



# South Coast Grille

## Lunch Menu

11:30 am – 4:30 pm

### STARTERS

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#### ASIAN CHICKEN SPRING ROLLS

13

Hand rolled spring rolls with a sesame ginger & soy sauce

#### CALAMARI

14

Light breaded, deep fried and served with seafood sauce

#### COCONUT SHRIMP

15

Breaded and deep-fried, with seafood sauce

#### CRAB CAKES

14

Hand-crafted crab cakes with a grainy mustard & roasted garlic dip

#### ORIENTAL POT STICKERS

14

Pork dumplings deep-fried served in a pineapple salsa & sweet chili sauce

#### TEMPURA BATTERED SHRIMP

14

Freshly battered with a sweet & spicy chili sauce

### SOUPS

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#### CHEF INSPIRED SOUP

8

Please ask your server for details

#### FRESH SEAFOOD CHOWDER

12

A hearty chowder with clams, shrimp, scallops potato and corn

### COASTAL SALADS

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#### BIOSPHERE HOUSE

12

Fresh mix of lettuce, tomato, heirloom carrots, English cucumbers with your choice of dressing  
Thousand Island, Honey Mustard or Raspberry Vinaigrette

#### CLASSIC CAESAR

10

Crispy Romaine hearts, homemade croutons, crispy bacon, grated Parmesan & Caesar dressing

*Add a CAJUN DUSTED SHRIMP SKEWER for 7*

*Add sliced GRILLED CHICKEN BREAST for 7*

*Add sliced MEDIUM SIRLOIN STEAK for 10*

*Add WILD PACIFIC SALMOM STEAK for 10*

#### STRAWBERRY BEEF

16

Fresh cut strawberries, mixed greens and julienne of beef tossed in raspberry vinaigrette

#### GRILLED ASIAN CHICKEN

17

Grilled chicken, rice noodles, lettuce, julienne vegetables, toasted almonds and pickled ginger tossed in a sesame ginger dressing and topped with crisp wonton noodles

#### CHICKEN & BACON BOWL

18

Grilled chicken, crispy bacon tossed with mixed greens, sliced cherry tomatoes in a honey Dijon dressing

### **SWEET HERB CRUSTED SALMON & GOAT CHEESE**

**20**

Wild Pacific salmon, caramelized on a bed of mixed greens, julienne vegetables, cannels of goat cheese with balsamic & honey vinaigrette

## **HAND CRAFTED SANDWICHES & WRAPS**

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*Served with Fries and Coleslaw*

### **TUNA SALAD WRAP**

**14**

Fresh tuna salad, chipotle mayo, lettuce, tomato in a soft flour tortilla

### **SMOKED TURKEY**

**14**

Shaved smoked turkey, Swiss cheese, lettuce, tomato, honey Dijon dressing on soft Ciabatta

### **SOUTH COAST CLUB WRAP**

**15**

Grilled breast of chicken, lettuce, tomato, crisp bacon, cheddar cheese, Dijonnaise in a soft flour tortilla

### **SMOKED SALMON WRAP**

**16**

Atlantic Smoked Salmon, cream cheese, red onion, capers, mixed greens in a soft flour tortilla

### **GRILLED REUBEN SANDWICH**

**18**

Thinly sliced smoked meat, tangy sauerkraut, Swiss cheese on marble rye

### **GRILLED STEAK SANDWICH**

**24**

A 6oz sirloin grilled medium rare to medium topped with sautéed onions, peppers and mushrooms on toasted garlic Ciabatta

## **TALL SHIPS BURGERS**

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*All burgers are prepared daily with a full 7oz of lean ground beef. Perfectly grilled and served on a toasted sesame egg bun with lettuce, tomato, red onion and fries*

### **VEGGIE BURGER**

**13**

Grilled Portobello mushroom, roasted red pepper & red onion and vegetarian cheese

### **SOUTH COAST GRILLE BURGER**

**14**

Our plain and simple burger

### **1000 ISLANDS CHEESE BURGER**

**16**

Topped with Cheddar cheese

### **TALL SHIPS BACON & CHEESE BURGER**

**18**

Topped with crispy bacon and Cheddar cheese

### **MUSHROOM, ONION & SWISS BURGER**

**18**

Sautéed mushrooms, grilled onions and melted Swiss cheese

### **BACK BACON BURGER**

**20**

Back bacon, crispy bacon, sautéed mushrooms, grilled onions, Swiss & Cheddar cheese

## **GRILLE FEATURES**

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### **STEAK FRITES**

**32**

Sirloin "a la mignon" finished with a five peppercorn sauce, with fries and chef's vegetable

**BUTTERNUT SQUASH RAVIOLI**

**20**

House made white wine cream sauce, spinach, and roasted golden candy cane beets

**ENGLISH STYLE FISH AND CHIPS**

**18**

7oz fresh haddock, in a beer batter with French fries, coleslaw and tartar sauce

**BRAISED BEEF RAVIOLI**

**22**

Slow braised steak blended with asiago and parmesan cheeses, grilled onions in a Chianti reduction; wrapped in egg pasta

**CHICKEN AND BACON PENNE**

**18**

Sliced grilled chicken breast, crispy bacon and penne pasta tossed in a spicy basil rose sauce