# Appetizers

**Garnet & Gold Nachos Extreme**  
House-made guacamole with melted five cheese blend, refried beans, sour cream, fresh fried tortilla chips and chunky tomato salsa  5.99 | 730 Cal.

**Fresh House Guacamole and Chips**  
Served with house Garnet and Gold chips 4.99 | 590 Cal.

**Roasted Pepper Hummus or Garlic Hummus**  
Served with Naan flatbread, carrots, celery & jicama  4.99 | 260 Cal.

**Traditional Jumbo Wings**  
**Your Choice of Sauce**  
Dr Pepper BBQ, Honey Habanero, Old School Buffalo, Thai Chili, Garlic Parmesan  
Served with: carrots, celery & jicama  
Choice of Chunky Bleu or Homestyle Ranch | Add 220 Cal.

<table>
<thead>
<tr>
<th>Qty</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 pieces</td>
<td>6.99</td>
<td>600 Cal.</td>
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<tr>
<td>12 pieces</td>
<td>12.99</td>
<td>1320 Cal.</td>
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**Hand Dipped Chicken Tenders**  
**Your Choice of Sauce**  
Dr Pepper BBQ, Honey Habanero, Old School Buffalo, Thai Chili, Garlic Parmesan  
Served with: carrots, celery & jicama  
Choice of Chunky Bleu or Homestyle Ranch | Add 220 Cal.

<table>
<thead>
<tr>
<th>Qty</th>
<th>Price</th>
<th>Calories</th>
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</thead>
<tbody>
<tr>
<td>4 pieces</td>
<td>6.49</td>
<td>500 Cal.</td>
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<tr>
<td>6 pieces</td>
<td>8.99</td>
<td>740 Cal.</td>
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**Pomme Frites**  
Served with Wasabi, Curry Ketchup, Garlic Parmesan, or Honey Mustard Aioli 50-110 Cal.

# Soups & Salads

**Soup of the Day**  
4.50 | 170-200 Cal.

**BLT Wedge**  
Crisp iceberg wedge topped with diced tomatoes and crispy bacon  4.79 | 310 Cal.

**Tossed House Salad**  
Crisp greens topped with carrots, cucumbers, tomatoes with your choice of house dressing  2.49 | 30-150 Cal.

**Knife and Fork Caesar Salad**  
6.59 | 120 Cal.

<table>
<thead>
<tr>
<th>Add</th>
<th>Price</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Chicken</td>
<td>1.29</td>
<td>130 Cal.</td>
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<tr>
<td>Grilled Shrimp</td>
<td>1.59</td>
<td>100 Cal.</td>
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BURGERS & SANDWICHES
Served with homemade kettle chips or fries | Add 150-260 Cal.

THE CT BURGER
Classic with American cheese, lettuce, tomatoes and onion  7.59 | 630 Cal.

THE PEPPER JACK DOUBLE STACK BURGER
Double stack burger topped with fresh avocado, salsa, pepper jack cheese and served on a Kaiser roll  9.49 | 780 Cal.

GRILLED CAPRESE CHICKEN SANDWICH
Grilled chicken breast with fresh mozzarella and roasted red peppers  8.39 | 530 Cal.

GULF OYSTER OR SHRIMP PO BOY
Your choice of Gulf oysters or shrimp cooked golden brown topped with lettuce, tomato, finished with a Cajun mayo served in a crispy baguette
- Oyster 10.79 | 800 Cal. 
- Shrimp 8.79 | 810 Cal.

GRILLED VEGETABLE WRAP
Balsamic roasted vegetables rolled in a soft tortilla with crisp iceberg lettuce, and plum tomato  6.79 | 430 Cal.

NEW YORK CLUB SUB
Corned beef, turkey and Swiss on a submarine roll with mustard, romaine and a tomato slice  7.50 | 500 Cal.

DESSERTS

SKILLET BROWNIE
FOR SHARING 4.99 | 540 Cal./serving

WITH ICE CREAM 5.79 | 690 Cal./serving

SEASONAL FRUIT TART 5.79 | 370-400 Cal.

KEY LIME PIE 3.19 | 420 Cal.

ENTREES
SERVED WITH CHOICE OF TWO SIDES
Side Salad, Vegetable Medley, Broccoli, Housemade Kettle Chips, or French Fries Add 90-410 Cal.

CITRUS GLAZED CHICKEN WITH SPINACH
Caramelized grilled chicken breast, sautéed spinach & seasonal vegetable  8.99 | 310-360 Cal.

SHRIMP AND Grits
Southern stone ground cheese grits with Gulf shrimp  7.99 | 560 Cal.

BAJA FISH TACOS (2)
Pan-seared local Gulf fish, cabbage and creamy cilantro dressing in a corn tortilla served with salsa (fish is catch of the day, sourced from the Gulf)
- 799 | 300 Cal.

SPAGHETTI & MEATBALLS
Spaghetti and hand rolled meatballs, house marinara, fresh herbs & grated Parmesan
- 6.79 | 800 Cal.

PENNE WITH LEMON GARLIC BROCCOLI
Wheat penne pasta with fresh broccoli, teardrop tomatoes, fresh basil, and grated Parmesan tossed in garlic infused lemon oil
- 6.79 | 530 Cal.

PERSONAL PIZZAS 7"

QUATTRO FORMAGGIO 5.79 | 700 Cal.

VEGETABLE LOVERS 5.79 | 560 Cal.

CLASSIC MARGHERITA 5.79 | 570 Cal.

MEAT LOVERS 6.79 | 680 Cal.

BEVERAGES

COKE

DIET COKE

SPRITE

DR. PEPPER

FANTA ORANGE

MINUTE MAID LEMONADE

GOLD PEAK TEA (SWEET AND UNSWEETENED )

24 oz $1.79 | 0-230 Cal.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.