

Lunch Menu

SERVED 11AM - 3PM EVERY DAY 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, 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

TUNA SANDWICH

tuna salad, lettuce, tomato, onion, toasted white bread 13.5

SHRIMP SCAMPI FLATBREAD ✦

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

FLATBREAD SUPREME V

butter braised tomato sauce, fresh mozzarella, peppers, pepperoncini, olives, tomatoes, onion 12.9

GREENS

RANCH, BLEU CHEESE, CAESAR, BANANA GINGER,
CHERRY VINAIGRETTE, HOUSE DRESSING
(ALL DRESSINGS GLUTEN-FREE)

HOUSE SALAD GF/V

field greens, heirloom 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

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

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

grilled or blackened chicken, corn and black bean pico, sriracha lime sauce, crisp tortillas 14.5

LUNCH FISH & CHIPS

crispy haddock, fries, coleslaw, tartar 14.9

SIDES

*seasoned rice
mashed potatoes
creamed spinach
seasonal vegetables
grilled asparagus*

*coleslaw
seasoned fries
crab fried rice +1
baked potato (loaded +1)*

COASTAL DEL MAR FAVORITES ✦

(GF) GLUTEN FREE / (V) VEGETARIAN

**We use nuts and nut based oils in our food. If you are allergic to nuts, or any other foods, please let your server know. Our food contains or may contain undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, oysters, or eggs may increase your risk of food-borne illness.*

