

# STARTERS

## BEER CHEESE SOUP 6

Cheddar cheese | scallions | bacon | potatoes

## GRILLED AVOCADO WEDGES 6/12 <sup>GF</sup>

Mango cucumber salsa | spicy mayo

## CRISPY CALAMARI 14

Cherry pepper brown butter | house tomato sauce | habanero tarter

## FRIED BRUSSEL SPROUTS 13 <sup>GF</sup>

Crispy prosciutto | gruyere fondue | pine nuts

## CHILLI GLAZED CHICKEN 12

Cilantro lime slaw | guacamole | aji aioli

## LOBSTER+AVOCADO COCKTAIL 25 <sup>GF</sup>

Quinoa | cucumber | mango | red onion | arugula | lime | sriracha

## SAUTEED LITTLE NECK CLAMS 19 <sup>GF</sup>

Chorizo | peppers | onions | garlic | shallot | stella | parsley | butter

## BUTTERMILK CHICKEN 12

Baby arugula | red onion | peppers | citronette | habanero aioli

# SALADS

## NEGANE CHICKEN SALAD 19 <sup>GF</sup>

Strawberries | grapes | orange segments | arugula | goat cheese | pine nuts | citronette

## MEDITERRANEAN SHRIMP SALAD 22 <sup>GF</sup>

Edamame | cucumber | tomato | olives | feta | onion | romaine | arugula | red wine vin

## HEALTH NUT SALAD 19 <sup>GF</sup>

Cucumber | edamame | quinoa | strawberries | orange segments | grapes | mango | pine nuts | walnuts | avocado | arugula | romaine | grilled chicken | citronette

## GRILLED CHICKEN & BEET SALAD 19 <sup>GF</sup>

Apples | baby arugula | candied walnuts | orange segments | goat cheese | citronette

## SKIRT STEAK SALAD 27 <sup>GF</sup>

Rst. peppers | tomato | cucumber | onion | arugula | romaine | gorgonzola | red wine vin

## FLORIBEAN SHRIMP SALAD 22 <sup>GF</sup>

peppers | onion | edamame | cucumber | mango | tomato | romaine | arugula | citronette

## LIVING LETTUCE 17

Cucumber | tomato | bacon | gorgonzola | buttermilk fried chicken | blue cheese dressing

## CAPRESE SALAD 16 <sup>GF</sup>

Heirloom tomatoes | imported buffalo mozzarella | sea salt | basil | olive oil | balsamic

## CHOPPED SALAD 20 <sup>GF</sup>

Apples | walnuts | avocado | chicken | romaine | bacon | grapes | strawberries | orange segments | gorgonzola | citronette

# TACOS

## TUNA TACOS 9/18

Spicy sesame rice | cucumber | red onion | avocado | spicy mayo | ponzu

## SKIRT STEAK TACOS 8/16

Cilantro rice | spicy cheese sauce | avocado | scallions | cheddar cheese

## BLACKENED CHICKEN TACOS 7/14

Cilantro rice | avocado | pickled carrots | picked serrano | chili sauce | scallions

## LOBSTER TACOS 10/20

quinoa | avocado | cilantro lime slaw | aji aioli

{ SUBSTITUTE ANY TACO SHELLS FOR LIVING LETTUCE WRAPS FOR \$1 <sup>GF</sup> }

# FLATBREADS

## MARGARITA FLATBREAD 14

House tomato sauce | roasted garlic | fresh mozzarella | oven dried tomatoes | basil

## BLACKENED CHICKEN FLATBREAD 15

Spicy cheese sauce | avocado | chorizo | cheddar cheese | cilantro

## WILD MUSHROOM FLATBREAD 14

Roasted garlic | mozzarella | ricotta | truffle oil | baby arugula

## CHORIZO FLATBREAD 12

tomato sauce | roasted garlic | mozzarella | gorgonzola | crushed red pepper flakes

## PESTO SHRIMP FLATBREAD 16

Arugula pesto | mozzarella cheese | oven dried tomatoes | prosciutto

## SHORT RIB FLATBREAD 15

Gruyere fondue | caramelized onions | gorgonzola | mozzarella | arugula

# ADD-ONS

Chicken 5 | shrimp 9 | skirt steak 12  
Fish 15 | lobster 19 | #1 ahi tuna 18

\*Consuming raw and undercooked meat, seafood or eggs may increase your risk for food borne illnesses. Split plate \$5 | please notify of food allergies | <sup>GF</sup> these dishes do not include gluten

20 % GRATUITY WILL BE ADDED TO PARTIES OF SIX OR MORE

Executive chef -Co owner: Dustin Parfitt | Sous Chef: John Sarmiento

Prices and menu subject to change without notice

# SANDWICHES

{ All sandwiches are served with French fries }

## CHICKEN MARSALA PANINI 16

Chicken scaloppini | gruyere cheese | wild mushrooms | rustic Italian bread | Marsala wine pan sauce

## TURKEY CLUB 16

Mayo | mustard | bacon | lettuce | tomato | avocado | sprouts  
Thick cut whole wheat bread

## BLACKENED LOCAL FISH SANDWICH 24

Lettuce | tomato | onion | avocado | brioche bun | habanero tarter

## GRUYERE CHICKEN PANINI 16

Prosciutto | gruyere | arugula | tomato | pesto | rustic Italian bread

## TUNA SALAD SANDWICH 14

Celery | lettuce | tomato | thick cut whole wheat bread

## BLACKENED CHICKEN BURRITO 14

Rice | black beans | cilantro lime slaw | cheddar cheese  
guacamole | aji aioli

## NEW ENGLAND LOBSTER ROLL 25

Celery | avocado | lemon mayo | new England style bun

## BUILT CHEESEBURGER 15

Lettuce | tomato | onion | cheddar cheese | brioche bun | ketchup  
spicy mayo | cabbage

# FLOUR & WATER

## FETTUCCINE BOLOGNESE 24

House made fettuccine | braised pork veal and beef ragu | basil  
Parmesan

## LINGUINE & CLAMS 26

Garlic | shallot | crushed red pepper | parsley | olive oil  
Parmesan

## CHICKEN PARMESAN 22

Rigatoni | house tomato sauce | mozzarella cheese | basil

## SHRIMP SCAMPI 27

Pappardelle pasta | baby heirlooms | garlic | shallot | crushed red  
pepper | asparagus | golden lemon butter

# HOUSE SPECIALTIES

## ANTIPASTO MISTO 25

Imported buffalo mozzarella | prosciutto | roasted peppers |  
heirloom tomatoes | olives | basil | maldon sea salt | olive oil |  
balsamic reduction | grilled bread

## GRILLED CHICKEN STACK 22 <sup>GF</sup>

Marinated baby heirloom tomatoes | grilled zucchini | arugula |  
balsamic reduction | lemon butter sauce

## GRILLED SKIRT STEAK 28 <sup>GF</sup>

10 oz Creakstone farms all natural beef | marinated baby heirloom  
tomato | grilled avocado | basmati rice | black beans  
chimmichurri

## GRILLED NEW YORK STRIP 36 <sup>GF</sup>

10 OZ Creakstone farms all natural beef | skinny truffle fries  
sautéed garlic spinach | béarnaise sauce

# SEA

## TODAY'S LOCAL FISH 29 <sup>GF</sup>

"island style" | basmati rice | black beans | mango and cucumber  
salsa | choose blackened or grilled

## BLACKENED LOCAL FISH TACOS 22

Basmati rice | black beans | guacamole | aji amarillo slaw  
tomatoes | cilantro | pickled carrots

## PAN ROASTED SALMON 27 <sup>GF</sup>

Spinach | asparagus | edamame | mushrooms | lemon butter  
sauce | balsamic reduction | marinated baby heirloom tomatoes

## SESAME CRUSTED TUNA STACK 34 <sup>GF</sup>

Mango cucumber salsa | local tomatoes | plantains | sriracha  
ponzu butter

# SIDES

## GARLIC SPINACH 5

## SAUTÉED BRUSSEL SPROUTS 5

## GRILLED ASPARAGUS 7

## WILD MUSHROOMS 7

## RICE AND BEANS 5

## AJI SLAW 3

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