

SATURDAY & SUNDAY 10AM-3PM

OMELETTES

SERVED WITH FRESH FRUIT OR BREAKFAST POTATOES

VEGETABLE OMELETTE (GF/V)

spinach, tomato, peppers, onions, mushrooms, cheddar cheese 12.9

BACON AND POTATO OMELETTE (GF)

crispy bacon, potatoes, cheddar cheese, green onions 11.9

COASTAL OMELETTE

lump crab, bacon, onions, peppers, cheddar cheese, avocado, capers, remoulade 16.9

EGG BENEDICT

SERVED OVER ENGLISH MUFFIN WITH FRESH FRUIT OR BREAKFAST POTATOES

CLASSIC SINGLE BENE

poached egg, canadian bacon, hollandaise, chives 11.9 add additional bene +4

SALMON ROYALE SINGLE BENE

seared salmon, poached egg, sauteed spinach, hollandaise, old bay 13.9 add additional bene +6

CRAB CAKE SINGLE BENE

seasoned crab cake, poached egg, wilted spinach, tomato, fried capers, hollandaise 15.2 add additional bene +6

ENTREES

FRENCH TOAST (V)

brown sugar, candied pecans, bananas, peanut butter drizzle 12.9

BREAKFAST BURRITO

sausage, bacon, egg, mixed cheese, corn pico, avocado, salsa verde, sour cream 13.5

SUNRISE FLATBREAD

scrambled egg, bacon, cheese, sausage gravy, green onion 13.2

SHRIMP AND GRITS (GF)

cheddar cheese grits, sauteed shrimp, sausage, peppers, spinach 17.9

LOADED WAFFLE (V)

belgian waffle loaded with fruit and nuts, whipped topping, chocolate chips 13.9

WAFFLE AND EGG

belgian waffle, bacon, scrambled eggs, maple syrup 14.9

BROKEN EGG BURGER

bacon, fried egg, maple bacon aioli, lettuce, onion, tomato 14.8

SCALLOP DEL MAR SUSHI ROLL* GF

lump crab meat, asparagus, topped with seared sesame tuna,

COASTAL CRAB SUSHI ROLL* GF

Coastal del Mar Lunch AVAILABLE EVERY DAY 11AM-3PM

_IGHT FARE

RHODE ISLAND CALAMARI &

crisp calamari, banana peppers, garlic butter sauce, house pomodoro 14.9 traditional fried calamari with marinara available upon request

SEAFOOD DUO

tuna salad, seafood salad, crostini 13.9 (GF without crostini)

PINEAPPLE GLAZED SHRIMP ♦

panko fried shrimp, pineapple chili glaze, scallions 16.5

CLAM CHOWDER

new england style, oyster crackers 8.5

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

SALMON SUSHI ROLL* GF

tuna, cucumber, avocado, seared scallops,

orange chili sauce, micro greens 16.9

chipotle lime aioli and basil 16.5

AHI TUNA TARTARE* ♦

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

CRISPY CHICKEN BITES

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

COASTAL DEL MAR FAVORITES ♦ / (GF) GLUTEN FREE / (V) VEGETARIAN

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

CALAMARI 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

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

add protein: chicken breast +9 / shrimp +10 / salmon* +12 / seared scallops* +14

SANDWICHES

SERVED WITH CHOICE OF ONE SIDE

Gluten-Free bun available +1.00

OYSTER PO BOY

fried oysters, coleslaw, tomato, brioche hoagie, remoulade 14.5

TACOS* ♦

shrimp or fish, your way, flour or soft corn tortilla, coleslaw, green onion, pineapple aioli 13.9 (GF with corn tortilla)

CRAB CAKE SANDWICH

lettuce, tomato, onion, remoulade, brioche bun 16.5

CHEESEBURGER*

served all the way with cheddar 15.9

AVOCADO CHICKEN SANDWICH

seared chicken, avocado, provolone, bacon, lettuce, tomato, onion, cilantro lime aioli 13.9

SEAFOOD ROLL

lobster, crab, shrimp blend, lettuce, tomato, brioche hoagie 14.9

FRIED FISH SANDWICH &

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

SHRIMP CAESAR WRAP

blackened, seared, or fried, flour tortilla, romaine, parmesan, caesar dressing 13.5

SHRIMP SCAMPI FLATBREAD &

lemon garlic cream sauce, fresh mozzarella, tomato, shrimp, green onion 13.5

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

sauteed shrimp, corn and black bean pico, avocado, seasoned rice, green onion, cilantro lime sauce 14.9

SOUTHWEST CHICKEN BOWL GF

seared dark meat chicken, corn and black bean pico, sriracha lime sauce, crisp tortillas 14.5

LUNCH FISH & CHIPS

crispy haddock, fries, coleslaw, tartar 14.9

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 24.9

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 24.9

SEARED SCALLOPS*

seasoned rice, seasonal vegetable, lemon beurre blanc 31.9

LEMON PARMESAN TROUTGE

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

SIMPLE SALMON*

blackened or grilled, seasoned rice, creamed spinach, pineapple chili 21.8

