

CREATE YOUR OWN...

PROTEIN...

- ☐ **Salmon** · 13.95
Marinated + grilled
- ☐ **Grilled Catch** · 13.95
Wild-caught hake, white + flaky
- ☐ **Shrimp** · 13.95
☐ Grilled ☐ Crispy +0.50
- ☐ **Cod** · 14.35
Crispy panko
- ☐ **Tuna** · 16.55
Seared rare w/sesame soy*
- ☐ **Curry Fish Cakes** · 14.75
w/ginger aioli
- ☐ **Chicken** · 12.85
Grilled
- ☐ **Tofu** · 12.45
Sautéed, w/sesame-soy sriracha

PROTEIN SIZE...

- ☐ **Original**
- ☐ **Large** +4
- ☐ **Double** +7

BUILD...

- ☐ **Greens & Grains**
Half powerbox + half veggiebox
- ☐ **Powerbox**
Brown rice, quinoa, wheat berry, fresh spinach, herbs
- ☐ **Veggiebox**
Sautéed brussels, broccoli, green beans, kale, fresh spinach, herbs
- ☐ **Salad**
3 greens, sweet potatoes, red cabbage, crispy onions, carrots, shaved parm, herbs
- ☐ **Tacos**
Two flour tortillas, slaw, herb sauce, pickled red onions, jalapeño, cilantro

SAUCE ME!

add a premium sauce +0.75

- ☐ **Sesame-soy sriracha**
- ☐ **Golden ginger lime**
- ☐ **Supergreen garlic & herb**

SHAREABLES

a lil something extra for the table

- ☐ **Green Garlic Shrimp** · \$8.50 *Tail-on and grilled*
- ☐ **Buffalo Shrimp** · \$8.50 *Panko crusted with scallion*
- ☐ **Hush Puppies** *seasonal* · \$6.50 *With old bay dip*

SIDES \$3.25

- ☐ **Classic tots**
- ☐ **Truffle-parm tots**
- ☐ **Buffalo bleu tots**
- ☐ **Classic slaw**
- ☐ **Fries** \$4.00
- ☐ **Chocolate chip cookie** \$1.85
- ☐ **Veggie blend**
- ☐ **Ancient grain blend**
- ☐ **Garlic bread** \$1.50
- ☐ **Mini chowdah** \$5.00
- ☐ **Reg chowdah** \$8.50

...OR CHOOSE A CLASSIC!

- ☐ **Blackened Fish Sandwich** · 16.75
With lettuce, pickles, sando tartar and herbs, served with seasoned fries
- ☐ **Chicken & Shrimp**
- ☐ **Fajita Bowl** *seasonal* · 16.50
Grains, bell peppers, black beans, corn, pickled onions, cilantro and avo-jalapeño ranch

- ☐ **Dinner Plate** · 22.00
Choose a large portion of protein, two sides, and garlic bread

- ☐ **Grilled Salmon Caesar** · 16.75
Kale and mixed lettuces, shaved parm, croutons, served w/garlic bread
☐ Sub blackened shrimp

- ☐ **Fish & Chips** · 16.75
Beer battered, served with fries, slaw, tartar sauce and malt vinegar

- ☐ **Lobster Roll** · 34.00
Served warm in a toasted bun, with truffle-parm tots

GOLDEN HOUR — 4-6 PM

\$15 Dinner Plate \$5 Shareables \$4-6 Booze



BEVERAGES + BOOZE

- ☐ **Iced Tea** \$2.95
- ☐ **Fountain Drink** \$2.95
- ☐ **Bottled Bev.** \$2.95
- ☐ **Pineapple Lime Gingerade** *seasonal* \$2.95
- ☐ **Wine** \$8
- ☐ **Beer** \$6-7
- ☐ **Cocktail** \$8-10

Name:

- ☐ **For Here**
- ☐ **To Go**

Spring Menu

Flip over for... you know, our full menu ;)



SEASONAL
**Pineapple
Lime
Gingerade**

SEASONAL
**Chicken & Shrimp
Fajita Bowl**

Ancient grains,
bell peppers, black beans,
corn, pickled red
onions, cilantro and
avocado-jalapeño ranch



NEW! **Tofu!**

Sautéed, on a build of
your choice, served with
sesame-soy sriracha



SEASONAL
Hush Puppies
With Old Bay Dip

