



WEEKLY SPECIALS

September 16th - September 22nd

BREAKFAST ALL DAY

BREAKFAST PANINI 12

two free-range eggs any style,
choice of bread, choice of cheese, choice of
bacon or ham
served with fruit or house salad

BREAKFAST PLATE 12

two free range eggs any style,
choice of bacon or ham, choice of toast
served with fruit or house salad

QUICHES

VEGGIE QUICHE 8

eggplant, roasted red pepper, ricotta

MEAT QUICHE 8

sausage, onion, provolone

SMALL BITES

WHITE BEAN HUMMUS PLATE 13

house made white bean hummus,
assorted sliced veggies, grilled pita

SOUP

ROASTED TOMATO SOUP 8

fresh cracked pepper, parmesan cheese,
house croutons, basil pesto

CHICKEN TORTILLA SOUP 8.5

LUNCH

TROPIGREENS 19

local mixed greens, pineapple, grilled chicken breast, fresh mango, mandarin oranges, assorted berries,
toasted coconut, citrus vinaigrette

SMASHED AND STACKED BURGER 18

double smash patties, aged cheddar, applewood bacon, caramelized onion, shredded lettuce, tomato and
house burger sauce, piled on a handmade brioche bun
Choice of side & pickle

HIGH TIDE TACOS 18

batter fried cod, cabbage, avocado, pickled onions, cojita cheese, finished with a smoked pepper sauce and
key lime crema
Choice of Side

Consumer Advisory: *Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase
your risk of foodborne illness, especially if you have certain medical conditions.
Alert your server if you have special dietary requirements.