

## SALADS

### CAESAR 🌿

Romaine | Croutons | Parmesan |  
Caesar Dressing

### TROPICS HOUSE 🌿

Carrots | Cucumbers | Bell Peppers |  
Tomato | Red Onions | Greens |  
Champagne Dressing

### SALAD ADD ONS

Grilled Chicken \$7 | Fresh Catch \$9 |  
Shrimp \$9 | Coconut Shrimp \$9 |  
Lobster \$15 | 6oz Steak Strips \$15

## FAVORITES

### INCLUDES 1 SIDE

#### JERK CHICKEN

8oz Jerk Seasoned  
Chicken Breast |

Creamy Mushroom Sauce

#### OCEAN TO PLATE

Fresh Catch |

Wild Saba Lemon Beurre Blanc

#### FARM TO TABLE RICOTTA SPINACH 🌿

Alfredo Sauce | Parmigiano-

Reggiano | Ricotta & Spinach Ravioli

## DELI N BURGER STATION

### INCLUDES 1 SIDE

#### CLUB SANDWICH

Turkey | Ham | Bacon | Cheddar |  
Lettuce | Tomatoes | Mayo |  
Sliced White Bread

#### THANKSGIVING SUB

Sliced Turkey | Bacon | Lettuce |  
Tomatoes | Cranberry Sauce | White Roll

#### VEGGIE ROLL 🌿

Romaine | Tomato | Carrots |  
Bell Peppers | Cucumber | Cheddar |  
Whole Wheat Roll

#### BLT

Bacon | Lettuce | Tomatoes |  
Choice of White or Whole Wheat Roll

#### BEEF BURGER

8oz Angus Beef Patty | Greens | Tomato |  
Onions | Pickles | Brioche Bun

#### FISH BURGER

Battered Fish | Tartar Sauce | Greens |  
Tomato | Onions | Pickles | Brioche Bun

#### IMPOSSIBLE BURGER VEGAN 🌿

Plant-Based Burger Patty |  
Curry Onion Ketchup sauce | Greens |  
Tomato | Onions | Pickles |  
Vegan Multigrain Whole Wheat Bun

#### CHICKEN BURGER

Breaded Chicken Breast | Greens |  
Tomato | | Onions | Pickles | Brioche Bun

### BURGER ADD ONS

Bacon \$3 | Cheese (Bleu, Cheddar, Gouda or Swiss) \$1 |  
Grilled Onions, Fried Egg, Jalapenos, BBQ Sauce \$1

## SIDES 5

PLANTAINS

VEGGIES

WHITE RICE

COLESLAW

GARDEN SALAD

CAESAR SALAD

SCALLOPED POTATOES

FRIES

MASHED POTATO



LUNCH INCLUDES A WINE - BEER - JUICE OR SODA

