



Dinner Entrees

Sides: Bacon Beans & Rice, Creamed Corn, Creamy Asiago Spinach, Three Bean Salad (chilled), Whipped Potatoes, Grilled Asparagus, French Fries, Rosemary Parmesan Fries or Plantains – 2.99

FISH AND SHELLFISH

Sesame Seared Tuna - market price

Sesame crusted tuna, seared rare (cool red center) with plantains, pickled ginger, wasabi and teriyaki. Served with three bean salad and fried spinach.

Catch Manchego - market price

Pan seared catch (sea bass recommended) served on whipped potatoes in a Manchego broth with balsamic and honey marinated cherry tomatoes.

Blackened Catch - market price

Served with bacon beans & rice and fried plantains.

Seared Catch - market price

Served with creamed corn and three bean salsa.

Seafood Combo 19.99

A Parmesan crab cake, fried fish strips and fried Mayport shrimp. Served with fries, cocktail and tartar sauce for dipping.

Fresh Fried Shrimp 16.99

Deep fried fresh Mayport shrimp served with rosemary parmesan fries and creamed corn.

Crispy Scored Flounder 16.99

Whole fried scored flounder topped with an orange-shallot glaze. Served with whipped potatoes, grilled asparagus and tartar sauce.

Crab Cake Dinner 19.99

Two crab cakes, made with fresh claw and lump crabmeat, served with a green salad, grilled asparagus and smoked pepper aioli.

Vanilla Grouper 22.99

Horseradish crusted fresh grouper over whipped potatoes and fried spinach topped with a sweet vanilla rum sauce. With the grouper fishing ban in effect, we sometimes substitute grouper with snapper or triggerfish.

Honey Rosemary Glazed Salmon 18.99

Served with sautéed spinach in a port and cranberry reduction, garnished with sliced almonds.

PASTAS

Roasted Tomato Basil Pasta 11.99

Sweet roasted tomatoes, fresh garlic, basil and Parmesan. Topped with a Parmesan cracker.
Add grilled or blackened chicken 13.99, shrimp 16.99

Shrimp and Scallops Pasta 22.99

Fresh shrimp and scallops with mushrooms, peppers, asparagus and capers in white wine lemon garlic.

MEAT AND POULTRY

Chicken Marsala 14.99

Sautéed chicken in a sweet Marsala sauce with sautéed mushrooms and crispy bacon.
Served with mashed potatoes and creamed corn.

Filet Mignon 24.99

8 oz. Filet Mignon served on a slice of artisan bread topped with roasted garlic in a Madeira shallot sauce. Served with sautéed spinach and whipped potatoes.

Ribeye Steak 21.99

This is the fatty steak, which makes it so tasty! Seared to temperature served over caramelized onions, topped with Stilton garlic butter. Creamy spinach and rosemary parmesan fries are the sides with this classic cut.

SALADS

Pesto Caesar Salad 10.99

Three "towers" of romaine lettuce, rustic croutons, Parmesan cheese and grape tomatoes with our own take on a classic Caesar dressing.
Add grilled or blackened chicken 12.99 or shrimp 15.99

Stilton Salad 12.99

Fresh mixed greens, Stilton cheese, green apple slices and toasted walnuts in our house herb vinaigrette.

Caps Green Salad 11.99

Fresh greens, apple wood smoked bacon, grape tomatoes, grapes, red onion and chopped egg in our house herb vinaigrette. Served in a Parmesan bowl.
Add grilled/blackened chicken 13.99 or shrimp 16.99.

Sesame Chicken Salad 12.99

Strips of grilled sesame chicken over mixed greens with fresh orange slices, toasted almonds, red onion, grape tomatoes in a teriyaki dressing. Served in a crunchy wonton basket.