



BREAKFAST & LUNCH



EARLY RISER

Fruit and Yogurt Parfait 8

Greek yogurt, fresh fruit, granola

Jet Ski 8

Two eggs, any style, home fries, toast

ADD // Bacon // Sausage // Pork Roll // Ham 4

Endeavor 11

Two eggs any style two pancakes, home fries, choice of meat, toast

PANCAKES & FRENCH TOAST

Three Buttermilk Pancakes 8

Islander Pancakes 12

Toasted coconut, banana, macadamia nuts served with coconut syrup

Brûlée Brioche French Toast 9

Summer Fruit French Toast 12

Fresh fruit and Chantilly cream

Captain Crunch French Toast 11



SANDY BOWL 16

Four scrambled eggs, home fries, bacon, sausage, pork roll and cheese

SANDWICHES & WRAPS

Available on a hard roll or wrap

Egg and Cheese 8

served with home fries and choice of meat

Bacon // Sausage // Pork Roll // Ham

Benny 7

Egg, chorizo, home fries, jalapeño, cheddar

Morning Glory 7

Egg, avocado, tomato, cheddar

OMELETS

Served with home fries and toast

ADD // Bacon // Sausage // Pork Roll // Ham 4

Central Jersey 13

Pork roll, Jersey tomatoes, mushrooms, peppers, choice of cheese

Dinghy 11

choice of cheese

Clipper 13

Ham, onion, peppers, American cheese

Riverboat 13

Eggplant, zucchini, tomato, onion, feta

Boardwalk 14

Steak, peppers, onions, mushrooms, American cheese

Bumpkin 13

Bacon, mushroom, cheddar

Rip Current 13

Black beans, jersey corn, tomato, cheddar

Wharf 13

Egg whites, spinach, roasted red peppers topped with avocado

BENEDICTS

Served with home fries

Lavallette 14

Canadian bacon, poached egg, hollandaise sauce

Exit 82 18

Jumbo lump crab meat, poached egg, avocado, hollandaise sauce

Barrier Island 19

Filet mignon, jersey tomato, poached egg, hollandaise sauce

SALADS & SOUPS

House Spring Mix 6

Spring mix, tomato, onion, red wine vinaigrette

Original Caesar 8

Romaine, croutons, Parmesan, house made Caesar dressing

Iceberg Wedge 10

Iceberg, tomato, onion, bacon, fresh bleu cheese, house made bleu cheese dressing

Zorba 10

Romaine, cucumbers, peppers, tomato, olives, feta, pepperoncini, house made Greek vinaigrette

Caprese 12

Jersey tomatoes, fresh mozzarella, fresh basil, olive oil, balsamic

Arugula 10

Arugula, beets, mangoes, walnuts, Gorgonzola, house made red wine vinaigrette

ENHANCE YOUR SALAD

Chicken 5 Tuna 14

Crabmeat 15 Salmon 12 Shrimp 10

Manhattan Clam Chowder 6 Crab and Corn Chowder 7

APPETIZERS

NJ Clams New England Style 15

Jersey corn, smoked bacon, peppers, onions, fingerling potatoes, and a touch of cream

Thai Style PEI Mussels 15

Thai chili, coconut, lime broth

Crispy Calamari 13

Honey ginger glaze, sesame seeds, mango dipping sauce

Jumbo Lump Crab Cake 15

Jersey corn and tomato salsa, cilantro lime aioli

Channel Wings 12

Sweet, sour, and spicy cherry pepper jam

Ahi Avocado Tower 15

Fresh Ahi tuna layered with avocado and mango salsa

Lobster Roll 18

Fresh Maine lobster, blend of spices, buttered potato roll

Eggplant Tower 11

Grilled eggplant, Jersey tomatoes, smoked mozzarella, with a roasted tomato vinaigrette

Fried Oysters 14

Spicy cabbage slaw, channel tartar

Mediterranean Sampler 12

Hummus, Tzatziki, olives, feta, roasted peppers, served with grilled baguette or pita

RAW BAR



ASK ABOUT OUR SELECTION OF THE DAY

Clams // Shrimp // Crab // Oysters

HAND HELDS

Served with hand cut fries

Channel Burger 12

10 oz. special blend prime burger, lettuce, tomato, onion, choice of cheese, served on a brioche bun

Lobster Club 19

Maine lobster, avocado, smoked bacon, lettuce, tomato, served on whole grain bread

Fried Flounder 14

Fresh flounder, tomato, onion, channel tartar served on whole grain bread

Fried Oyster Po' Boy 14

Fresh local oysters, spicy slaw, channel tartar, sriracha drizzle, served on baguette

Jumbo Lump Crab Cake 18

Our signature Jumbo Lump crab cake, arugula, tomato, onion, lemon tarragon aioli, served on a brioche bun

Grilled Chicken 10

Arugula, roasted red peppers, fresh mozzarella, fresh basil, balsamic and olive oil served on a baguette

Grilled Ribeye 14

8 oz. ribeye steak, fried onions and peppers served on a toasted garlic baguette

Sesame Seared Tuna Wrap 14

Fresh seared Ahi tuna, spring mix, spicy wasabi ginger dressing

Blackened Fish Tacos 14

Blackened cod, black bean, corn and tomato salsa, avocado, lime, cilantro, spicy slaw

Grilled Veggies 11

Roasted red peppers, grilled eggplant, grilled portabella, fresh mozzarella, fresh basil, olive oil, served on a baguette