

Coastal del Mar Lunch

AVAILABLE EVERY DAY 11 A.M. - 3 P.M.

LIGHT FARE

RHODE ISLAND CALAMARI ♦

crisp calamari, banana peppers, garlic butter sauce,
house pomodoro 16.9
traditional fried calamari with marinara available upon request

CRISPY CHICKEN BITES

dark meat chicken tossed in choice of buffalo, sweet thai
chili, garlic parmesan, bbq, pineapple chili sauce 11.9

PINEAPPLE GLAZED SHRIMP ♦

panko fried shrimp, pineapple chili glaze, scallions 16.5

CLAM CHOWDER

new england style, oyster crackers 9.5

OYSTERS ROCKEFELLER*

cream spinach, bacon, parmesan cheese,
hollandaise, breadcrumbs 18.9

SCALLOP DEL MAR SUSHI ROLL* GF

tuna, cucumber, avocado, seared scallops,
orange chili sauce, micro greens 17.5

COASTAL CRAB SUSHI ROLL* GF

lump crab meat, asparagus,
topped with seared sesame tuna,
chipotle lime aioli and basil 16.5

SALMON SUSHI ROLL* GF

salmon, tuna, cucumber, topped with avocado,
spicy mayo, green onion 16.5

AHI TUNA TARTARE* ♦

marinated ahi tuna, cucumbers, avocado, ponzu,
crisp wontons 16.5
(GF without wontons)

GREENS

RANCH, BLEU CHEESE, CAESAR, BANANA GINGER, HONEY MUSTARD, SOUTHWEST,

CHERRY VINAIGRETTE, HOUSE DRESSING

(ALL DRESSINGS GLUTEN-FREE)

HOUSE SALAD GF/V

field greens, cherry tomatoes, cucumbers,
carrots, house dressing 9.9

CAESAR SALAD

crisp romaine, shaved parmesan, croutons, anchovies,
caesar dressing 11.9

SHRIMP SALAD

field greens, toasted cashews, roasted red peppers,
banana ginger dressing, fresh bananas, banana chips 16.9

CAPRESE SALAD GF/V

fresh mozzarella, tomatoes, field greens, cracked black pepper,
basil, oil, balsamic reduction 14.5

BLEU AND BERRY SALAD ♦ GF/V

spinach, fresh berries, bleu cheese crumbles,
candied pecans, cherry vinaigrette 15.9

SOUTHWEST CHICKEN SALAD ♦ GF/V

field greens, avocado, tomato, onion, corn pico, bacon,
cheddar cheese, crispy chicken, southwest dressing 16.9

add protein: chicken breast +8 / shrimp +10 /
salmon* +12 / seared scallops* +14

COASTAL DEL MAR FAVORITES ♦

(GF) GLUTEN FREE / (V) VEGETARIAN

SANDWICHES

SERVED WITH CHOICE OF ONE SIDE

Gluten-Free bun available +1.00

TUNA SALAD SANDWICH

house made albacore tuna salad, lettuce, tomato, toasted wheat bread 12.9

TACOS* ♦

shrimp or fish, your way, flour or soft corn tortilla, coleslaw, green onion, pineapple aioli 15.5 (GF with corn tortilla)

CHEESEBURGER*

served all the way with cheddar 15.9

FRIED FISH SANDWICH ♦

crispy haddock, lettuce, tomato, tartar, brioche bun 15.9

AVOCADO CHICKEN SANDWICH

seared chicken, avocado, provolone, bacon, lettuce, tomato, onion, cilantro lime aioli 15.5

SEAFOOD ROLL

lobster, crab, shrimp blend, lettuce, tomato, brioche hoagie 16.9

CHICKEN CAESAR WRAP

blackened or grilled, flour tortilla, romaine, parmesan, caesar dressing 13.5 sub shrimp +2

SHRIMP SCAMPI FLATBREAD ♦

lemon garlic cream sauce, fresh mozzarella, tomato, shrimp, green onion 13.9

SIDES

seasoned rice
mashed potatoes
creamed spinach
seasonal vegetables

grilled asparagus
coleslaw
seasoned fries

cheddar grits
crab fried rice +1
baked potato (loaded +1)

ENTREES

SHRIMP AVOCADO BOWL ♦ GF

sautéed shrimp, corn and black bean pico, avocado, seasoned rice, green onion, cilantro lime sauce 15.9

SOUTHWEST CHICKEN BOWL GF

seared dark meat chicken, corn and black bean pico, sriracha lime sauce, crisp tortillas 15.5

LUNCH FISH & CHIPS

crispy haddock, fries, coleslaw, tartar 15.9

CHICKEN KIEV

chicken breast stuffed with garlic-herb compound butter, parmesan crusted, lemon cream, mashed potatoes, asparagus 18.9

LUMP CRAB CAKES

remoulade, rice, asparagus 27.9

CRISPY FRIED SHRIMP

6 large shrimp, seasoned fries, coleslaw, cocktail sauce 19.9

COASTAL PLATTER ♦

crispy haddock, garlic butter salmon, fried shrimp, seasoned fries, tartar, cocktail, coleslaw 29.9

SEARED SCALLOPS*

seasoned rice, seasonal vegetable, lemon beurre blanc 31.9

LEMON PARMESAN TROUT GF

baked rainbow trout, lemon parmesan butter, rice, seasonal vegetables 23.5

SIMPLE SALMON*

blackened or grilled, seasoned rice, creamed spinach, pineapple chili 22.9

