



Fresh Chef Lunch Menu

Starters

DUO DIP \$9

Scoop of pimento cheese and a scoop of our fresh guacamole, topped with pico de gallo and served with corn chips.

SPINACH ARTICHOKE DIP \$5

Creamy spinach, jalapenos, tender artichokes and melted cheeses, served with corn chips.

FRESH MADE GUACAMOLE \$5

Topped with pico de gallo and served with corn chips.

*SMOKED SALMON \$10

House-smoked salmon served with toast points and a side of our fresh Herb Aioli.

CHIPS AND MANGO SALSA \$3

Mango salsa served with fresh corn chips.

Salads

Substitute a Kale or Caesar salad for an entrée salad.

HAWAIIAN CHICKEN SALAD \$13

Marinated grilled chicken breast on a bed of mixed greens and topped with cheddar cheese, red onion, mushrooms, cucumbers, tomatoes and fresh grilled pineapple.

*TERIYAKI FILET SALAD \$15

Teriyaki-marinated beef tenderloin on a bed of mixed greens and topped with cheddar cheese, red onion, mushrooms, cucumbers and cherry tomatoes.

*BLACK & BLUE FILET SALAD \$15

Beef tenderloin grilled with blackening seasoning on a bed of mixed greens and topped with blue cheese crumbles, red onion, mushrooms, cucumbers and tomatoes.

*GRILLED OR SMOKED SALMON SALAD \$16

Grilled or Smoked salmon on a bed of mixed greens and topped with feta cheese, red onion, mushrooms, cucumbers and tomatoes.

HERB SHRIMP SALAD \$16

Jumbo shrimp grilled with our herb marinade on a bed of mixed greens and topped with feta cheese, red onion, mushrooms, cucumbers, and tomatoes.

BLACKENED CHICKEN SALAD \$13

Grilled blackened chicken breast on a bed of mixed greens and topped with blue cheese crumbles, red onion, mushrooms, cucumbers and tomatoes.

BLACKENED CHICKEN CAESAR \$13

Grilled blackened chicken breast on a Caesar salad made with romaine lettuce, shredded parmesan cheese, our house-made herb croutons and fresh Caesar dressing.

SOUP AND SALAD \$8

A bed of mixed greens, cheddar cheese, red onions, mushrooms, cucumbers and tomatoes served with our soup of the day.

SALAD DRESSINGS

Caesar, Creamy Garlic, Blue Cheese, Herb Vinaigrette, Catalina, Honey Mustard.

Wraps

*SALMON WRAP \$13

Grilled salmon, mixed greens with herb vinaigrette, feta cheese, herb aioli, cucumbers and cilantro pico, served with fresh fries.

BLACKENED CHICKEN WRAP \$11

Blackened chicken breast, mixed greens, tomatoes, blue cheese crumbles, herb vinaigrette, cucumbers, sautéed peppers and onions, served with fresh fries.

*BLACK AND BLUE FILET WRAP \$13

Blackened filet tips, mixed greens, blue cheese crumbles, herb vinaigrette, diced tomatoes, sautéed peppers and onions, served with fries.

*TERIYAKI FILET WRAP \$13

Teriyaki filet tips, mixed greens, cheddar cheese, honey mustard and tomatoes, served with fries.

HAWAIIAN CHICKEN WRAP \$11

Marinated chicken breast, mixed greens, cucumbers, cheddar cheese, fresh grilled pineapple, honey mustard sauce, served with fresh fries.

HERB SHRIMP WRAP \$13

Basted Shrimp, mixed greens, cucumbers, feta cheese, herb vinaigrette, topped with our fresh Pico de gallo, served with fresh fries.

SMOKED SALMON WRAP \$13

House-smoked salmon, mixed greens with herb vinaigrette, feta cheese, herb aioli, cucumbers and pico de gallo, served with fresh fries.

Sandwiches

Served with our fresh fries.

*CHEESE BURGER \$10

Fresh Chef's 8 oz burger topped with cheddar cheese, lettuce, tomato, onions and pickles.

*MUSHROOM & PROVOLONE BURGER \$12

8 oz burger topped with burgundy mushrooms and onions, provolone cheese, lettuce, tomato and white onions.

HAWAIIAN CHICKEN SANDWICH \$12

Marinated chicken breast topped with grilled pineapple, provolone cheese, lettuce and onion.

CHICKEN SALAD SANDWICH \$10

House-made cranberry chicken salad with tomato and cheddar cheese on grilled Texas wheat toast.

Pasta

~~PASTA ALFREDO \$10

Linguine, Fresh Alfredo, topped with chives and parmesan cheese.

~~CAJUN PASTA \$10

Linguine, Cajun cream sauce, topped with sour cream, chives and diced tomatoes.

Add any of the following to our pastas

~~*BLACKENED FILET \$6

~~*GRILLED SALMON \$6

~~GRILLED HERB SHRIMP \$6

~~BLACKENED CHICKEN \$4

CHICKEN PARMESAN \$16

CHICKEN MARSALA \$16

SALMON PICCATA \$17

Lunch Entrées

*TERIYAKI FILET \$19

Grilled center-cut filet, marinated in our house-made Teriyaki and served with fresh fries.

*BLACK & BLUE FILET \$19

Premium center-cut filet, blackened, grilled and topped with bleu cheese crumbles served with fries.

HAWAIIAN CHICKEN \$10

Grilled marinated chicken breasts topped with fresh pineapple and served with cilantro rice topped with pico de gallo.

BLACKENED CHICKEN \$10

Blackened chicken breast served with cilantro rice topped with pico de gallo.

*GRILLED SALMON \$13

Fresh Atlantic salmon simply grilled and served with cilantro rice topped with pico de gallo.

GRILLED HERB SHRIMP \$13

Jumbo shrimp grilled with our herb marinade and served with cilantro rice topped with pico de gallo.

CAJUN TROUT \$14

Fresh grilled Cajun Trout served with cilantro rice topped with pico de gallo.

SHRIMP AND GRITS \$16

A combination of Nola and Charleston styles.

Sides

Grilled Asparagus \$3

Broccoli \$3

Cilantro Rice \$3

Fresh Fries \$3

Basket of Bread \$3

Vegetable of the day \$3

House Salad \$4

Caesar Salad \$4

Kale Salad \$4

Soup of the Day \$4

Burgundy Mushrooms & Onions \$4

White Cheddar Grits \$4

Desserts

LEMON BAR \$4

Pastry crust topped with a sweet lemon curd and confectioners sugar.

KEY LIME SQUARE \$4

Zesty Key Lime custard on a cinnamon graham cracker crust.

CHOCOLATE BROWNIE \$5

Rich fudge brownie stuffed with chocolate chips and chocolate chunks topped with whipped cream.

*These items are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions