

Starters, Soups and Salads

Lobster Bisque Soup

\$7

Baby Wedge Salad

Baby wedge of Iceberg lettuce, paired with baby Heirloom tomatoes, shredded carrot, cucumber, blue cheese and ranch dressing \$9

Mandarin Shrimp Salad B

Cabbage and romaine, crunchy noodles, carrots, Mandarin oranges, scallions, sunflower seeds and oriental fried shrimp with a ginger vinaigrette

\$16

Add to any salad: grilled or blackened chicken \$5 shrimp \$7 salmon \$9

Winter Spinach Salad

Organic baby spinach tossed with Granny Smith apples, toasted walnuts, cranberry, feta cheese and finished with apple cider vinaigrette

\$10

California Cobb Salad

Baby greens topped with tomato, hardboiled egg, cucumber, turkey bacon with an avocado-ranch dressing

\$10

All American Burger

Grilled half-pound burger, served on a brioche bun with lettuce, vine-ripened tomatoes and red onions, with your choice of potatoes

\$11

Add smoked bacon \$2 Add American, Swiss, cheddar, or Pepper Jack cheese \$1

Shrimp Carbonara

Whole wheat spaghetti tossed in boursin alfredo sauce, bacon lardons, finished with a green pea puree and five grilled Florida shrimp

\$16

Eggplant Parmesan

Pan sautéed with Italian seasoned bread crumbs, topped with marinara sauce and a blend of parmesan and mozzarella, served with mushroom risotto

\$14

Add a side Caesar or house salad to any item \$3



Dinner

Entrées

Sous Vide Filet Mignon

Marinated and grilled, served over a roasted wild mushroom ragout, dauphinoise potatoes and baby carrots

6 oz. \$28

Pan Seared Duck Breast

GF

Sous vide and pan seared, served with crispy skin alongside whipped potatoes, broccoli florets, finished with a raspberry gastrique

\$24

Lemon Basil Shrimp Quinoa Bowl Q GF B Lemon basil marinated grilled shrimp over quinoa, zucchini, baby heirloom tomatoes, peppers and onions \$15

Grilled Pork Chop

GF

Marinated and grilled, served over braised red cabbage alongside whipped potatoes, finished with an apple-mustard glaze

\$21

Shrimp and Scallop Scampi

GF

Two seasoned shrimp and two scallops over zucchini pasta with traditional garlic butter sauce, roasted heirloom tomatoes and shaved Parmigiano Reggiano

\$18

Herb Crusted Salmon

Pan seared and served over ratatouille, goat cheese, topped with baby arugula with an herb vinaigrette and balsamic reduction

\$21

Roasted Airline Chicken Breast GF
Topped with marinated tomatoes, fried basil,
goat cheese, paired alongside whipped
potatoes and broccoli florets

\$21

Coconut Scallops GF

Coconut cream sauce served under five pan seared scallops, topped with a cilantro-lime gremolata, rice of the day and baby carrots \$25

Additional Sides

Roasted Asparagus \$3

Roasted Balsamic Brussels Sprouts

\$3

Potatoes Au Gratin \$3

Entrées are served with warm bread and your choice of a House Salad, Caesar Salad, fresh fruit or our signature jicama coleslaw.

LifeQuest Nutritional Option GF Gluten Free Items B Brain Food Items V Vegetarian Item Consuming raw or undercooked food may increase your risk for foodborne illness.