

# ENTREES

## **Miso Glazed Grilled Salmon 5oz 18.99 / 7oz 22.99**

Topped with fried rice noodles & green onions served with citrus rice pilaf & fresh vegetables

## **Chipotle Marinated Flank Steak 5oz 16.99 / 7oz 19.99**

Topped with frizzled onions & pico de gallo served with citrus rice pilaf & fresh vegetables

## **Pan Seared Rosemary Chicken 15.99 / 18.99**

Artichoke, mushrooms, sun dried tomatoes, garlic, white wine, fresh herbs finished with a touch of cream with citrus rice pilaf & fresh vegetables topped with Parmesan

## **Chicken Piccata 15.99 / 18.99**

Dusted with flour pan seared and finished in a lemon, caper & white wine sauce with citrus rice pilaf & fresh vegetables

## **Fish & Chips 3pc 16.99 2pc 14.99**

Alaskan true cod made with a panko crust. Served with coleslaw & battered fries

## **Taco Del Mar 13.99**

Crispy fried or grilled cod, shredded cabbage, cheddar & jack cheese, diced tomato & chipotle lime sauce; wrapped in a garlic herb tortilla. Served with battered fries

# ENTREE SALADS

## **Grilled Chicken Spinach Salad Full 17.99/13.49**

Sautéed red peppers, red onions, & mushrooms over fresh spinach tossed with our house poppy seed dressing, bleu cheese crumbles, & candied walnuts

## **Shrimp Louis Full 17.99/13.49**

Bay shrimp, hardboiled egg, tomatoes, olives served over shredded lettuce

## **Baja Crunch Bowl 11.99**

Fresh shredded lettuce topped with pepper jack & cheddar cheese black bean salsa in a crisp tortilla bowl with chipotle ranch dressing

Add pulled pork, seasoned taco meat ground chicken or beef 3.99

Add 5oz marinated flank steak 5.99

## **Traditional Cobb Salad 17.99/13.49**

Fresh greens topped with pulled chicken, bacon bits, tomatoes, avocado, olives, hardboiled egg & bleu cheese crumbles

## **Chef Salad 16.99/12.49**

Spring mix greens topped with ham, turkey, tomatoes, olives & a hardboiled egg

## **Classic Caesar Salad 10.99/7.49**

Crisp romaine tossed in our classic caesar dressing, parmesan & croutons

Add 5oz grilled or blacken salmon 6.99

Add 5oz marinated flank steak 5.99

Add 4oz bay shrimp or grilled chicken 3.99