



## ~ Lunch Sandwiches ~

### **Fresh Local Tuna // \$12.95**

Blackened or grilled tuna served on a toasted Kaiser bun with lettuce, tomato, red onion, along with your choice of pineapple salsa or Pico de Gallo

### **Chef's Secret Recipe Crab Cake Sandwich // \$13.95**

Lump crab cake either fried or grilled and served on a toasted Kaiser bun with lettuce, tomato, onion and a Cajun remoulade sauce

### **Fish Tacos // \$13.95**

Two soft tortilla shells filled with either blackened or grilled fresh local tuna, crisp cabbage, Pico de Gallo and our homemade Baja sauce

### **Buffalo or Chicken Caesar Wrap // \$11.95**

Your choice of a buffalo style chicken breast or a parmesan encrusted breast in a large flour tortilla wrap

*Choose one type of wrap: Spinach, Tomato or Herb*

### **Fresh Local Fried Flounder Sandwich // \$12.95**

Fresh local flounder fried to perfection on a toasted Kaiser bun with lettuce, tomato, onion and a pineapple salsa

### **House Made Carolina BBQ Sandwich // \$12.95**

Pulled Pork BBQ on a toasted Kaiser bun with homemade coleslaw

### **Philly Cheese Steak Sandwich // \$13.95**

Thinly sliced to order Ribeye steak, grilled with red onions and topped with choice of cheese  
*American, Swiss, Pepper Jack, Provolone or Cheddar*

### **Fresh Local Wanchese Fried Oyster Po'Boy // \$12.95**

Fresh large oysters fried to perfection and served on a toasted sub roll with lettuce, tomato, onion and a chipotle mayo

### **Veggie Burger or Black Bean Burger // \$12.95**

Grilled garden veggie or black bean burger

Served on a toasted Kaiser bun with lettuce, tomato and onion, and our house made hummus

*Add cheese // 75¢*

*Add Chipotle Mayo // 50¢*

### **Quesadillas**

Shrimp or Tuna // \$12.95 • Chicken // \$11.95

A grilled herbed flour tortilla filled with cheddar and smoked gouda cheeses  
Served with pineapple salsa

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All Sandwiches, Wraps and Burgers served with our house fried Potato Chips  
tossed in Ranch, BBQ, or Old Bay seasoning

French Fries // \$1.00 extra • Sweet Potato Fries // \$1.50 extra

*Extra Sauces // 50¢*

## ~ 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*)

## ~ Lunch Burgers ~

*8 oz. of fresh ground beef grilled to perfection*

**Good Winds Burger // \$11.95**

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

**Brunch Burger // \$13.95**

Topped with bacon and a fried egg

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

**Mushroom Swiss Burger // \$12.95**

Topped with grilled mushrooms and Swiss cheese

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

**Surf and Turf Burger // \$15.95**

Topped with crab and a chipotle mayo

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

**The Hawaiian Burger // \$12.95**

Topped with grilled ham and a pineapple salsa  
Served on a toasted Kaiser bun with lettuce, tomato and red onion

**Cowboy Burger // \$13.95**

Rubbed with mesquite BBQ seasoning and grilled to perfection  
Topped with fresh fried shoe string onions and house made BBQ sauce  
Served on a toasted Kaiser bun with lettuce, tomato and red onion

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All Sandwiches, Wraps and Burgers served with our house fried Potato Chips  
tossed in Ranch, BBQ, or Old Bay seasoning

French Fries // \$1.00 extra • Sweet Potato Fries // \$1.50 extra

Add Cheese // \$.75   Add Bacon // \$1.75   Extra Sauces // 50¢