

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 seasoned fries, white rice, Spanish rice, cole slaw

[onion rings, macaroni + cheese, dirty rice add 1.00]

House salad counts as 2 sides [wedge salad substitution 1.00]



MIXED GRILL

Marinated chicken + shrimp with grilled bell peppers, onions + mushrooms. 10.95

GRILLED CHICKEN

Herb marinated chicken breast. 9.95

FRESH FLOUNDER

Grilled, blackened, or fried. 10.95

GRILLED GULF SHRIMP [5]

Grilled, blackened, or spicy BBQ. 10.95

BASKETS, WRAPS, SANDWICHES + TACOS



SHRIMP BASKET

5 butterflied shrimp served with Sam's seasoned fries, cole slaw + hushpuppies. 10.95

FISH TACOS

Fried, grilled, or blackened served with shredded cabbage, cilantro, serrano ranch, Spanish rice, pico de gallo, corn relish + choice of refried or borracho beans, corn or flour tortillas. 10.95

CHICKEN SANDWICH

Grilled, BBQ, crispy, or red hot with Swiss cheese, lettuce, tomato on a whole wheat bun served with Sam's seasoned fries. 9.95

SOUP N' SALAD

Garden, Wedge, or Caesar Salad with choice of soup of the day, red beans + rice, or chicken + sausage gumbo. 9.95
[seafood gumbo 2.00 substitution]

BYO PROTEIN BOWL

[1] Choice of Protein

Chicken, fajita beef, shrimp, ahi tuna, eggs

[1] Choice of Starch

Brown rice, white rice, cauliflower rice

[1] Choice of Hot Vegetable

Zucchini / Squash medley, spinach, green beans, carrots / broccoli / cauliflower, mushrooms, asparagus

[3] Choice of Toppings

Pico de gallo, corn relish, grape tomatoes, olives, cucumber, shredded carrots, black beans

Premium toppings (\$1 each)

Avocado, edamame, candied pecans, teriyaki sauce, sun-dried tomato cream, balsamic glaze, dirty rice, mexican rice 10.95

SHIPWRECK CHICKEN PO'BOY

Parmesan crusted chicken, provolone cheese, marinara sauce, fresh French bread, sun-dried tomato cream dipping sauce. 10.95

SOUTHWEST WRAP

Fried, grilled, or blackened chicken, lettuce, avocado, pico de gallo, cheddar jack cheese, corn relish, tortilla strips, serrano ranch, on your choice of flour or jalapeño cheddar tortilla. 9.95
[Fajita Beef 2.00 substitution]

1/2 SHRIMP PO'BOY COMBO

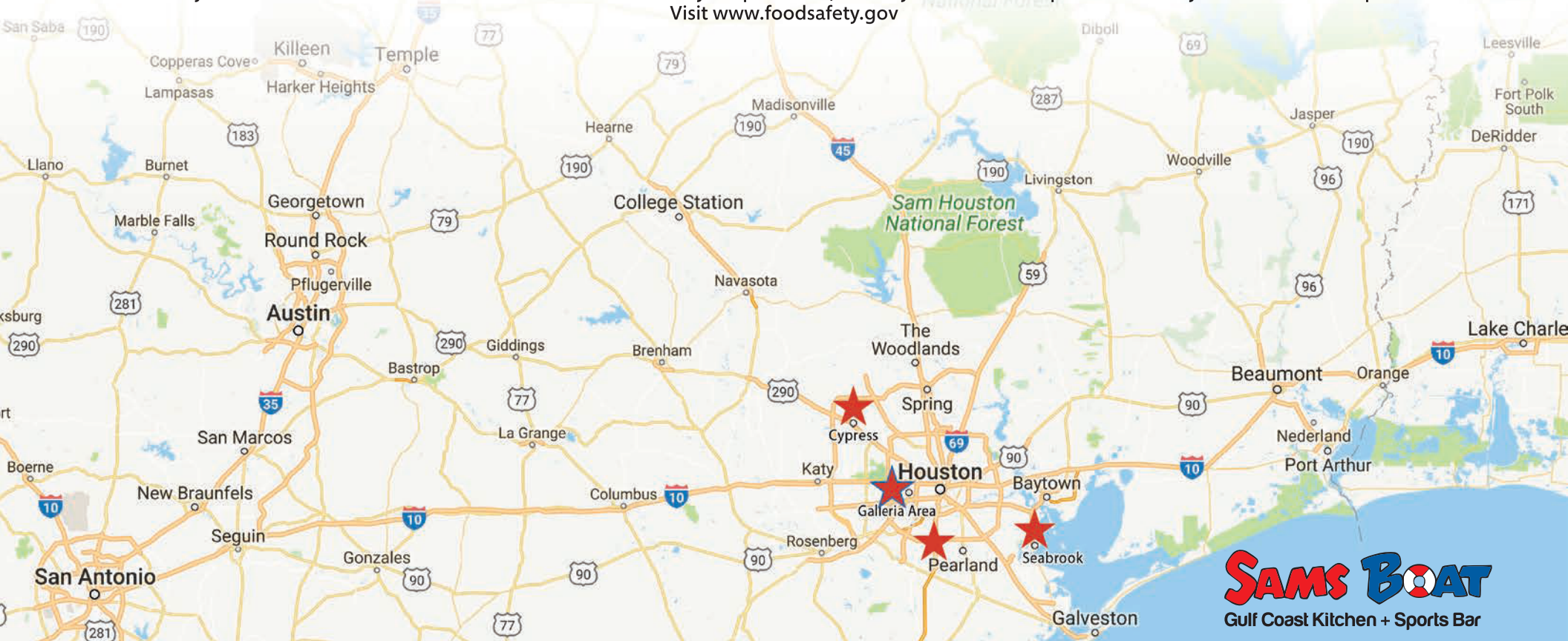
1/2 Shrimp Po'boy with choice of Garden, Wedge, Caesar Salad, soup of the day, red beans + rice chicken + sausage gumbo. 10.95
[seafood gumbo 2.00 substitution]

1/2 WRAP COMBO

Southwest chicken wrap on a flour tortilla + Garden, Wedge or Caesar salad, soup of the day, red beans + rice, or chicken + sausage gumbo. 9.95
[seafood gumbo 2.00 substitution]

*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



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