

**High Tide Bar & Sea Food Grill Menu**



**Appetizers (All Day)**

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- Fried Calamari \$11** - served with marinara  
**Conch Fritters \$10** - served with spicy remoulade  
**Chicken Tenders \$10** - with honey mustard or ranch  
**Onion Rings \$9** - beer battered and served with ranch  
**Chips & Salsa \$7** - with black bean corn salsa fresca  
**Chicken Wings \$10** - with bbq/hot sauces for dipping  
**Basket of Fries \$6** - double order of lightly seasoned fries  
**Quesadilla \$11** - peppers & onions; add chicken \$4, steak \$6  
**Shrimp Cocktail \$12** - six shrimp with spicy remoulade and tartar sauce

**Soups and Salads (All Day)**

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- Daily soup special \$9**  
**Iceberg Heart \$10** - with tomatoes, onions, bacon, croutons and buttermilk blue cheese  
**Baby Greens \$10** - with tomatoes, onions, ting vinagrette  
**Chicken Salad \$12** - with almonds, grapes, basil and greens  
**Conch Chowder \$9** - new england style wiht a hint of sherry  
**Classic Caesar \$8** - add chicken \$4 add Mahi, Calamari, or Steak \$6  
**Caprese Salad \$10** - fresh mozzarella, tomatoes, basil, olive oil, balsamic

**Lunch (11AM - 5PM)**

***lunches served with pasta salad, sub fries \$2 onion rings \$3***

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- Pulled Pork Sandwich \$12** - chipotle rootbeer bbq with slaw

**Mahi Sliders \$13** - grilled or blackened with mango chutney

**Chicken Sandwich \$11** - grilled or fried with spicy remoulade

**Cheeseburger \$12** - 1/2 burger with american, cheddar, provolone; add bacon \$2

**Tacos \$12** - Skirt Steak or Mahi in soft flour tortillas with napa cabbage slaw and acider poppyseed vinagrette

**Grilled Vegetable Sandwich \$11** - grilled onions, red peppers, squash, and tomatoes with herb ricotta

**Brie L-T \$12** - a twist on a classic with bacon and mango chutney

**Chicken salad wrap \$12** - housemade with greens, tomatoes, and onion

### Dinner (5PM - 9PM)

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**Caribbean Lobster Tail \$35** - over vegetable rice and fruit butter

**Surf and Turf \$39** - 6oz. filet mignon with lobster tail

**Tofo Brochettes \$21** - teriyaki marinated over vegetable rice

**Filet Mignon \$33** - two 6oz. medallions with mashed potatoes, asparagus and a tawny port demi-glaze

**Seared Ahi Tuna \$24** - over mango fried rice with soy and wasabi

**Fra Diavlo \$25** - fresh seafood in spicy marinara over spaghetti

**Fettucini Alfredo \$19** - add chicken \$4, tuna \$8, 1/2 lobster tail \$12

**Stuffed Chicken \$24** - brie, spinach and red pepper over mashed potatoes with vegetables and marsala cream

**Blackened Mahi \$23** - over vegetable rice with pineapple mango salsa

**Jerk Chicken Breast \$21** - with mashed potatoes, asparagus and mango chutney

**Teriyaki Skirt Steak \$25**- with mashed potatoes, asparagus and crispy onion strings

[....Click out our High Tide Beverage Menu](#)

[RETURN TO TOP](#)