

Create Your Own

PROTEIN CHOICE

- ☐ Salmon 14.65
○ Honey-Sriracha Salmon +.80
- ☐ Grilled Catch 14.65
Blackened fish, white + flaky
- ☐ Shrimp 14.65
○ Grilled ○ Crispy +.50
- ☐ Crispy Cod 15.35
Panko crusted
- ☐ Seared Tuna 16.95
Rare* w/sesame-soy
- ☐ Chicken 13.65
Grilled
- ☐ Tofu 12.85
Sautéed, w/sesame-soy sriracha
- ☐ Coconut Sweet. 15.95
Chili Shrimp *Seasonal!*
Crispy + glazed, with cilantro

PROTEIN SIZE

- ☐ Original
- ☐ Large 4.00
- ☐ Double 7.00

BUILD

- ☐ Greens & Grains
Half Powerbox + Half Veggiebox
- ☐ Powerbox
Brown rice, quinoa, wheat berry,
fresh spinach, herbs
- ☐ Veggiebox
Sautéed brussels, broccoli, green
beans, kale, fresh spinach, herbs
- ☐ Miso Cashew
White rice, carrots, red cabbage,
cucumber, cashews and tahini
sesame-soy
- ☐ Salad
3 greens, sweet potatoes, red
cabbage, crispy onions, carrots,
shaved parm + herbs, with
choice of dressing
- ☐ Tacos
2 flour tortillas, slaw, pickled red
onions, cilantro, jalapeño and herb
sauce, with cilantro white rice

SAUCES

- ☐ Sesame-Soy Sriracha .050
- ☐ Golden Ginger Lime . .050
- ☐ Supergreen Garlic + Herb .050

TO SHARE

- ☐ Green Garlic Shrimp 9.00
- ☐ Crispy Shrimp Snack 9.00
- ☐ Hush Puppies 7.00
- ☐ Loaded ChowderTots *Seasonal!* 9.00

SIDES & SOUP

- ☐ Classic Tots . . . 3.25 ☐ Grain Blend 3.25
- ☐ Truffle-Parm Tots 3.25 ☐ White Rice 3.25
- ☐ Buffalo Ranch Tots 3.25 ☐ Sweet Potatoes. . . 3.25
- ☐ Classic Slaw . . . 3.25 ☐ Garlic Bread 1.50
- ☐ Fries 4.25 ☐ Chowdah . . . 5.00 | 9.00
○ Mini ○ Regular
- ☐ Veggie Blend . . . 3.25 ☐ Cookie 1.85

3-6 pm
Golden Hour
Dinner Plate \$16
Shareables \$5
Booze \$4-6

or... Choose a Classic

- ☐ Blackened Fish Sandwich
With lettuce, pickles, sando tartar
and herbs, served with seasoned
fries . . . 16.75

- ☐ Salmon BLT
With grilled salmon and applewood
smoked bacon, served with seasoned
fries *Seasonal!* . . . 18.75

- ☐ Dinner Plate
Choose a large portion of protein,
two sides + garlic bread . . . 23.50

- ☐ Grilled Salmon Caesar
Kale and romaine, shaved parm,
croutons, served with garlic
bread . . . 17.75
○ Swap blackened shrimp

- ☐ Fish & Chips
Beer battered, served with
fries, slaw, tartar sauce, and
malt vinegar . . . 17.75

- ☐ Lobster Roll
Served warm in a toasted
bun, with truffle-parm tots
. . . 35.00

DRINKS

- ☐ Craft Cooler . . . 3.25 ☐ Wine 8.50
- ☐ Fountain Drink 3.25 ☐ Beer 6.50-7.50
- ☐ Bottled Beverage 3.25 ☐ Cocktail 8-10.00

REWARDS
ARE HERE!



Name: _____

☐ For Here ☐ To Go

*This item is served undercooked. Consuming raw or undercooked seafood may increase your risk of foodborne illness.