

Lunch Menu

Light Weight

- Our Cob Salad** **\$12**
Fresh Salad Greens Topped with Grilled Chicken Breast, Hard Boiled Eggs, Cherry Tomatoes, Bacon Bits, Cheddar and House Dressing
- Citrus Arugula Salad** **\$10**
Citrus Honey Vinaigrette, Arugula, Avocado, Orange Segments, Diced Tomatoes and Sweet Peppers
- Solana Caesar salad** **\$12** *Add Chicken \$4 Add Shrimp \$6*
Crunchy Romaine, Caesar dressing, Croutons, Cherry Tomatoes
- TC Conch Fritters** **\$12**
Chunky Conch Fritters with Chipotle Mayo
- Chef Walky's Conch Salad** **\$12**
Award Winning Conch & Cranberry Salad
- Green Gazpacho** **\$8**
Cucumber & Honey Dew Melon, Basil and Organic Sea Salt & Herb croutons

Medium Weight

- Crispy Calamari** **\$12**
Deep Fried Calamari, Lemon Aioli and Spring Mix
- Lobster Wrap** **\$20**
Lobster, Romaine Lettuce, Red Onion, Tomato, Orange Aioli
- Jerk Chicken Wrap** **\$14**
Jerk Chicken, Lettuce, Red Onion, Tomatoes, Chipotle Mayo, Chef Walky's Secret Sauce
- Crunchy Chicken Sandwich** **\$14**
Breaded Chicken Breast, Lettuce, Tomatoes, Pickles
- Blackened Fish Sandwich** **\$16**
Pan Seared Blackened Fish, Lettuce, Tomatoes and Pickle
- Soft Shell Fish Taco** **\$14**
Pan Seared Fish, Lettuce, Tomatoes, Sour Cream, Salsa
- Cheese Burger** **\$16**
Succulent Beef Patty, Swiss, Mango and Pineapple Chutney, Tomatoes, Lettuce

Heavy Weight

- Ruffle Linguini** **\$16** *Add Chicken \$4 Add Shrimp \$6*
Creamy Linguini, Parmesan Truffle
- Shrimp & Coconut** **\$20**
Baked and Served with Peas and Rice and Coconut Lime Sauce
- Mango Curry Scallops / Tofu** **\$20 / \$18**
Seared Scallops with Pearl Couscous, Green Beans, Scallion and Mango Curry Sauce
- Bento Box of the Day** **\$20**
House Salad, Sushi Roll, Japanese Pickle, Sticky Rice & Main of the Day
- Selection of Hand Rolled Sushi** **\$16**
Chefs Daily Selection

All Prices Are Subject to 12% Government Taxes.

We do not apply or include service charge - please tip your server if you have had an enjoyable meal!
Many thanks!