



LUNCH MENU

Monday - Saturday 11:30 a.m. - 2:00 p.m.

BEGINNINGS

TRADITIONAL CRAB BISQUE

Italian Brandy Cream
\$7

CAESAR SALAD

Crisp Romaine Lettuce
Garlic Herb Croutons, Shaved Grano Padano
Classic Caesar Dressing
\$7

BRUSCHETTA

Roasted Garlic, Plum Tomatoes
Extra Virgin Olive Oil, Smoked Mozzarella
Piquillo Pepper & Basil Pesto
\$6

GRILLED FLAT BREAD BIANCA PIZZA

Roasted Garlic, Fresh Tomatoes, Capers
Mozzarella & Parmesan Cheeses
\$7

SALADS & SMALL PLATES

CHICKEN BREAST SALAD

Pulled Poached Chicken, Baby Lettuce Salad
Candied Walnuts, Dried Cranberries
Goat Cheese & Raspberry Vinaigrette
\$10.95

SMOKED CHICKEN PANINI

Shredded Smoked Chicken Meat, Caramelized Onions
Roasted Red Peppers, Pepper Jack Cheese
Cucumber Salad
\$10.95

GRILLED HERBED SHRIMP

Baby Green Lettuce, Diced Tomato, Cucumber Salad
Zinfandel Vinaigrette
\$11.95

PAN ROASTED SALMON

Marinated in Fresh Herbs & Roasted with Tomato Butter
served on a Non-Traditional B.L.T. Salad
Smoked Bacon, Baby Greens & Tomato Vinaigrette
\$12.95

TOMATO & MOZZARELLA FRITTO

Fried Mozzarella Cheese, Marinated Tomatoes
Aged Balsamic Reduction, Roasted Pepper Salad
\$8.25

CRAB CAKES

Pan Seared with a Roasted Red Bell Pepper Sauce
Fresh Herb Aioli
\$12.95

FRUIT MARTINI SALAD

Assortment of Seasonal Fruits & Berries
Low-Calorie Yogurt & Granola
\$7.95

CHIANTI SIRLOIN

Grilled Marinated Sirloin Basted in a Chianti Glaze
Sliced Thin & served over
Warm Olive Rustic Bread
\$11.95

PARMESAN CRUSTED GROUPER

Fresh Mixed Salad Greens, Diced Tomatoes
Asparagus Tips, Bell Pepper Salad
with Lemon Vinaigrette
Market Price

Ask about Our TradeWinds *Flavors of the Beach* Cookbook

(An 18% gratuity will be added to your check for parties of 6 or more). Shared dinners are subject to an extra plate charge.

SANDWICHES & PASTA

LOBSTER CROISSANT SANDWICH

Warm Maine Lobster Salad
Tomato, Avocado Slices
Spicy Cucumber Salad
\$15.95

ROASTED VEGETABLE PANINI

Roasted Red Peppers, Zucchini, Squash, Tomato,
Asparagus, Mushrooms and served on a Flat Bread
with Fresh Herb Aioli
\$8.95

PALM COURT BURGER

Half- Pound Hamburger served on Ciabatta Bread
Roasted Onions & Wild Mushrooms
Gorgonzola Blue Cheese
\$10.50

CLUB CROISSANT

Smoked Turkey, Ham, & Smoked Bacon
Swiss Cheese, Roma Tomatoes
Crisp Lettuce, Dijon Honey Mustard Mayo
served on a Fresh Baked Croissant
\$9.50

CHICKEN RIESLING

Sautéed Chicken Breast Rubbed with Hint of Garlic
Wild Mushrooms, sautéed Spinach &
White Wine Sauce over Linguini Pasta
\$10.95

SHRIMP AND SCALLOP PENNE

Sautéed Colossal Shrimp & Scallops
Tossed with Dried Tomatoes, Roasted Peppers, Garlic
Virgin Olive Oil and & Fresh Basil
over Penne Pasta & Grana Padana Cheese
\$12.95

CLASSIC PANINO

Italian Meats & Cheeses
Sliced Red Onions, Tomato Tapenade
Olive Oil & Vinegar
served Warm on Ciabatta Bread
\$9.50

DESSERTS

Select Confections from our Pastry Chef

BEVERAGES

We serve Starbucks® Coffee and Numi Tea.



We serve 16 captivating flavors of flowering and loose leaf teas.
Ask for our scented menu or to select from our Teasans Presentation Box.

WINES BY THE GLASS

RED		WHITE	
Monsanto, Monrosso Italy, Chianti	8	Stellina de Note Italy, Pinot Grigio	7
Capezzana Braco Reale, Italy	10	Esperto, Friuli Italy, Pinot Grigio	9
Mangiavino Sangiovese, Toscana Italy	7	Gavi di Gavi La Meirana, Italy, Broglia	9
Ripasso dellaValpolicella, Marano Italy, Righetti	9	Sauvignon Blanc, New Zealand, Long Boat	7
Moon Mountain, Sonoma County, Cabernet Sauvigon	9	Falchini Vernaccia di San Gimignano, Toscana	9
Echelon, Central Coast, Pinot Noir	7	Chalone Monterey, Chardonnay	7
Chalone Monterey, Pinot Noir	9	Beaulieu Vineyards (BV) Coastal, Riesling	7
Beaulieu Vineyards (BV), Napa	9	Trimbach, France, Pinot Blanc	9
Chateau Larose Trintaudon, Haut Medoc	12	Green Point, Australia, Chardonnay	9
Archetype, Australia, Shiraz	8	White Zinfandel, California, Beringer	5

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