

# 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 Tataky 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

Sauteed 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, sauteed spinach, cajun paprika mayo

## PIZZA MARGHERITA

14.95

Served with fresh tomato and mozzarella cheese

Choose your toppings:

ham, pepperoni, green pepper, mushroom, onions, black olives, pineapple, chicken

\$ 1.90 per topping

