### PROTEIN CHOICE

- Salmon . . . . . . . . . . 13.95
  *Marinated + grilled*
- Grilled Catch . . . . . 13.95
  *Blackened hake, white + flaky*
- Shrimp . . . . . . . . . . . 13.95
  ○ *Grilled*  ○ *Crispy +.50*
- Crispy Cod . . . . . . . 14.35
  *Panko crusted*
- Seared Tuna . . . . . . 16.55
  *Rare* w/sesame-soy*
- Chicken . . . . . . . . . . 12.85
  *Grilled*
- Tofu . . . . . . . . . . . . . 12.45
  *Sautéed, w/sesame-soy sriracha*
- Honey-Sriracha . . . . .14.65
  Salmon *Seasonal!*

### 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, herb sauce, pickled red onions, jalapeño, cilantro, with tortilla chips + salsa*

### SAUCES

- Sesame-Soy Sriracha . 0.75
- Golden Ginger Lime . 0.75
- Supergreen Garlic + Herb 0.75

**3-6 pm**
## Golden Hour
**Dinner Plate $15**
**Shareables $5**
**Booze $4-6**

### TO SHARE

- Green Garlic Shrimp . . . . . . . . . 8.50
- Crispy Shrimp Snack . . . . . . . . 8.50
- Hush Puppies . . . . . . . . . . . . .6.50

### SIDES & SOUP

| | | | |
|---|---|---|---|
| Classic Tots . . .3.25 | | Grain Blend . . . . 3.25 | |
| Truffle-Parm Tots 3.25 | | White Rice . . . . . 3.25 | |
| Buffalo-Bleu Tots 3.25 | | Sweet Potatoes . .3.25 | |
| Classic Slaw . . . 3.25 | | Garlic Bread . . . . 1.50 | |
| Fries . . . . . . . . .4.00 | | Chowdah . . . . . 5 \| 8.50 | |
| | | ○ *Mini*  ○ *Regular* | |
| Veggie Blend . . . 3.25 | | Cookie . . . . . . . 1.85 | |

### DRINKS

| | |
|---|---|
| Craft Cooler . . 2.95 | Wine . . . . . . . . 8.00 |
| Fountain Drink 2.95 | Beer . . . . . . . . .6-7.00 |
| Bottled Beverage 2.95 | Cocktail . . . . . 8-10.00 |
| Honeycrisp Gingerade . . . 2.95 *Seasonal!* | |

- Blackened Fish Sandwich
  *With lettuce, pickles, sando tartar and herbs, served with seasoned fries . . . 16.75*
- Honey Mustard Chopped Chicken Bowl
  *With ancient grains, mixed greens, blackened sweet potatoes, roasted almonds and crumbled goat cheese . . . . 16.75*
  *Seasonal!*

- Dinner Plate
  *Choose a large portion of protein, two sides + garlic bread . . . 22.00*
- Grilled Salmon Caesar
  *Kale and mixed lettuces, shaved parm, croutons, served with garlic bread . . . 16.75*
  ○ *Sub blackened shrimp*

- Fish & Chips
  *Beer battered, served with fries, slaw, tartar sauce, and malt vinegar . . . 16.75*
- Lobster Roll
  *Served warm in a toasted bun, with truffle-parm tots . . . 34.00*

*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.*

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