

BIT OF THIS...BIT OF THAT...

Enjoy smaller portions from our menu!

Choice of **ANY TWO** items · 14

or **SPOIL** yourself &

Choose **ANY THREE** items · 19

SOUP

SPECIALTY SOUP

SMALL SALADS

GRILLED CAESAR

TROPICS HOUSE

TACO SALAD

HALF SANDWICHES

CBLT

BIRD & BERRY

DRUNKEN HAM

SOUP & APPETIZERS

SPECIALTY SOUP

today's preparation · market price

ARTICOKE & SPINACH DIP

Warm mixture of garden spinach, tender artichokes, melted cream & Parmesan cheese, served with pita chips · 10

GINGER CALAMARI

Pickled ginger strips & squid lightly dusted & flash fried served with a soy aioli dipping sauce · 10

OCEAN TO PLATE ~ CEVICHE

Fresh catch cooked in lemon juice, garlic, tomatoes, onions, peppers, cilantro & Clamato served with tortilla chips · 10

SALADS

GRILLED CAESAR

Grilled Romaine, house-made croutons, shaved Parmesan & Caesar dressing · 13

ADD GRILLED CHICKEN · 7

ADD FRESH CATCH OF THE DAY · 9

ADD SHRIMP · 9

ADD SAUTÉED TENDERLOIN TIPS · 11

TROPICS HOUSE SALAD

Greens topped with carrots, cucumbers, bell peppers, tomatoes & red onions topped with a

Champagne dressing · 14

ADD GRILLED CHICKEN · 7

ADD FRESH CATCH OF THE DAY · 9

ADD SHRIMP · 9

ADD SAUTÉED TENDERLOIN TIPS · 11

CHICKEN TACO SALAD

Romaine, covered with chopped fire-grilled chicken breast, Jack & Cheddar, tomatoes, diced onions, jalapeños, guacamole, salsa & sour cream served in a taco bowl · 20

THAI QUINOA SALAD

Tri color quinoa tossed with green onions, fresh ginger, lemon grass, cucumber, carrots, bell peppers, tomatoes & red onions drizzled with a house-made Thai vinaigrette · 20

LOBSTER SALAD Chunks of Spiny Lobster locally caught from the Saba Bank, served on a bed of greens, carrots, cucumbers, bell peppers, tomatoes & red onions tossed in a Champagne dressing · 25

WRAPS & SANDWICHES

Served with a choice of Cole slaw or Dutch fries.

LOBSTER ROLL

Chunks of butter poached Spiny Lobster locally caught from the Saba Bank tossed with scallions, bell peppers & a secret sauce served with tomatoes & Romaine on a soft bun · 22

CBLT

Crunchy chicken, crisp bacon, greens, & tomatoes with a herb aioli on a French roll · 15

OCEAN TO PLATE ~ SUB

Locally caught fish **blackened or grilled** served with Romaine, tomatoes, onions & topped with an herb aioli served on a French roll · 17

VEGGIE WRAP

Romaine lettuce, tomato, carrots, bell peppers, cucumber, guacamole Jack & Cheddar in a spinach flat bread · 13

COCONUT SHRIMP WRAP

Shrimp smothered in our signature coconut sauce wrapped with greens in a sun-dried-tomato wrap · 17

BIRD & BERRY

Sliced Turkey, crisp bacon, tomatoes & greens topped with a house-made cranberry chutney served on a freshly baked flatbread · 15

SABAN DRUNKEN HAM

Sliced smoked ham tossed in a Saba Spice reduction, topped with house-made onion rings, greens, tomatoes & a *Spicy* aioli served on a French roll · 15

CHEESE STEAK

Shaved beef, sautéed bell peppers & onions topped with melted cheddar cheese served on a Hoagie roll · 17

TROPICS BURGER

Half-pound hand-crafted 100% USDA-approved Angus ground beef patty, greens, tomatoes, onions & pickles served on a locally made bun · 15

TOP WITH:

BACON STRIPS · 3

CHEESE (GORGONZOLA, CHEDDAR, GOUDA OR SWISS) · 2

GUACAMOLE, GRILLED ONIONS, OR A FRIED EGG · 2

SLICED JALAPEÑOS, OR SMOKEY BBQ SAUCE · 1

DESSERTS

CHEESE CAKE

House-made cheese cake.
Ask for today's flavors · 9

GELATO

Our gelato is made fresh by Chef Tanner.
Ask for today's flavors · 4 per scoop

CRÈME BRÛLÉE

House-made creamy custard topped with caramelized sugar. Ask for today's flavors · 8

PROFITEROLE

Light & fluffy cream puffs filled with smooth & creamy house-made espresso ice cream smothered in a chocolate sauce & dusted with powdered sugar · 10