

Starters

Soup of the Day	\$3 ⁷⁵ / \$5 ⁷⁵	Crab Bisque	\$4 ⁵⁰ / \$6 ⁷⁵
*Mixed Greens & Jicama Salad			\$4 ⁵⁰
Iceberg Wedge w. Blue Cheese & Bacon			\$8 ⁹⁵
*Arugula, Apples, Walnuts, Blue Cheese & Vinaigrette			\$8 ⁵⁰
*Baby Spinach, Goat Cheese, Pecans & Orange Vinaigrette			\$8 ⁷⁵
Seared Tuna, Baby Arugula, Spicy Chili Slaw			\$10 ⁹⁵
*Endive, Walnuts & Crumbled Blue Cheese Salad			\$8 ⁵⁰
*Fried Green Tomatoes w. Peach Relish & Lime Cream			\$7 ⁹⁵
Baby Back Ribs w. Honey-Hoisin Glaze			\$9 ⁷⁵
Ginger Calamari Flash Fried	sm \$8 ⁷⁵	lg \$15 ⁷⁵	
Fried Calamari w. Marinara	sm \$7 ⁷⁵	lg \$14 ⁷⁵	
Orange-Pepper Crispy Calamari	sm \$8 ⁷⁵	lg \$15 ⁷⁵	
Buffalo Shrimp w. Blue Cheese Sauce	sm \$9 ⁵⁰	lg \$13 ²⁵	
*Fried Baby Artichokes w. Lemon-Garlic Aioli			\$7 ⁵⁰
Lump Crab Cake, Panko Crust, Pan Sautéed			\$8 ⁹⁵
*Portabellas Stuffed & Grilled			\$7 ⁷⁵
Buffalo Wings w. Blue Cheese Dressing	sm \$8 ⁷⁵	lg \$12 ⁷⁵	
Honey BBQ Wings w. Ranch Dressing	sm \$8 ⁷⁵	lg \$12 ⁷⁵	
Grilled Scallops w. Balsamic Glaze			\$9 ⁷⁵

Other Fare

Grilled Burger (9 oz) w. Hand Cut Fries	\$9 ⁹⁵
(Add Cheese, Bacon, Sautéed Onions & Mushrooms or Avocado \$.75)	
Grilled Turkey Burger w. Hand Cut Fries	\$10 ⁵⁰
topped w. roasted red pepper relish	
*Portabella & Eggplant Sandwich w. Hand Cut Fries	\$9 ⁹⁵
topped w. feta cheese & sun-dried tomato pesto	
Crab & Shrimp Mac 'n Cheese	\$15 ⁵⁰
*Portabella & Tofu Burrito	\$9 ⁹⁵
Big Chopped Salad w. Chicken & Szechwan Vinaigrette	\$13 ⁹⁵
(Substitute Salmon or Shrimp, add \$3 ⁹⁵ Tuna or Steak, add \$4 ⁹⁵)	
add a cup of soup or mixed greens & jicama salad, \$2 ⁵⁰	

Sides

Garlic Mashed...\$3	Jasmine Rice...\$2	Roasted Vegetables...\$3 ⁹⁵
Sautéed Spinach...\$3 ⁵⁰	Garlic Broccoli...\$3 ⁹⁵	Hand Cut Fries...\$3 ²⁵
Above Sides Vegetarian. Choose 3 for \$11 ⁵⁰ (Served w. Salad)		
Crab & Shrimp Mac 'n Cheese \$5 ⁹⁵		

*Indicates vegetarian item. All salads can be made vegetarian.

Dinners

all served with mixed greens & jicama salad w. honey vinaigrette
other salads are available for a small upcharge

Boneless Southern Fried Chicken <i>w. caramelized onion gravy <u>or</u> honey bbq sauce & mashed</i>	\$15 ⁹⁵
Grilled Chicken Breast, Herb Marinated <i>w. roasted vegetables</i>	\$16 ⁹⁵
Grilled Turkey Steak in Maple & Citrus <i>w. jasmine rice</i>	\$15 ⁹⁵
Wasabi Crusted Meatloaf <i>w. caramelized onion gravy & mashed</i>	\$14 ⁵⁰
Grilled Bourbon Marinated Skirt Steak (12 oz) <i>w. mashed potatoes & apple chutney</i>	\$20 ⁵⁰
Roasted Pork Loin in Sweet Asian Mustard <i>w. jasmine rice</i>	\$18 ⁵⁰
Blackened Sirloin (12 oz) w. House Steak Sauce <i>w. hand cut fries & chive oil</i>	\$22 ⁵⁰
Filet Mignon (8 oz) Blue Cheese Stuffed <i>w. mashed</i>	\$24 ⁹⁵
Three-Cheese Tortellini & Chicken <i>w. tomato-parmesan cream sauce</i>	\$15 ⁹⁵
Lump Crab Cakes Pan Sautéed <i>Panko crusted w. lime-cilantro tartar sauce & mashed</i>	\$19 ⁵⁰
Grilled Salmon w. Maple-Citrus Sauce <i>w. mashed or jasmine rice</i>	\$18 ⁹⁵
Grilled Tuna w. Sweet Chili Sauce <i>w. mashed or jasmine rice</i>	\$19 ⁵⁰
Horseradish Crusted Tilapia <i>w. sun-dried tomato aioli & grilled portabella</i>	\$19 ⁵⁰
*Roasted Vegetable Linguine <i>in marinara sauce w. parmesan cheese</i>	\$13 ⁵⁰

House-Made Desserts

Mango Key Lime Pie - "Our EatWell Signature Dessert"	\$6 ²⁵
Warm Bittersweet Chocolate Fudge Cake	\$5 ⁵⁰
Bread Pudding "Sundae" w. Caramel & Fudge Sauce	\$5 ⁵⁰
Warm Apple Crisp w. Ice Cream	\$6 ²⁵
Pumpkin Crisp w. Whipped Cream & Caramel	\$6