

theappetizers

New England Clam Chowder	Cup \$3.49 / Bowl \$4.49
Soup of the Day	Cup \$3.49 / Bowl \$4.49
Hummus, Cucumber-Dill & Spicy Feta Dips 	\$5.95
our three dip combo, perfect for sharing	
Grilled Zucchini 	\$3.49
grilled and seasoned zucchini	
Crab Cakes	\$5.95
served with zesty creamy dipping sauce and lemon wedges	
Crispy Calamari	\$6.49
flash fried to a golden flavor served with marinara sauce	
Crispy Shrimp	\$6.95
lightly battered and cooked to perfection	
Appetizer Combo	\$12.95
crab cake, shrimp, calamari, vegetables, dips and pita	

entreesalads

All salads served with pita bread

Garden Salad

mixed field greens, roma tomatoes, cucumbers, carrots, croutons, and housemade vinaigrette

Mediterranean Salad

romaine lettuce, roma tomatoes, cucumbers, red onions, pepperoncinis, feta cheese, and housemade vinaigrette

Oriental Salad

romaine lettuce, crispy oriental noodles, carrots, red cabbage, mandarin oranges, and oriental dressing

Caesar Salad

romaine lettuce, parmesan cheese, croutons, and caesar dressing

Earth Salad

mixed field greens, alfalfa sprouts, garbanzo beans, roma tomatoes, cucumbers, carrots, mandarin oranges, sunflower seeds, raisins, and raspberry vinaigrette

saladtoppings

Mahi Mahi	\$9.95
Basa (White Fish)	\$8.49
Wahoo (Ono)	\$8.95
Salmon	\$11.95
Grilled Ahi Tuna	\$9.95
Seared Ahi Tuna	\$9.95
Tilapia	\$8.95
Catfish	\$9.49
Trout	\$11.95
Halibut	\$16.49
Crab Cakes	\$8.95
Calamari	\$8.95
Tuna Salad	\$7.95
Grilled Chicken	\$8.95
Grilled Shrimp	\$9.95
Steak (Filet Mignon)	\$9.95
Salad Only 	\$6.95

ricebowls

Include rice, lettuce, cabbage, zesty creamy sauce, fresh salsa & shredded cheese

Mahi Mahi	\$8.49	Grilled Chicken	\$7.49
Salmon	\$10.49	Steak (Filet Mignon)	\$8.49
Wahoo (Ono)	\$7.49	Crispy Calamari	\$7.95
Ahi Tuna	\$8.49	Crispy Fish	\$7.49
Shrimp (grilled or crispy)	\$9.49	Grilled Veggie 	\$6.95

fishplates

Served with pita bread + 2 sides

Seasoning Choices

- Garlic Butter
- Cajun
- Lemon-Oregano
- Miso-Glaze

Mahi Mahi Plate	\$9.95
Basa (White Fish) Plate	\$8.49
Wahoo (Ono) Plate	\$8.95
Salmon Plate	\$11.95
Grilled Ahi Tuna Plate	\$9.95
Seared Ahi Tuna Plate (rare)	\$9.95
Tilapia Plate (grilled or crispy)	\$8.95
Catfish Plate (grilled or crispy)	\$9.49
Trout Plate	\$11.95
Halibut Plate	\$16.49

skewerplates

Served with pita bread + 2 sides

Chicken Skewers	\$8.95
Shrimp Skewers	\$10.95
Steak Skewers (Teriyaki Filet Mignon)	\$9.95
Triple Skewers (one of each)	\$12.95





crispyplates

Served with 2 sides

Fish & Chips (fries + one side)	\$8.95
Crab Cake Plate	\$8.95
Crispy Shrimp Plate	\$10.95
Super Crispy Plate (calamari, shrimp and fish)	\$12.95



gourmetpastas

Served with warm pita bread and sprinkled with parmesan cheese

Pasta Marinara		Garlic Cream Pasta	
Pasta Only 	\$6.95	Pasta Only 	\$6.95
with Chicken	\$8.95	with Chicken	\$8.95
with Shrimp	\$10.95	with Shrimp	\$10.95
with Veggies 	\$8.49	with Veggies 	\$8.49

kid'smeals

Includes fountain drink. For kids 12 and under please.

Fish & Chips	\$4.95	Popcorn Shrimp & Fries	\$5.49
Pasta w/butter & parm. 	\$3.95	Grilled Chicken w/fries & pita	\$4.95
Grilled Cheese w/fries 	\$3.95	Grilled Mahi w/fries & pita	\$5.49

 = Vegetarian

thesides

select 2 sides with any plate

Garden Salad

French Fries

Rice Pilaf

Cole Slaw

Grilled Vegetables

Hummus

Brown Rice

Fresh Fruit Salad



thesandwiches

Served with tomatoes, lettuce, and cheese on a fresh wheat bun (or pita upon request)

Mahi Mahi w/ tartar sauce	\$7.49
Crispy Fish (Ono) w/ tartar sauce	\$6.49
Salmon w/ tartar sauce	\$8.95
Wahoo (Ono) w/ tartar sauce	\$6.49
Ahi Tuna w/ tartar sauce	\$7.49
Tuna Salad	\$5.95
Chicken Breast w/ mayo	\$6.49
Crab Cake w/ zesty creamy sauce	\$6.49

thewraps

With rice, lettuce, tomatoes and house dressing
Wheat wraps upon request

Mahi Mahi Wrap	\$7.49
Crispy Fish (Ono) Wrap	\$6.95
Salmon Wrap	\$8.95
Wahoo (Ono) Wrap	\$6.49
Ahi Tuna Wrap	\$7.49
Shrimp Wrap	\$7.95
Calamari Wrap	\$6.95
Chicken Wrap	\$6.49
Steak Wrap (Filet Mignon)	\$7.95

thetacos

Choice of corn tortilla, flour tortilla, or lettuce-wrap
All Tacos served with creamy white sauce & salsa

Mahi Mahi (Grilled)	\$3.49
Crispy Wahoo	\$2.95
Salmon (Grilled)	\$3.95
Shrimp (Grilled)	\$3.95
Chicken (Grilled)	\$2.49
Steak (Filet Mignon)	\$2.95
Crispy Shrimp	\$3.49

extras&drinks

Side of Any Dip (2oz.)	\$0.95	Pita Bread	\$0.95
Grilled Veggie Side	\$2.95	Specialty Side Salad	\$3.95
Shrimp Skewer	\$3.49	Crispy Battered Fish	\$2.95
Chicken Skewer	\$2.49	Bottled Juices	\$2.45
Steak Skewer	\$2.95	Bottled Water	\$1.85
Cole Slaw	\$2.25	Soft Drinks	\$1.85
Fries or Rice	\$2.25	Beer and Wine at most locations	

delectabledesserts

Gourmet Specialty Cake	\$4.95
Fresh Fruit Salad	\$3.95
Large Freshly Baked Cookie	\$0.95

thesides

make-a-meal add 2 sides for only \$2

Garden Salad

French Fries

Rice Pilaf

Cole Slaw

Grilled Vegetables

Hummus

Pita Bread

Brown Rice

Fresh Fruit Salad

