



## Gluten-Free Menu

*served all day*

### Appetizers

<b>Oysters on the Half</b>	PTM	<b>Jumbo Lump Crab</b>	21
<b>Little Necks 6</b>	12	<b>Halibut Ceviche</b>	15
<b>Jumbo Shrimp Cocktail</b>	3.50	<i>coconut mango broth, avocado, rocoto pepper, red onion, cilantro</i>	
<b>Lobster Tarragon</b>	17	<b>Sea Scallop Ceviche</b>	14
<i>fresh tarragon, avocado salsa</i>			

### Salads

<b>Garden Salad</b>	7	<b>Wedge Salad</b>	11
<i>artisan greens, carrots, cucumbers, tomatoes, lemon vinaigrette</i>		<i>aji amarillo blue cheese dressing</i>	
<b>Roasted Vegetable Salad</b>	14	<b>Rocket Salad</b>	10
<i>seasonal vegetables, roasted shallot vinaigrette, feta cheese</i>		<i>arugula, red grapes, jicama, avocado, goat cheese, toasted pecans, agave white balsamic vinaigrette</i>	

### Entrées

<b>Dayboat Cod Loin</b>	26	<b>Lojas Chicken</b>	23
<i>lemon butter pan sauce, wilted spinach shallots, radicchio, cannellini beans, whipped potatoes</i>		<i>pineapple tomatillo sauce, pineapple relish, azteca rice</i>	
<b>Faroe Island Salmon</b>	27	<b>Pork Tenderloin</b>	24
<i>black rice corn tamale, Seacoast shiitake mushrooms, snow peas, carrots</i>		<i>rustic rub, pineapple bbq sauce, pineapple relish, whipped potatoes</i>	
<b>Jumbo Shrimp Scampi Risotto</b>	25	<b>Filet Mignon 5oz / 8oz</b>	27 / 42
<i>roasted seasonal squash</i>		<i>pan roasted, Seacoast wild mushrooms, fresh corn, shallots, poblano pepperjack twice baked potato</i>	
<b>Pan Seared Swordfish</b>	28	<b>Bouillabaisse</b>	30
<i>mango salsa, julienne vegetables, coconut ginger rice</i>		<i>mussels, shrimp, calamari, salmon, swordfish, tuna, savory tomato stew</i>	

*Thoroughly cooking meats, poultry, seafood, shellfish and eggs reduces the risk of food borne illness.*



## Vegan Menu

*served all day*

<b>Garden Salad</b> <i>artisan greens, cucumbers, tomatoes, carrots, lemon vinaigrette</i>	7	<b>Roasted Vegetable Polenta</b> <i>roasted wild mushrooms, shallots, fennel, cherry tomatoes, asparagus, butternut squash, baby arugula</i>	14
<b>Roasted Vegetable Salad</b> <i>asparagus, yellow squash, eggplant, portabella mushroom, red pepper, spanish onions, mixed greens, roasted shallot vinaigrette*</i>	14	<b>Vegetable Tacos</b> <i>flour tortillas, eggplant, zucchini, yellow squash, red peppers, spanish onion, black beans, corn, avocado</i>	12
<b>Rocket Salad</b> <i>arugula, red grapes, jicama, avocado, toasted pecans, agave white balsamic vinaigrette</i>	10	<b>Vegetable Pasta</b> <i>butternut squash, tri-colored peppers, baby spinach, garganelle, herb-infused olive oil</i>	20
<b>Chopped Kale &amp; Bulgur Wheat Salad</b> <i>chickpeas, red peppers, cucumbers, green beans, carrots, red onion</i>	12	<b>Sautéed Vegetables over Coconut Rice</b> <i>broccoli, asparagus, red pepper, artichokes, sun-dried tomatoes, spanish onion</i>	15

## Sides

<b>Oven Roasted Asparagus</b>	9	<b>Black Bean &amp; Corn Salsa</b>	6
<b>White Bean Cumin Salad</b>	5	<b>Citrus Slaw*</b>	5

\* includes honey