

SOUPS


Lobster and Roasted Corn Chowder

Cup 5.50 Bowl 7.75

Creative Concoction Of The Day

Cup 4.25 Bowl 5.75

Sweet Potato Coconut Curry Soup



 Cup 4.25 Bowl 5.75

SALADS


Smoked Turkey Cobb

Crispy romaine, smoked turkey, sweet corn and bacon with house made ranch dressing topped with avocado tomato fresco 8.99

Spinach Salad

  Baby spinach, Bermuda onions, dried cranberries, goat cheese dressed with chipotle honey vinaigrette and candied pecans 8.99

Blue Mermaid Salad

 Mixed greens, banana, mango, onions and peppers with lemon pepper vinaigrette 7.99

Add your favorite protein to any salad

Chicken 4 Salmon 6 Shrimp 7 Scallops 8

SANDWICHES

Served with our house made sweet potato chips

Jamaican Jerk Chicken



Sautéed chicken breast in our hot and sweet jerk sauce with sunsplash salsa and baby greens 8.99

Chipotle BBQ Pork Burrito

House smoked pork with a chipotle bbq sauce, avocado, diced tomato, diced onion, seasoned rice, baby greens and jack cheese grilled in a flour tortilla 9.99

Pesto Portobello Sandwich



Grilled portobello with jalapeno pesto, roasted red pepper, baby spinach and goat cheese on wheat foccacia 8.99

Salmon Club

Grilled salmon with avocado, bacon, lettuce, tomato and sage mayo on toasted herb foccacia 9.99

Sesame Encrusted Pan Seared Mahi Mahi Wrap

With ginger soy, wasabi cream and mango napa cabbage 10.99

Plantain Encrusted Seared Cod

With baby greens, roasted poblano mayo and sunsplash salsa on herb foccacia 9.99

Grilled Tomato & Goat Cheese



With baby spinach and jalapeno pesto on texas toast served with toasted couscous, fresh herbs and roasted tomato salad 8.99

Panko Parmesan Fried Chicken

Served with baby greens, tomato and sriracha aioli on toasted ciabatta 9.99

Toasted Chicken & Swiss Melt

House roasted chicken with mango hot sauce on a toasted ciabatta 8.99

Smoked Turkey & Hot Pickled Pepper Relish Roll-up

With crispy romaine lettuce, tomato and roasted poblano aioli 8.99

Mermaid Ham & Cheese

Jerked ham, caramelized onion and aged cheddar on toasted texas toast 8.99

CUP & A HALF
Choose any sandwich
& cup of soup 9.99

Available 11:30-5:00 only

QUESADILLAS

Served with our fire roasted salsa and sour cream

Lobster Quesadilla

With roasted corn and fresh basil 12.99

House Roasted Chicken Quesadilla

With chipotle honey glaze, roasted corn red pepper salsa and jack cheese 8.99



Sweet Potato Quesadilla

Sweet potatoes, chick peas, onion, cilantro and jack cheese 8.99

■ Take home a pint of our award-winning Fire Roasted Salsa.

SPECIALTIES



Orange Ginger Spring Rolls

Filled with napa cabbage, sprouts, carrots and ginger, fried and served with an Island peanut sauce 8.99

g Steamed PEI Mussels

Ask your server for our daily special 8.99



g New World Paella

Chicken, shrimp, sausage and mussels sautéed with curried rice 12.99

Vegetarian option available 9.99



Pork and Mango Tango

Chipotle BBQ shredded pork, jack cheese, roasted corn red pepper salsa and cilantro deep fried in a wheat wrap with a mango hot sauce 9.99

Saddle Bags

Crispy wontons filled with chicken, jack cheese, herbs and spices, served with ginger-soy dipping sauce 9.99

Cilantro Basil Cod Cakes

With a chipotle honey aioli 10.99

Crispy Calamari

Served with a roasted poblano dipping sauce 9.99

Grilled Scallops on Crispy Wontons

With a roasted corn red pepper salsa and avocado vinaigrette 11.99

g Santa Fe Dusted Seared Salmon

Served over toasted couscous with fresh herbs, roasted tomato and baby greens topped with sunsplash salsa 11.99

WOOD-GRILLED SEAFOOD

Simple, yet deliciously prepared with the choice of sauce and two sides

Salmon 9.99

Shrimp 10.99

Sea Scallops 11.99

Sauce Selection ■ Grilled Mango Vinaigrette ■ Wasabi Vinaigrette ■ Chipotle Honey Glaze ■ Sunsplash Salsa

WOOD-GRILLED BURGERS AND FRIES



Rasta Burger

Grilled black bean and rice cakes, lettuce, tomato and tomato ancho mayo on a toasted burger bun 8.99

Bacon Burger

With swiss, jack or gouda 9.99



Jerk Burger

With jerk seasoning and jack cheese 9.99

Hamburger

Just the beef, bun, lettuce, tomato and onion 8.99

Cheese Burger

With swiss, jack or gouda 9.99

TORTILLA PIZZA

Smoked tomatoes, spinach, caramelized onions and jack cheese, oven baked in layers of flour tortillas



Veggies Only

8.99

Roasted Chicken

9.99

Chipotle BBQ Pork

10.99

SIDES

Small Green Salad 3.99

Sweet Corn Fritters

With coconut cream sauce 5.99

Grilled Banana 2.99

Sautéed Green Beans 2.99

Sweet Potato Hash 3.99

Sweet Potato Fries

With papaya catsup 5.99

Curried Rice 2.99



■ VEGETARIAN

g ■ GLUTEN FREE



■ SPICY HOT