



~ Lunch ~

11:30- 3:30 Everyday

Fresh Local Tuna Sandwich* // \$12.95

Blackened or grilled tuna served on a toasted Kaiser bun with lettuce, tomato, red onion, along with your of choice of mango 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 Chicken Sandwich // \$11.95

Buffalo fried chicken breast on a Kaiser bun with our homemade baja sauce, Lettuce, tomato, and red onion

Chicken Cordon Bleu Sandwich // \$12.95

Grilled chicken breast with smoked ham and swiss cheese, served on a toasted Kaiser bun with chipotle mayo, lettuce, tomato, and red onion

Fresh Local Fried Flounder Sandwich // \$12.95

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

All Sandwiches 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) // \$6.95

Add 4oz. of Fresh Tuna or Shrimp* (Blackened or Grilled) // \$8.95

Add Crab Bites // \$9.95

Strawberry Fields Salad // \$16.95

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 chipotle mayo

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

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¢

**The consumption of raw or under-cooked eggs, meat, poultry, seafood or shellfish
may increase your risk of a food-borne illness.*