

Dinner Menu

Appetizers

Oysters ½ doz. 9.95 & 1 doz. 17.95

Clam Steamers 9.95

Jumbo Shrimp Martini 8.95

Fresh Seafood Ceviche 8.95

Ruby Rare Ahi 9.95

House Steamed Mussels 9.95

Louisiana BBQ Shrimp & Scallop 8.95

⊗ Kung Pao Calamari 9.95

Crab Cakes 8.95

Artichoke & Spinach Dip 7.95

SBF&G Platter 15.95

*Kung Pao Calamari, Ceviche, Crab Cake
Enough to Share*

Soups

New England clam chowder

cup 3.95 bowl 4.95

Soup of the Day

cup 3.95 bowl 4.95

Salads

House, Bleu Cheese, Ranch, White Balsamic Dressing, Thousand Island

Mixed Greens Salad or Iceberg Wedge 3.95

½ Caesar 4.95

Grilled Chicken Caesar 10.95

Shrimp or Salmon Caesar 13.95

Shrimp & Crab Louie 14.95

Grilled Seafood 14.95

Tomatillo Vinaigrette

⊗ Ruby Rare Ahi Salad 15.95

With Sesame Ginger Dressing

Any item Blackened
Cajun Style \$1.00

*Add ½lb Crab 12.95
Shrimp 6.95 Scallops 6.95
Lobster market price*

Classics & Pastas

Slow Roasted Carnitas 15.95

spanish rice, beans, and tortillas

Eggplant Parmesan 13.95

breaded and baked with cheese and marinara

Captain's Platter 15.95

Fried Calamari rings, Icelandic cod, and shrimp

⊗ Seafood Cioppino 16.95

scallops, shrimp, clams, mussels, and calamari

⊗ Seafood & Chips

Shrimp 17.95 Salmon 16.95 Cod 14.95

Pescadora Pesto 16.95

penne pasta, clams, shrimp and scallops

Chicken Marsala 14.95

Whipped potato and vegetable medley

⊗ Vodka Penne Pasta 12.95

with chicken 14.95 with shrimp 15.95

Steaks

All steaks served with choice of soup or salad & two sides

Sides include baked or mashed potatoes, jasmine rice, french fries, asparagus, or steamed vegetables

Add ½lb Crab 12.95 Shrimp 6.95 Scallops 6.95 or Lobster market price

16 oz. Porter House

28.95

8 oz. USDA Choice Filet Mignon

25.95

12 oz. New York

20.95

8 oz. Flat Iron

17.95

⊗ Indicates SBF&G favorites

570 Marina Parkway, Chula Vista, Ca 91910

South Bay Fish and Grill

Grilled or Sautéed

All fish entrees served with soup or salad & two sides

Fish lightly dusted with sea salt, brushed with olive oil and lemon or choose one of our daily homemade sauces.

	Ahi – 21.95	
Sides	Sea Bass – 19.95	Sauces
garlic mashed potatoes, baked potato, jasmine rice, french fries, asparagus or steamed vegetables	Shrimp – 17.95	Sauce selections include citrus dill beurre blanc, lemon caper, spicy cilantro chili, chipotle or fruit salsa
	Salmon – 17.95	
	Mahi – 17.95	
	Tilapia – 15.95	
	Daily Catch – Market Price	

Seafood Entrees

All seafood entrees served with choice of soup or salad & two sides

Sides include garlic mashed potatoes, jasmine rice, french fries, asparagus, or steamed vegetables

Add ½lb Crab 12.95 Shrimp 6.95 Scallops 6.95 or Lobster market price

 Crab Tilapia – baked tilapia topped with crab and lemon dill beurre blanc	19.95
Calamari Relleno – stuffed with crab, cheese and roasted pasilla chili	18.95
Mac Nut Sea Bass – baked and dressed with lemon dill beurre blanc	18.95
Stuffed Salmon – baked and stuffed with shrimp and crab	18.95
 Hazelnut Crusted Scallops – topped with tropical fruit salsa	17.95
Drunken Fish – blackened Mahi with hot bourbon sauce	17.95
Pan Seared Salmon – topped with tomatillo vinaigrette and tomato	17.95
 Seafood Mixed Grill – Daily catch, Mahi, shrimp, and scallops with chipotle beurre blanc	16.95
Risotto – ask your server for the daily selection	16.95
Lobster – season's best lobster steamed or split & grilled	market price
Lobster Tail Duo – two petit Atlantic tails baked and lightly seasoned	28.95
King Crab Legs – 1lb. of split crab legs	29.95

Desserts

Liqueurs	
Disaronno	7.50
Port	6.50
Gran Marnier	7.25
Brandy	7.25
Bailey's & Coffee	6.75
Keoke Coffee	6.75

 Aloha Pie 7.95
Macadamia nut Ice cream & cookie crust
Crème Brulée 7.95
Cheesecake 6.95
Chocolate Bundt Cake 6.95
 Patron Affogato 9.95

Café	
Cappuccino	3.75
Double Capp	4.25
Américano	3.50
Latte	3.75
Espresso	3.25
Double Espresso	4.25

Vanilla ice cream with a shot of espresso tequila, chocolate sauce & crushed Pecan