LUNCH

SOUPS

All soups are served with French bread

10.00 **Creamy Tomato Soup**

Grandma's recipe

14.00 **Caribbean Seafood Soup**

A must try

SALADS

14.00 Caesar Salad

Romaine lettuce, homemade croutons, Caesar dressing and Parmesan cheese.

Chicken 4.00 | Shrimp 6.00 | Beef 6.00

Caprese Salad

Sliced tomato, fresh mozzarella, arugula, pesto, fresh basil, olive oil and aged balsamic glaze

Tuna Tataki Salad

Sesame crusted sushi grade tuna, flash seared, served on a green salad with edamame, green asparagus, dressed with wasabi mayogrette and soy syrup

Matthew's Salad

With grilled chicken breast, Golden delicious green apple, walnuts, mixed organic local lettuce and a light curry dressing

NOURISHING BOWLS

Base: Rice or fresh local greens Gluten free

Ahi Tuna Poke

Raw tuna, wakame, avocado, pickled cucumber and mango

21.00 Pan Seared Salmon

Edamame, avocado, pickled onion and grilled pineapple

19.00 **Beef Teriyaki**

Wakame, avocado, pickled onion and roasted sweet potato

Roasted Tofu

Vegan - wakame, avocado, edamame, roasted sweet potato and pumpkin

Select 1 Extra Topping: 2.00

Ginger honey soy, garlic cilantro cream, Thai peanut (vegan) or spic mayonnaise

WRAPS

Served with natural potato chips

Chicken Caesar Wrap

Fresh Romaine lettuce with grilled chicken, Parmesan cheese, croutons and Caesar dressing rolled in a soft flour tortilla

Smoked Salmon Wrap

Smoked salmon with cream cheese, capers, red onions and Romaine lettuce in a soft flour tortilla

TACOS & QUESADILLAS
Served with tortilla chips

The Mexican Chicken Quesadilla

13.50

15.50

Flour tortilla stuffed with chicken, onion, bell pepper, topped with cheddar cheese and served with sour cream, guacamole and Pico de Gallo

11.00 The Mexican Virgin

Flour tortilla stuffed with onion, bell pepper, topped with cheddar cheese and served with sour cream, quacamole and Pico de Gallo

Fish Taco - 2 12.00

Fried grouper, local greens, spicy papaya mayonnaise, tortilla chips and Pico de Gallo

14.00 Popcorn Chicken Taco - 2

Soft tortilla tacos, fresh greens topped with pineapple relish, pickled onions and tangy paprika cream



LUNCH

MAIN COURSE

Ribeye 49.00

12oz. grilled grass-fed beef, served with French fries and garlic aoili

Gnocchi Capresa 29.00

Italian potato dumplings in pomodoro sauce, topped with fresh mozzarella and pesto

BBQ Chicken 28.00

Boneless chicken, served with fried yuca topped with cheese sauce and coleslaw

Pan Seared Salmon 36.00

With garlic roasted potatoes, sauteed spinach and cajun paprika mayonnaise

Pizza Margherita 17.00

Served with tomato and mozzarella cheese.

Choose your toppings: 2 per topping Ham, pepperoni, green pepper, mushroom, onions, black olives, pineapple and chicken

SIDE ORDERS

Coleslaw	4.00
White Rice	6.00
French Fries	6.00
Sweet Potato Fries	6.00

SPECIALTY SANDWICHES

Gluten free bread available - add: 2.00

Matthew's Sandwich

14.00

Sauteed chunks of chicken with bacon and pineapple, served on French bread with paprika mayonnaise

Ship's Mate

16.00

Lightly breaded fillet of grouper carefully fried and served on an Italian garlic loaf bread with tartar sauce

Cheesy Spicy Chicken Sandwich

13.00

Chunks of chicken, onion and sambal in a creamy cheddar cheese sauce served on French bread

Jumbo Hotdog

12.00

Served with pickle relish, thin diced onions, and sauerkraut on a bun with French fries

Steak & Cheese

17.00

Chunks of black angus beef, sautéed with onions and mushrooms and melted mozzarella cheese, served in garlic French bread

Spicy Shrimp Sandwich

16.00

Garlic loaf bread with shrimp in a spicy sauce, with mushrooms and parmesan cheese

Cubano

14.00

Pressed garlic loaf bread with sliced honey roast pork, Swiss cheese, onion, pickles and mustard mayonnaise

Hamburger (USDA) 8oz

17.00

Beef burger with lettuce, sliced tomato, onion and sliced pickles, served with French fries

Add:

cheese	2.00	fried onion	2.00
bacon	3.50	fried egg	2.00
pineapple	2.50	jalapeño	
mushroom	2.50	pepper	2.00

