

# Coastal del Mar Lunch

AVAILABLE EVERY DAY 11AM - 3PM

## 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)

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## 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

### CAPRESE SALAD GF/V

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

### CAESAR SALAD

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

### BLEU AND BERRY SALAD ♦ GF/V

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

### SHRIMP SALAD

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

### SOUTHWEST CHICKEN SALAD

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

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### 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

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## SIDES

seasoned rice  
mashed potatoes  
creamed spinach  
seasonal vegetables

grilled asparagus  
coleslaw  
seasoned fries

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

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# ENTREES

## SHRIMP AVOCADO BOWL ✦ GF

sauteed 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

