

OCEAN

7

SOUPS & SALADS

CHEF'S DAILY SELECTION

FRENCH ONION Toasted Garlic Crouton, Gruyere, Parmesan, Micro Chives	9
NEW ENGLAND STYLE CLAM CHOWDER Clams, Bacon, Vegetables, Fresh Thyme	11
CAESAR Chopped Romaine, Reggiano, Garlic & Onion Crouton	12
CITRUS & HERB SALAD Grapefruit, Manadarin, Mint, Dill, Greens, Radicchio, Fennel, Roasted Pistachios, Honey Lemon Vinaigrette	16
GREEN SALAD Greens, Goat Cheese, Peaches, Almonds, Shaved Vidallia Onions, White Balsamic	16
GOLDEN BEET & BURRATA (GF) Roasted Golden Beets, Burrata, Arugula, Crisp Pancetta, Lemon Vinaigrette	17
WATERMELON & FETA (GF) Watermelon, Feta Wedge, Mixed Greens, Grape & Cucumber Vinaigrette	16
SALAD ADDITIONS	
CRAB +15 GRILLED SHRIMP +9	
GRILLED SALMON +10 GRILLED CHICKEN +7	

STARTERS

GRILLED CORN RIBS (GF) Grilled Sweet Corn, Cotija, Cilantro, Spicy Citrus Aioli, Lime Juice	12
ONION RINGS Sweet Onion, Panko, Chipotle Aioli	14
THE PRETZEL Jumbo Soft, Crab Dip, Cheddar & Jack Cheese, Micro Greens, Lemon	19
CALAMARI FRIES Sliced Calamari, Serranos, Bell Pepper & House Marinara	15
PICKLE-BRINED WINGS (8) (GF) Sweet Thai, White BBQ, Naked or House Hot with House Blue Cheese	16
DEVEILED EGG BLT Southern Fried Oysters, House Made Tomato-Bacon Jam, Cape May Micro Greens	17
CHARCUTERIE PLATE Chefs Choice House Made Hummus, Assorted Meats & Cheeses, Olive Tapenade	24
TUNA TARTAR (GF) Smashed Guacamole, Jalapeno, Minced Ginger, Toasted Sesame, Wakame & Fried Wontons	21
SEAFOOD TRIO Fried Oysters, Jumbo Lump Crab Cocktail, Tuna Tartar	65
TOMATO JAM & PROSCIUTTO FLATBREAD Fig, Goat Cheese, Prosciutto, Arugula & Balsamic	16
FRESH OYSTERS 1/2 dz 20 full dz 38	

LUNCH

MAINS

 All served with house made chips.
Add side of Fries +3

TURKEY AVOCADO BLT Roasted Turkey Breast, Avocado, Bacon, Leaf Lettuce, Red Onion, Tomato, Baguette	16
CRAB CAKE 4 oz Cake, Arugula, Shaved Red Onion, Tomato, Tartar Sauce, Liscios Bun	24
CHEESESTEAK Shaved Brisket & Ribeye, Cooper American, Sautéed Onions	16
ROASTED CHICKEN SALAD CROISSANT Roasted Chicken, Walnuts, Broccoli Florets, Fresh Dill	15
OCEAN 7 BURGER 6oz Patty, Choice of Cheese, Green Leaf, Red Onion, Tomato, Liscios Bun	16
GROUPEL BURGER Fresh Ground Grouper, Citrus Glaze, Tossed Arugula	22
BLACKENED MAHI Pan Seared Mahi, Crunchy Jicama Slaw	17
GRILLED VEGETABLE WRAP Hummus, Roasted Red Peppers, Grilled Asparagus, Mushroom, Pea Shoots, Sundried Tomato Wrap	13
GRILLED CHICKEN Roasted Red Peppers, Basil Aioli & Arugula, add cheese +2	15
STEAMED MUSSELS IN CHORIZO BROTH Fresh Oregano & Basil, Orange Zest	14

DESSERTS

KEY LIME PIE Dipped in Ganache, Toasted Coconut	11
CINNAMON BUN ALA MODE Warm Bun, Vanilla Ice Cream, Caramel	11
SALTED CARAMEL CHEESECAKE	9
BIG CHOCOLATE CAKE	9
GIFFORDS ICE-CREAM FLIGHT Select Three Flavors: Vanilla, Chocolate, Strawberry, Maine Wild Blueberry, Southern Peach, Mint Chocolate Chip	12
TIRAMISU Traditional Layering of Italian Ladyfingers, Mascarpone Cream, Coffee and Coffee Liqueur	11