



SOUPS

All soups are served with French bread

Creamy Tomato Soup Grandma's recipe	9.75
Caribbean Seafood Soup A must try	13.50
SALADS	
Caesar Salad Romaine lettuce, homemade croutons, Caesar dressing and Parmesan cheese Add: Grilled chicken breast 7.00, seared shrimp 9.00 or beef 14.00	10.75
Caprese Salad Sliced tomato, fresh mozzarella, arugula, pesto, fresh basil, olive oil and aged balsamic glaze	14.50
Tuna Tataki Salad Sesame crusted sushi grade tuna, flash seared, served on a green salad with edamame, green asparagus, dressed with wasabi mayogrette and soy syrup	18.75
Matthew's Salad With grilled chicken breast, Golden delicious green apple, walnuts, mixed organic local lettuce and a light curry dressing	16.75
NOURISHING BOWLS Base: With rice or fresh local greens. Gluten free	
Ahi Tuna Poke	17.00
Raw tuna, wakame, avocado, pickled cucumber and mango	17.00
Pan Seared Salmon Edamame, avocado, pickled onion and grilled pineapple	19.00
Beef Teriyaki Wakame, avocado, pickled onion and roasted sweet potato	17.00
Roasted Tofu Vegan - wakame, avocado, edamame, roasted sweet potato and pumpkin seeds	14.00
Extra Toppings 2.00	
Select 1 Dressing: Ginder honey soy, garlic cilantro cream, Thai peanut (vegan) or spicy mayonnaise	
WRAPS	
Served with natural potato chips	

13.75

11.50

Smoked Salmon Wrap
Fresh Romaine lettuce with smoked salmon, Parmesan cheese and Caesar dressing rolled in a soft flour tortila

Chicken Caesar Wrap
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 Flour tortilla stuffed with chicken, onion, bell pepper, cheddar cheese, served with sour cream, guacamole and Pico de Gallo	13.75	
The Mexican Virgin Flour tortilla stuffed with onion, bell pepper, chedder cheese, served with sour cream, guacamole and Pico de Gallo Vegan optional 2.00 extra	9.50	
Fish Taco - 2 Fried grouper, local greens, spicy papaya mayonnaise, tortilla chips and Pico de Gallo	10.50	
Popcorn Chicken Taco - 2 Soft tortilla tacos, fresh greens topped with pineapple relish, pickled onions and tangy paprika cream	12.50	
SPECIALTY SANDWICHES		
Gluten free bread available - add 2.00		
Matthew's Sandwich Sautéed chunks of chicken with bacon and pineapple, served on French bread with paprika-mayonnaise	12.75	
Ship's Mate Lightly breaded fillet of grouper carefully fried and served on an Italian garlic loaf bread with tartar sauce	14.95	
Spicy Chicken Cheeser Sandwich Chunks of chicken, onion and sambal in a creamy cheddar cheese sauce, served on a French bread	11.75	
Hamburger (USDA) 8oz Beef burger with lettuce, sliced tomato, onion and sliced pickles, served with French fries Add: cheese 1.60, bacon 3.70, pineapple 1.60, mushroom 2.25, fried onion 1.60, jalapeño pepper 1.60, fried egg 1.60	12.95	
Jumbo Hotdog Served with pickle relish, thin diced onions, sauerkraut on a bun, served with French fries	10.50	
Steak & Cheese Chunks of black Angus beef, sautéed with onion and mushroom, melted mozzarella cheese, served in garlic French bread	15.75	
BBQ Spareribs Sliders 2pcs Topped with grilled pineapple, pickled onion and coleslaw	11.75	
Cubano Pressed garlic loaf bread with sliced honey roast pork, Swiss cheese, onion, pickles and mustard mayonnaise	12.50	
MAIN COURSE		
	40.05	
Ribeye Gluten Free. 12 oz. grilled grass-fed beef, served with French fries and garlic aioli	42.25	
Gnocchi Capresa Italian potato dumplings in pomodoro sauce, topped with fresh mozzarella and pesto	25.00	
BBQ Chicken Gluten Free. Boneless chicken, served with fried yuca topped with cheese sauce and coleslaw	24.50	
Pan Seared Salmon Gluten Free. With garlic roasted potatoes sautéed spinach and cajun paprika mayonnaise	32.00	
Pizza Margherita Served with fresh tomato and mozzarella cheese	14.95	
Choose your toppings: ham, pepperoni, green pepper, mushroom, onions, black olives, pineapple, chicken, 1.90 per topping		

SIDE ORDERS

Coleslaw3.75White Rice5.50French Fries6.00Sweet potato fries6.00

