



Gulf Coast Kitchen + Sports Bar

LUNCH SPECIALS

Monday – Friday 11am – 3pm

[Choice of 2 sides with each entrée]

Chef's seasonal vegetables, crispy new potatoes,
cob corn, red beans, mashed potatoes, red potatoes,
Sam's sea salt fries, white rice, Spanish rice, cole slaw

[onion rings, sweet potato fries, seasoned fries, macaroni + cheese add 1.00]

House salad counts as 2 sides

MIXED GRILL	8.95	GRILLED GULF SHRIMP [5]	8.95
Marinated chicken + shrimp with grilled bell peppers, onions + mushrooms		Grilled, blackened, or spicy bbq on a bed of jalapeño slaw	
GRILLED CHICKEN	7.95	FRESH FLOUNDER	8.95
Herb peppercorn marinated chicken breast		Grilled or blackened	

SOUPS, SALADS + SANDWICHES

SOUP 'N SALAD	7.95	½ TURKEY BLT COMBO	7.95
Garden, Wedge, or Caesar salad with choice of chicken tortilla soup, red beans + rice or seafood gumbo		Choice of Garden, Wedge, or Caesar salad, chicken tortilla soup, red beans + rice or seafood gumbo	
GRILLED CHICKEN SALAD	7.95	CHICKEN SANDWICH	7.95
Mixed greens, romaine lettuce, marinated chicken, jícama, tortilla strips, matchstick carrots, honey lime + spicy peanut vinaigrette		Grilled, crispy, or red hot with Swiss cheese, lettuce, tomato on a whole wheat bun served with Sam's sea salt fries	
CLASSIC TURKEY BLT	7.95	SPICY BBQ CHICKEN SANDWICH	7.95
Turkey, American cheese, bacon, lettuce, tomato on Texas toast served with Sam's sea salt fries		Grilled chicken, spicy bbq sauce, Swiss cheese, bacon, lettuce, tomato on whole wheat bun served with Sam's sea salt fries	
SHRIMP BASKET	8.95		
5 butterflied shrimp served with Sam's sea salt fries, cole slaw + hushpuppies			

**Warning: there is a risk associated with consuming raw animal protein. Additionally, older adults, young children, pregnant women or people who have chronic illness of the liver, stomach, blood, or have immune disorders, are at greater risk of serious illness from consuming these products and should eat them fully cooked. To learn more about foodborne illness and ways to prevent it, talk to your health care professional or your local health department.*

Visit www.foodsafety.gov

