

ALL DAY MENU

Available 11am-2pm and 5pm-10pm

Soup and Salads

DAILY SOUP

5

HOUSE SALAD • baby leaf lettuce, grape tomatoes, cucumber red onion

5

GRILLED CAESAR SALAD •

6

SPINACH SALAD • sliced peaches, dried cranberries, crumbled gorgonzola,

8

whole grain mustard vinaigrette

MOROCCIAN CITRUS SALAD • citrus supreme's, boston bibb lettuce, spiced pearl cous
cous 10

with a citrus vinaigrette

ROASTED FRUIT SALAD • roasted nectarines and plums, micro greens, green pistachios,

10

peach vinaigrette and herb goat cheese frites

add grilled chicken, smoked salmon or portobello \$4.00, grilled shrimp or seared steak \$6.00

Starter

HUMUS TRIO • an assortment of humus with fresh grilled flatbread

8

CALAMARI FRITES • lightly fried calamari with a lemon chili aioli

9

CHILI GLAZED WINGS • spicy fresh whole chicken wings with a pineapple mint chutney

9

CHEESE PLATE • select cheeses paired with raisin walnut bread and homemade jam

10

APPLE GLAZED CURED BABYBACK RIBS • half rack of cured baby back ribs, finished with
a tart 10

apple glazed accompanied by a napa cabbage slaw

CRAB CAKE • jumbo lump crab meat, citrus supreme, arugula and a mustard sauce

14

Flatbreads

flatbreads are homemade gluten-free dough

MARGARITA FLATBREAD • grilled flatbread, EVOO, garlic fresh mozzarella, basil

9

and roma tomato

VEGAN FLATBREAD • grilled flatbread, EVOO, garlic, griddled broccolini, cauliflower,

10

roma tomato, red and yellow bell peppers, atop of baby field greens

MORNING TIDE FLATBREAD • grilled flatbread, EVOO, garlic, chopped clam, sautéed
peppers, 10

onions, topped with shredded mozzarella

CHICKEN LEMONGRASS FLATBREAD • grilled chicken breast, wilted spinach, sundried
tomato, 12

roasted peppers, goat cheese and a lemongrass beurre blanc sauce on flatbread

SMOKED SALMON FLATBREAD • julienne smoked salmon, shaved red onion, capers,

12

shaved cucumber, chive cream cheese and baby field greens on flatbread

CHEESESTEAK FLATBREAD • seared sirloin steak, sautéed mushrooms,

13

onions, red and yellow bell peppers, and Cyprus Grove aged Cheddar sauce on flatbread

RISING TIDE FLATBREAD • a medley of shrimp, lobster, calamari sautéed in white wine

15

garlic and wilted greens and shaved reggiano cheese on a freshly grilled flatbread

Sandwiches

VEGETABLE "MELT" • open faced griddle-browned broccolini, roasted peppers, portobello 10

mushrooms, wilted greens, warm goat cheese on a san francisco sour dough

TIDAL CHICKEN • grilled chicken breast, red cabbage slaw, shaved red onions, melted fontina 11

on griddled san francisco sour dough

GRILLED JACK & SHORT RIB CLUB • slow braised short ribs beef with caramelized red onions, 11

Monterey jack cheese on texas toast with a house salad dressed with house made ranch

THE BAMA BURGER • ½ lb Certified Hereford beef with a choice of caramelized onions, sautéed 11

mushroom, apple wood smoked bacon and aged cheddar cheese or loaded on a pretzel roll

STUFFED TURKEY BURGER • grilled turkey stuffed with red dragon cheese, sliced pears 11

caramelized onions on pretzel roll with shoe string fries

CAPSTONE SLIDERS • a variety of mini burgers lamb, veal, pork and turkey finished to enhance 12

the true natural flavors of each accompanied with shoe string fries

Large Plates BISTRO

FOUR CHEESE PASTA • gemelli pasta baked with 4 cheese sauce

12

add grilled chicken, smoked salmon or portobello \$4.00, grilled shrimp or seared steak \$6.00

CHICKEN PILLARD • tanglewood farms chicken breast grilled served over cauliflower mash 16

topped with arugula and roma tomato salad

CHICKEN ROLLETINI • tanglewood farms chicken breast stuffed with a sundried tomato and 22 wilted greens, feta cheese, Yukon gold mashed, green beans, and a lemongrass buerre blanc

APPLE GLAZED CURED BABYBACK RIBS • full rack of cured baby back ribs, finished with a tart 20

apple glazed accompanied by a napa cabbage slaw and shoe string fries

BRAISED SPRING LAMB SHANK • slow braised Colorado lamb shank harisa rubbed with 25

vegetable pearl cous cous in a herb broth

SEARED SIRLION • certified Hereford sirloin steak, rich shallot, pan sauce, smashed yukon 20

gold potato and turnip, griddled broccolini

SOUTHERN BISTRO TENDER • Certified Hereford Bistro Tenders, slow marinated in a chili 25

pepper glaze and grilled to perfection with roasted corn and shoe string fries

12 oz NY STRIP • certified Hereford strip steak, red wine reduction, oven roasted fingerling 27

potatoes, steamed cauliflower

ESPRESSO ENCRUSTED 16 oz RIBEYE • certified Hereford rib eye, dressed with a mushroom 33

ragu over a sweet potato mash and seasonal vegetable

Consumption of raw or uncooked meats, poultry, eggs, fish, or shellfish may increase the risk of food borne illness.

A 20% gratuity will be added to parties of 6 or more