

# **APPETIZERS**

#### Lobster Stuffed Portabella

portabella mushrooms stuffed w/lobster in a bachmèl sauce topped w/panko bread crumbs (sub for two jumbo portabellas)

### Spicy Suya Salmon

slowly cooked marinated salmon dredged in Nigerian suya spices (sub for prawns)

### **Baked Buffalo Shrimp**

crispy oven baked buffalo shrimp with bleu cheese crumbles and scallions

# **ENTREES**

### Louisiana Style Blackend Catfish

Seared catfish w/Louisiana cajun spices served w/ roasted garlic herb brussel spouts (sub for catch of the day)

### Zucchini Parmigana

baked sliced zucchini in a hearty marinara sauce topped w/vegan mozarella

#### Jerk Steelhead Trout

steelhead trout stewed in jerk spices and seasonal vegetables served w/ parmesan cauliflower mash

# SALADS

# Roasted Vegan Pasta Salad

artichokes, roasted garlic & red peppers, sundried tomatoes, tossed in a house balsamic dressing vegan feta cheese

#### Kale, Quinoa & Farro Salad

fresh shredded kale leaves tossed in a creamy vegan cucumber sauce w/cherry tomatoes, english cucumbers w/sautèed savory quinoa and farro grains

## Swiss Chard Chopped Salad

rainbow swiss chard greens coupled w/avocados, eggs, red cabbage and cooked mushrooms in a sesame ginger dressing

# SIDES

### Shrimp Mac & Cheese

clean & deveined creole seasoned prawns immersed in a velvety five cheese blend baked in a creme sauce

### Seafood Fried Rice

choice of prawns and jumbo lump crab **OR** prawns and catch of the day with veggie and rice medley (sub for just one protein)

#### **Seafood Patties**

seasonal langostino, lobster, and shrimp with a peppery remoulade

#### Ouiche

selection of : spicy kale shrimp quiche, vegan exclusive,
pescaratarian paradise