LUNCH

SOUPS

All soups are served with French bread

Creamy Tomato SoupGrandma´s recipe

Caribbean Seafood Soup 14.00

A must try

SALADS

Caesar Salad 13.00

Romaine lettuce, homemade croutons, Caesar dressing and Parmesan cheese.

Chicken 4.00 | Shrimp 6.00 | Beef 6.00

Caprese Salad 15.00

Sliced tomato, fresh mozzarella, arugula, pesto, fresh basil, olive oil and aged balsamic glaze

Tuna Tataki Salad 19.00

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 17^{.50}

With grilled chicken breast, Golden delicious green apple, walnuts, mixed organic local lettuce and a light curry dressing

NOURISHING BOWLS

Base: Rice or fresh local greens | Gluten free

Ahi Tuna Poke 18.00

Raw tuna, wakame, avocado, pickled cucumber and mango

Pan Seared Salmon 20.00

Edamame, avocado, pickled onion and grilled pineapple

Beef Teriyaki 18.00

Wakame, avocado, pickled onion and roasted sweet potato

Roasted Tofu

16.00

Vegan - wakame, avocado, edamame, roasted sweet potato and pumpkin seeds

Select 1 Extra Topping: 2.00

Ginger honey soy, garlic cilantro cream, Thai peanut (vegan) or spic mayonnaise

WRAPS

Served with natural potato chips

Chicken Caesar Wrap

12.00

Fresh Romaine lettuce with grilled chicken, Parmesan cheese, croutons and Caesar dressing rolled in a soft flour tortilla

Smoked Salmon Wrap

14.50

Smoked salmon with cream cheese, capers, red onions and Romaine lettuce in a soft flour tortilla

TACOS & QUESADILLAS

Served with tortilla chips

The Mexican Chicken Quesadilla

14.50

Flour tortilla stuffed with chicken, onion, bell pepper, topped with cheddar cheese and served with sour cream, guacamole and Pico de Gallo

The Mexican Virgin

10.00

Flour tortilla stuffed with onion, bell pepper, topped with cheddar cheese and served with sour cream, guacamole and Pico de Gallo

Fish Taco - 2

11.50

Fried grouper, local greens, spicy papaya mayonnaise, tortilla chips and Pico de Gallo

Popcorn Chicken Taco - 2 13.50

ed

Soft tortilla tacos, fresh greens topped with pineapple relish, pickled onions and tangy paprika cream



LUNCH

MAIN COURSE

Ribeye 45.00

Gluten Free. 12oz. grilled grass-fed beef, served with French fries and garlic aoili

Gnocchi Capresa 27.00

Italian potato dumplings in pomodoro sauce, topped with fresh mozzarella and pesto

BBQ Chicken 26.50

Boneless chicken, served with fried yuca topped with cheese sauce and coleslaw

Pan Seared Salmon 34.00

With garlic roasted potatoes, sauteed spinach and cajun paprika mayonnaise

Pizza Margherita 16.50

Served with tomato and mozzarella cheese.

Choose your toppings: 2 per topping Ham, pepperoni, green pepper, mushroom, onions, black olives, pineapple and chicken

SIDE ORDERS

Coleslaw	4.00
White Rice	5.00
French Fries	5.00
Sweet Potato Fries	5.00

SPECIALTY SANDWICHES

Gluten free bread available - add: 2.00

Matthew´s Sandwich

13.50

Sauteed chunks of chicken with bacon and pineapple, served on French bread with paprika mayonnaise

Ship's Mate

15.50

Lightly breaded fillet of grouper carefully fried and served on an Italian garlic loaf bread with tartar sauce

Spicy Chicken

Cheeser Sandwich

12.50

Chunks of chicken, onion and sambal in a creamy cheddar cheese sauce, served on a panini bread

Jumbo Hotdog

12.00

Served with pickle relish, thin diced onions, and sauerkraut on a bun with French fries

Steak & Cheese

16.50

Chunks of black angus beef, sautéed with onions and mushrooms and melted mozzarella cheese, served in garlic French bread

BBQ Spareribs Sliders 2pcs 12.50

Topped with grilled pineapple, pickled onion and coleslaw

Cubano 13.00

Pressed garlic loaf bread with sliced honey roast pork, Swiss cheese, onion, pickles and mustard mayonnaise

Hamburger (USDA) 8oz 15

Beef burger with lettuce, sliced tomato, onion and sliced pickles, served with French fries.

Add:

cheese	2.00	fried onion	2.00
bacon	3.50	fried egg	2.00
pineapple	2.50	jalapeño	
mushroom	2.50	pepper	2.00

