



LUNCH ENTREES

Sides: Bacon Beans & Rice, Creamed Corn, Whipped Potatoes, Three Bean Salsa, French Fries or Rosemary Parmesan Fries.

Fish and Chips \$9.99

Deep-fried (farm raised) snapper and grouper pieces with French fries and tartar sauce.

Fresh Fried Shrimp 16.99

Deep fried shrimp with rosemary Parmesan fries and creamed corn.

Seared Catch 13.99

Triggerfish, mahi or salmon served with whipped potatoes and creamed corn or over a green salad.

Blackened Catch 13.99

Triggerfish, mahi or salmon served with bacon beans & rice with plantains or over a green salad.

LUNCH SALADS

Other dressings available: honey mustard, ranch, blue cheese dressing

Pesto Caesar Salad 10.99

Three towers of romaine lettuce, rustic croutons, Parmesan cheese and grape tomatoes dressed in our own take on the classic Caesar dressing.

Add grilled or blackened chicken 12.99 or mahi, trigger, salmon or shrimp 15.99

Stilton Salad 12.99

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

Add grilled or blackened chicken 14.99 or mahi, trigger, salmon or shrimp 17.99

Caps Green Salad 11.99

Fresh greens, apple wood smoked bacon, grape tomatoes, grapes, red onion and chopped egg in our own herb vinaigrette. Served in a Parmesan basket.

Add grilled or blackened chicken 13.99 or mahi, trigger, salmon 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.

LUNCH SANDWICHES

Blackened sandwiches are served with avocado sour cream, seared sandwiches with aioli mayonnaise.

All sandwiches are served with one side of your choice

Fried Fish Sandwich 9.99

Fried (farm raised) grouper with tartar sauce, shredded lettuce, tomato and onion.

Chicken Sandwich 8.99

Grilled or blackened with lettuce, tomato and onion.

Blackened or Seared Fish – market price

5 oz. of catch (local or import) with shredded lettuce, tomato and onion.

Shrimp Sandwich 11.99

Sauteed Mayport shrimp, melted Pepper jack cheese, red onion and lots of fresh cilantro.

Crab Cake Sandwich 11.99

Fresh crab cake with smoked pepper aioli on a bun with lettuce, tomato and onion.

Hamburger 9.99

Half a pound made with 90% lean beef! Served with lettuce, tomato and onion.

Caesar Calamari Wrap 9.99

Our Caesar salad with spicy fried calamari, cherry tomatoes and crispy wontons in a tortilla.

Fish Tacos 11.99

Blackened fish, lettuce, salsa, chipotle and avocado sour cream in two soft tacos topped with cheddar.