

## SANDWICHES & WRAPS

*Served with Your Choice of One Side*

<b>Catfish Tacos</b> Field Greens, Garden Salsa, Cheddar & Sour Cream on Flat Bread	12
<b>Ahi Tuna Wrap</b> Sesame Seed Crusted & Seared To Rare; Served with Fresh Salsa, Field Greens & Wasabi Soy Drizzle	12
<b>Grilled Salmon Sandwich</b> Bacon, Avocado, Field Greens & Tomatoes on Ciabatta	12
<b>Haddock Sandwich</b> Tomato Pesto, Avocado & Feta on Ciabatta	11
<b>Crab Cake Sandwich</b> On Brioche with Lettuce, Tomato & a Side of Spicy Tartar	14
<b>Lamb &amp; Beef Gyro</b> Peppers, Onions, Tomatoes, Feta, Field Greens & Tzatziki on Flat Bread	9
<b>Blackened Chicken Wrap</b> Romaine, Parmesan Blend & Caesar Dressing	9
<b>The Tides Grilled Cheddar</b> Cheddar, Gouda, Spinach, Avocado & Tomatoes on Texas Toast	8
<b>Roasted Vegetable Wrap</b> Zucchini, Onions, Peppers, Tomato Pesto & Local Goat Cheese	9
<b>Grilled Portabella Sandwich</b> Layers of Sautéed Tomatoes, Zucchini, Onions, Peppers & Mozzarella, Garnished With Parmesan on Ciabatta	9
<b>The Tides Gourmet Burger</b> Local Grass-Fed Beef on Brioche, with Your Choice of Toppings	11

## LOCAL FARMERS & WATERMEN

We'd Like to Thank Our Friends Who Work Tirelessly to Bring Local Products to Our Tables! Kellam's Seafood, Cherry Glen Farms, Even\*Star Organic Farm, Willie A. Goddard Meats & the Loveville Produce Auction.

All Poultry Listed Is Locally Raised, Hormone & Antibiotic-Free

## SMALL PLATES

*\$9 Each*

<b>Crab Nachos</b> Piled High with Jalapeños, Black Olives, Cheese Sauce, Garden Salsa & Sour Cream	
<b>Calamari</b> Fried to Golden Perfection, Served with Marinara Sauce	
<b>Ahi Tuna</b> Sesame Seed Crusted & Seared To Rare; Served with Pickled Ginger, Seaweed Salad & Wasabi Soy Drizzle	
<b>Chilled Shrimp</b> Tossed in White Wine, Lemon Juice, Cajun Seasoning & Old Bay, Served with Cocktail Sauce	
<b>BBQ Scallop Skewer</b> Wrapped in Bacon, Grilled, Served with BBQ Dipping Sauce	
<b>Mini Pasta Rigate</b> Whole Wheat Penne, Roasted Vegetables, Topped with Marinara Sauce & Parmesan	
<b>Brioche Sliders (3)</b> BBQ Pulled Pork or Buffalo Chicken	
<b>Hot Crab Dip</b> Served with Toasted Pita Points	
<b>Roasted Vegetables</b> Layered, Topped with Goat Cheese, Parmesan Blend & Baked; Served with Cheesy Toast Points	
<b>Blue Crab Margarita</b> Garden Salsa & Jumbo Lump Crab Meat in a Martini Glass, Served With Gluten-Free Corn Chips	
<b>Rockfish Bruschetta</b> on Ciabatta, Garnished with Parmesan Blend & Avocado, with a Side of Spicy Tartar	
<b>Pan-Fried Goat Cheese</b> Panko Crusted, Over Spinach, with a Balsamic Reduction	

## SOUPS

*\$3 for a Cup, \$6 for a Bowl*

**Cream of Crab**  
**Black Bean & Vegetable**

## SALADS

<b>Mediterranean</b> Romaine, Sun-Dried Tomatoes, Black Olives, Feta, Red Onions, Garbanzo Beans	8
<b>Cobb</b> Field Greens, Parmesan Blend, Cheddar, Bacon, Eggs, Avocado, Tomatoes	9

## ENTRÉES

*Served with Your Choice of Two Sides*

<b>Crab Cakes</b> Crab Imperial Prepared with The Signature Rock Hall, MD. Recipe	23
<b>Mahi Mahi</b> Grilled Pineapple & Mango Coulis	17
<b>Salmon Fillet</b> Parmesan Pesto Panko-Crusted Fillet with Sun-Dried Tomatoes	17
<b>Haddock Wrapped Crab Cake</b> Drizzled with Lemon Caper Butter	19
<b>Pan Seared Chicken</b> Topped with Crab Imperial & White Wine Cream Sauce	15
<b>Bardstown Pork Tenderloin</b> Cajun-Bourbon Marinade, Demi-Glaze & Garden Salsa	17
<b>Mediterranean Baked Chicken</b> Topped with Prosciutto, Spinach & Local Goat Cheese	16
<b>Pasta Rigate</b> Whole Wheat Penne, Roasted Vegetables, Topped with Marinara Sauce & Parmesan	13

## ADD-ONS

Blackened Chicken	4
Grilled Salmon	6
Pan Seared Tuna (Rare)	6
Shrimp Skewer	6
Crab Cake	9

## HOURS OF OPERATION

**Monday:**  
10:30 A.M. Seating until 2 P.M.

**Tuesday through Friday:**  
10:30 A.M. Seating until 9 P.M.

**Saturday:**  
5 P.M. Seating until 9 P.M.

Free Wifi

