

## LUNCH

# Menu

### APPETIZERS

**Crab Cakes** \$22

homemade crab cakes with peppers & onions, pan seared & served with a spicy aioli.

**Chicken Wings** \$15

8 piece deep fried wings with your choice of either plain, buffalo, sweet thai chili, garlic parmesan, or bbq.

**Oyster on 1/2 Shell** MRKT

served on bed of ice with lemon wedges, capers & cocktail sauce.

**Oyster Rockefeller** MRKT

topped with creamy spinach sauce & baked.

**Fried Mushrooms** \$15

battered & deep fried mushrooms served with ranch dressing.

**Seared Tuna** \$20

sesame crusted tuna, pan seared, & served with wakame, pickled ginger, wasabi aioli, & a balsamic reduction.

**Quesadilla** \$14

flour tortilla stuffed with cheddar, peppers & onions.  
Add chicken \$7, steak \$9 or shrimp \$12.

**Ceviche** \$20

fresh fish marinated in fresh citrus with peppers & herbs, served with tortilla chips.

### SALADS

**Garden Salad**

mixed greens topped with fresh vegetables.  
\$16

**Caesar Salad**

romaine lettuce tossed in homemade caesar dressing & homemade croutons.  
\$15

**Tropical Salad**

mixed greens topped with fresh fruit & toasted nuts.  
\$17

**Spinach Salad**

fresh spinach with toasted almonds & tomatoes tossed in a homemade tamarind dressing.  
\$15

ADD: chicken \$8, steak \$9, shrimp \$12, mahi \$10

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### FLATBREADS

**Cheese** \$10  
marinara, mozzarella, parmesan & basil.

**Meat Lovers** \$18  
marinara, mozzarella, pepperoni, sausage, meatball & chicken.

**Seafood** \$15  
alfredo, evoo, mozzarella, mahi & shrimp.

### GRILL

**Lamb Burger** \$26  
grilled to temperature desired, served on a brioche bun with pickled vegetable medley & house fries.

**Fred Burger** \$20  
cheddar, bacon, over easy egg, lettuce, tomato & onion, served on a brioche bun with choice of side.  
*beyond burger available*

**Mahi Sandwich** \$20  
grilled mahi, lettuce, tomato, & onion, served on a brioche bun with choice of side.

**BBQ Chicken** \$16  
bbq sauce, mozzarella & roasted chicken.

**Veggie** \$17  
marinara, mozzarella, onion, tomato, peppers & mushrooms.

**Classic Chicken** \$17  
ranch, mozzarella, roasted chicken & bacon.

**Chicken Sandwich** \$20  
grilled chicken, lettuce, tomato & onion served on a brioche bun with a choice of side.

**Lobster Roll** MRKT  
lobster tossed together with aioli, lemon juice & fresh herbs, served on a hoagie with choice of side.

**BLT** \$17  
bacon, lettuce & tomato served on either toasted wheat, white or rye bread with choice of side.

### SIDES

Side Salad, Side Caesar, Potato Salad, Pasta Salad, Fries

### MEALS

**Fried Shrimp**  
six beer battered shrimp, deep fried, served with tartar sauce & choice of side.  
\$16

**Fish**  
mahi strips, beer battered & deep fried, served with tartar sauce & choice of side.  
\$20

**Fried Chicken**  
breaded half chicken, deep fried & served with a choice of side.  
\$25

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