

## STARTERS

### Cheesy Garlic Bread 7

Creamy garlic cheese spread

### Creamy Blue Cheese Dip 10

With housemade potato chips

### Calamari 13

Crispy peppers, onions and spicy aioli

### Sweet & Spicy Wings 10

Thai chili glaze and spicy peppers

### Grilled Artichoke 12

Lemon-basil remoulade

### Tenderloin Wellingtons 13

Brandy peppercorn sauce and béarnaise

### Tempura Prawns 13

Coconut dipping sauce

### Ahi Poke Tacos\* 12

Mango, avocado and peanut sauce

### Chicken Skewers 10

Jalapeño slaw and teriyaki glaze

### Oysters on the Half Shell\* 3 each

Housemade cocktail sauce

### Jumbo Lump Crab Cakes 14

Cayenne aioli and arugula citrus salad

### Spicy Garlic Mussels 13

Serrano chilis and grilled baguette

### Bacon-Jalapeño Mac and Cheese 8

Four cheese mac with crispy jalapeños

## SIDES

### Sauteed Garlic Mushrooms 5

### Grilled Asparagus 6

## SOUPS & SIDE SALADS

### French Onion Soup (6 Cup 8 Bowl)

### House Salad 8

### Caesar Salad 8.5

### Wedge Salad 8.5

Add Rotisserie Chicken 7 or Salmon\* 8

## LAND and OCEAN

**Fitness Special\*** Chef created special always under 450 calories **MP**

**Blackened Salmon\*** Sautéed spinach, cilantro rice, chipotle mango sauce and pineapple salsa **25**

**Twin 6oz Cold Water Lobster Tails** Broccolini, drawn butter and coconut rice **41**

**Spice Crusted Ahi Tuna\*** Sautéed spinach, garlic black rice, roasted corn salsa and avocado mango purée **25**

**Macadamia Nut Crusted *Chilean* Sea Bass\*** Coconut rice, broccolini and soy-ginger glaze **32**

**Grilled Swordfish** Jasmine rice, haricot verts, dill cream sauce and pico de gallo **27**

**Wood Fired Rotisserie Chicken** All Natural Mary's Chicken, asparagus, mashed potatoes and chicken jus **20**

**Filet Mignon Pasta** Pappardelle noodles, tomatoes, mushrooms, onions and toasted garlic bread **20**

**The LAND OCEAN\*** 6oz filet mignon, 6oz lobster tail, twice baked potato skillet and asparagus **45**

**SURF and TURF\*** 9oz Wagyu teriyaki top sirloin, 3 tempura prawns, coconut sauce and mashed potatoes **28**

**Wagyu Teriyaki Top Sirloin\*** 9oz cut, mashed potatoes, sautéed asparagus and mushrooms **24**

**Marinated Bistro Steak\*** Mashed potatoes, sautéed asparagus and spicy blue cheese butter **22**

**Filet Mignon\*** 8oz cut, twice baked potato skillet, sautéed mushrooms and asparagus **36**

**Prime New York Strip\*** 12oz cut, mashed potatoes, onion rings, sautéed mushrooms and asparagus **35**

**Prime Ribeye\*** 14oz cut, mashed potatoes, sautéed mushrooms and asparagus **39** or Cowboy Style **40**

## SALADS

**Chicken Caprese** Fresh mozzarella, Roma tomatoes, romaine, bacon, asparagus and basil vinaigrette **16**

**Island Chicken** Pineapple, toasted coconut, honey roasted peanuts and spicy sesame-honey dressing **16**

**Sesame Seared Ahi Tuna\*** Mixed greens, apples, almonds, candied ginger, mango and wasabi vinaigrette **18**

**Thai Noodle Steak\*** Bistro steak, crisp romaine, mango, avocado, carrots and spicy peanut dressing **18**

## PRIME BURGERS and SANDWICHES

**Sharp Cheddar Burger\*** Crisp lettuce, red onion, pickle and tomato **13**

**BBQ Burger\*** Crispy onion strings, bacon, sharp cheddar cheese and BBQ sauce **14**

**Mushroom Burger\*** Sweet caramelized onions and gruyere cheese **14**

**The "LAVISH" Burger** Two quarter pound prime beef patties, sharp cheddar cheese, bacon, caramelized onions, guacamole, roasted garlic and habanero aioli **15**

**Portobello Mushroom Burger** Roasted red peppers and melted feta cheese **13**

**Salmon BLT\*** Smokey bacon, crisp lettuce, tomato and garlic aioli **17**

**Rotisserie Turkey Club** Toasted sourdough, smokey bacon, lettuce, tomato and garlic aioli **14**

**The Dip\*** Slow roasted prime rib sliced thin with melted gruyere cheese **17**

**Served with a choice of hand cut fries, potato chips or side salad**

**\*Contain (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborn illness.**