

~ Salads ~

Good Winds House Salad // \$6.95

Mixed greens with fresh tomatoes,
cucumber,
and red onion

Caesar Salad // \$7.95

Crisp Romaine lettuce tossed with
Caesar dressing, Parmesan cheese and
croutons

Choice of Dressing: Ranch, Bleu Cheese, Italian, Strawberry Vinaigrette, or Balsamic Vinaigrette

Add Chicken (Blackened or Grilled) // \$5.95

Add 4oz. of Fresh Tuna or Shrimp (Blackened or Grilled) // \$7.95

Add Crab Bites // \$8.95

Strawberry Fields Salad // \$14.95

Shrimp and Scallops on top of mixed greens, with fresh strawberries, Feta cheese,
and a Strawberry Vinaigrette // Available blackened or grilled *(One preparation only)*

~ Dinner Sandwiches ~

Good Winds Burger // \$13.95

8oz. of fresh ground beef grilled to perfection,
served on a toasted Kaiser bun with lettuce, tomato and red onion

Add cheese // 75¢

Add Bacon // \$1.75

Crab Cake Sandwich // \$15.95

Lump crabmeat grilled and served on a toasted Kaiser bun with
lettuce, tomato and remoulade sauce

Fish Tacos // \$14.95

Two soft tacos filled with your choice of blackened or grilled fresh local Tuna,
with fresh crisp cabbage and house-made Pico and Baja Sauce

Garden Veggie or Black Bean Burger // \$13.95

Served on a toasted Kaiser bun with lettuce, tomato, red onion

Add cheese // 75¢

Add Chipotle Mayo // 50¢

All sandwiches are served with french fries or the vegetable of the day

Sweet Potato Fries // \$1.50 extra

~ Pasta ~

Cajun Voodoo Risotto // \$22.95

Alligator sausage, shrimp, fresh peppers, onions and tomatoes in a
spicy Cajun cream sauce, served over a bed of Cajun risotto

Bruschetta Seafood Pasta // \$25.95

Fresh tomatoes, basil, shrimp and crab tossed with Penne pasta
in a white wine and light garlic butter sauce

Sundried Tomato Pesto Seafood Pasta // \$24.95

Shrimp and scallops tossed with Penne pasta in a creamy
sundried tomato pesto sauce

Chicken Alfredo // \$19.95

Strips of grilled chicken breast tossed with penne pasta
in a creamy Alfredo sauce