

LUNCH

Menu

APPETIZERS

Crab Cakes

\$22

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

Chicken Wings

\$16

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.
\$18

Caesar Salad

romaine lettuce tossed in homemade caesar dressing & homemade croutons.
\$18

Tropical Salad

mixed greens topped with fresh fruit & toasted nuts.
\$18

Spinach Salad

fresh spinach with toasted almonds & tomatoes tossed in a raspberry dressing. \$18

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

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FLATBREADS

Cheese \$12
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.
\$20

Fried Mahi
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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