

Soups, Salads & Starters

Signature She Crab Soup \$5.50 *Chef's Soup of the Day* \$4.95 *Tempura Sesame Tuna* \$6.50
Fire Seared Shrimp Duo - jumbo shrimp flash seared with Asian sauces \$7.50
Chicken Fingers (BBQ or Honey Mustard) \$8.25 *Buffalo Wings* - 1 Dozen Hot or Mild \$7.95
Baja Chicken Quesadilla - with sour cream, salsa and guacamole \$7.95

Supreme Caesar Salad ~ Romaine hearts tossed with our delicate Caesar dressing, asiago cheese & roasted red peppers. Small \$4.50 Large \$8.50

Nuts & Fruits Salad ~ Crisp Romaine tossed with our dried fruit & nuts mixture, fresh seasonal melon & tossed with our sweet balsamic vinaigrette. Small \$4.95 Large \$8.95

Awesome Chef's Salad ~ Romaine & field greens piled high & topped with honey ham, smoked turkey, provolone, cheddar, tomato, cucumber, boiled egg & croutons. \$8.75

House Salad ~ Romaine & baby field greens served with cucumber, tomato, sprouts & choice of dressing. \$5.25

Salad Duo ~ large scoop of our homemade chicken & tuna salad served with our grilled lavash, tomato slices & pineapple gold slices. \$8.55

Summer Tomato & Fresh Mozzarella Salad ~ Ripe tomatoes, creamy mozzarella, basil & our balsamic reduction vinaigrette. \$8.95

~ *House Salad & Soup or Half Sandwich Combo* ~

House salad & choice of soup or half sandwich.

\$9.95

Homemade dressings include: Balsamic vinaigrette, ranch, gorgonzola, light raspberry vinaigrette

All Entrée salads served in a large bowl over our grilled lavash flatbread.

Add Salmon, Shrimp, Grouper, Chicken or Tuna~ \$3.50

Ask your server about which half sandwiches are available

Sandwich Board

The Waterside ~ Albacore tuna salad on multi-grain bread with sliced pineapple gold, slivered almonds & crisp romaine. \$7.95

The Charlie ~ Sashimi grade tuna steak, jerk seasoned & flash seared, on multi grain with lettuce, tomato & Texas tartar. \$9.25

Norfolk cheese steak ~ Piled high with sautéed steak, peppers & onions on our own toasted sour dough bread. \$7.50

The Vienna ~ Ham, turkey, roast beef, pepperoncini, lettuce, tomato & onion. Served hot & topped with melted provolone & mozzarella on vinaigrette brushed, toasted baguette. \$9.50

The Chrysler ~ Thick slices of smoked bacon with crisp romaine, sliced tomato & cheddar served with basil mayo. \$7.25

The MacArthur ~ Homemade chicken salad on our flaky croissant, topped with crisp romaine & tomato. \$7.95

The Scope ~ Smoked turkey breast on toasted baguette with roasted red peppers, melted buffalo mozzarella & basil mayo. \$9.50

Tangier ~ Succulent sautéed crab cakes on toasted multigrain bread, Texas tartar, lettuce & tomato. \$10.50

Super Grouper ~ Lemon pepper seared, on toasted batard with Texas tartar, lettuce & tomato. \$10.25

The Madeira ~ Honey ham & provolone cheese, hot on ciabatta with lettuce & tomato. \$7.50

Radical Wraps

The Jerk~ Sautéed chicken breast, jerk seasoned & served with garlic pineapple chutney & provolone in a tomato wrap. \$7.95

Caesar wrap~ lightly fried or grilled chicken breast, tossed with crisp romaine, Caesar dressing, asiago cheese in a spinach wrap. \$8.25

Wok'in Good Chicken~ Tender chicken breast sautéed with our mildly sweet & spicy chili peanut sauce, onions & peppers & served in a spinach wrap. \$7.95

The Vegan~ Marinated flavorful portabella mushrooms sautéed with onion & pepper mixture, smoked havarti cheese in an herb wrap. \$8.50

The Baja~ Sautéed spicy chicken in our tomato wrap with onions & peppers, sweet corn, black beans & avocado cream. \$8.75

All sandwiches & wraps come with your choice of batter fries, three potato salad, fresh fruit cup or dirty chips & a pickle. All sandwiches come with Seasons Bistro Sauce.

Fish & Pasta

Plentiful Pasta Primavera~ Garlic sautéed chicken & chef's fresh summer vegetables sautéed crisp in olive oil & tossed with penne pasta & our creamy alfredo sauce. \$11.95

Cajun Seared Atlantic Salmon~ Crispy outside, moist on the inside & topped with delicious tequila lime sauce served with fresh seasonal vegetable & sweet Yukon gold mashed potatoes. \$12.95

Molasses Grilled Ahi Medallions~ Sashimi grade tuna, lightly pecan wood smoked, caramelized golden on the outside & medium rare on the inside. Topped with purple onion marmalade & served with fresh seasonal vegetable & Yukon gold mashed potatoes \$12.95

Chesapeake Bay Crabcakes~ No filler. . . .no kidding! Seared golden atop our own lemon confit burre blanc, served with fresh seasonal vegetable & Yukon gold mashed potatoes. \$15.25

Shrimp Diablo~ Tender jumbo shrimp, garlic sautéed & tossed with our spicy diablo sauce, smoked jalapeños & linguini. \$14.95

Griddle Seared Grouper Filet~ Topped with intense basil citrus glaze, sweet Yukon mashed & vegetable du jour. \$14.95

Steaks & Such

Cabernet Marinated Flat Iron Steak~ Perfect flavor blend & grilled to perfection. Topped with sautéed wild mushrooms & served with fresh seasonal vegetable & Yukon golds. \$17.95

Hickory Smoked Top Sirloin~ Wild Mushroom Demi, intense flavor, tender & delicious! \$16.95

Center Cut Pork Loin~ Grilled moist & tender. Topped with garlic, pineapple chutney. Served with sweet Yukons & vegetable du jour. \$15.95

~ Chef Frank's Special ~ Kona Rubbed Filet Mignon ~

That's right, an 8 oz. filet mignon rubbed with Hawaiian coffee & spices. . . .seriously great flavor!

Served with sweet Yukons & vegetable du jour. \$21.95

All of our entrée plates come with petit heirloom tomato & roasted garlic garnish.
Don't like Yukon golds? Feel free to sub fries, potato or fruit salad, dirty chips or double vegetable.

All of our menu items are prepared "to order". The menu items from "fish & pasta" & "steaks & such" have a slightly longer cooking time. Your patience when ordering these items is appreciated.