing rolled in a soft flour tortilla

QUESADILLAS

- Served with tortilla chips**
- Mexican Chicken Quesadilla** 13.75
Flour tortilla stuffed with chicken, onion, bell pepper and cheddar cheese, served with sour cream, guacamole and Pico de Gallo.
- The Mexican Virgin** 9.50
Vegan optional \$2 extra
Flour tortilla stuffed with onion, bell pepper and cheddar cheese, served with sour cream, guacamole and Pico de Gallo.
- Fish Taco - 2** 10.50
Fried grouper, local greens, spicy papaya mayo, tortilla chips and Pico de Gallo
- Popcorn Chicken Taco - 2** 12.50
Soft tortilla tacos, fresh greens topped with pineapple relish, pickled onions and tangy paprika crema

NOURISHING BOWLS Gluten free

■ **Base: White Rice or Fresh Local Greens**

- Ahi Tuna Poke** 17.00
Raw Tuna | wakame, avocado, pickled cucumber, mango
- Pan seared Salmon** 19.00
Edamame, avocado, pickled onion, grilled pineapple
- Beef Teriyaki** 17.00
Wakame, avocado, pickled onion, roasted sweet potato
- Roasted Tofu** 14.00
Vegan | wakame, avocado, edamame, roasted sweet potato, pumpkin seeds

■ **Extra topping \$2**

- **Select 1 Dressing:** Ginger Honey Soy
Garlic Cilantro Cream
Thai Peanut (Vegan)
Spicy Mayo



SPECIALTY SANDWICHES

Gluten free bread available - add \$2

- Matthew's Sandwich** 12.75
Sautéed chunks of chicken with bacon and pineapple, served on French bread with paprika mayo dressing
- Ship's Mate** 14.95
Lightly breaded fillet of grouper carefully fried and served on Italian garlic loaf bread with tartar sauce
- Spicy Chicken Cheeser Sandwich** 11.75
Chunks of chicken, onion and sambal in a creamy cheddar cheese sauce, served on a French bread
- Hamburger (USDA) 8oz** 12.95
Beef burger with lettuce, sliced tomato, onion and sliced pickles. Served with French fries.
Add: cheese 1.60 pineapple 1.60 fried onion 1.60 fried egg 1.60
 bacon 3.70 mushroom 2.25 jalapeño peppers 1.60
- Jumbo Hotdog** 10.50
Served with pickle relish, diced onions and sauerkraut on a bun. Served with French fries
- Steak & Cheese** 15.75
Chunks of black Angus beef, sautéed with onion and mushroom, melted mozzarella cheese, served in garlic French bread
- BBQ Spareribs Sliders 2pcs** 11.75
Topped with grilled pineapple, pickled onion and coleslaw
- Cubano** 12.50
Pressed garlic loaf bread with sliced honey roast pork, Swiss cheese, onion, pickles and mustard mayo

MAIN COURSES

- Ribeye** 42.25
Gluten Free | 12oz. grilled grass-fed beef, served with French fries and garlic aioli
- Gnocchi Capresa** 25.00
Italian potato dumplings in pomodoro sauce, topped with fresh mozzarella and pesto
- BBQ Chicken** 24.50
Gluten Free | boneless chicken, served with fried yuca topped with cheese sauce, coleslaw
- Pan Seared Salmon** 32.00
Gluten Free | With garlic roasted potatoes, sautéed spinach, cajun paprika mayo

PIZZA MARGHERITA

Served with fresh tomato and mozzarella cheese

Choose your toppings:

ham, pepperoni, green pepper, mushroom, onions, black olives, pineapple, chicken
\$ 1.90 per topping

14.95

