

Lunch 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

Grilled Chicken Caesar 10.95

Chicken Cobb 11.95

Warm Tilapia 12.95

White Balsamic Dressing

Grilled Seafood 12.95

Tomatillo Vinaigrette

Shrimp or Salmon Caesar 13.95

Shrimp & Crab Louie 13.95

 Ruby Rare Ahi 13.95

With sesame ginger dressing

Sandwiches

All sandwiches come with french fries and daily side selection

Add avocado, bacon, cheese, mushrooms, jalapenos or sautéed onions to any sandwich 95¢ ea

Big Bay Burger 8.95

½lb burger with lettuce, tomato, and red onion

Grilled Fish 8.95

Mahi on sesame seed bun with tartar sauce

Pulled Pork 8.95

½lb of tender pork and classic bbq sauce

Chipotle Chicken 9.95

provolone cheese, and sautéed onion

Seafood Melt 9.95

grilled sourdough with provolone cheese

Turkey Club 8.95

lettuce, tomato, bacon, and turkey

Calamari Steak 9.95

grilled onions, provolone cheese, and avocado

 Daily Wrap 9.95

Ask your server for the daily selection

Beverages

Non-Alcoholic

Coke, Diet Coke, Sprite,
Orange, Root Beer,
Ice Tea, Lemonade, Coffee

Alcoholic

Domestic & Import Beer, Wine
Draught Beer, Cocktails, Martinis
See reverse for complete wine selection

South Bay Fish & Grill

Grilled or Sautéed

All fish entrees served with soup or salad & one side




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

Sides <i>garlic mashed potatoes, baked potato, jasmine rice, french fries, asparagus or steamed vegetables</i>	Ahi – 16.95 Sea Bass – 15.95 Shrimp – 13.95 Salmon – 13.95 Mahi – 13.95 Tilapia – 12.95 Daily Catch – Market Price	Sauces <i>Sauce selections include citrus dill beurre blanc, lemon caper, spicy cilantro chili, chipotle or fruit salsa</i>
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Lunch Entrees

All entrees come with accompanying sides

Add chicken \$1.95, shrimp \$2.95, or lobster \$3.95

 Seafood Enchiladas – fish, shrimp and scallops with tomatillo salsa	12.95
Shrimp & Scallop Linguini – pan seared scallops in a creamy gorgonzola sauce	13.95
6 oz. Flat Iron – marinated and grilled to perfection	13.95
Mac Nut Seabass – baked and dressed with lemon dill beurre blanc	13.95
Chili Braised Carnitas – slow roasted with tortillas, cilantro and onion	11.95
Risotto – ask your server for the daily selection	10.95
 Crab Tilapia – baked with crab and finished with a lemon dill beurre blanc	14.95
Tequila Linguini – sautéed peppers, onions, cilantro and tequila cream sauce	10.95
Captain's Platter – Fried Calamari rings, Icelandic cod filet, and shrimp	10.95
Eggplant Parmesan – covered with provolone and marinara	9.95
Clam Chowder Bread Bowl & Salad	9.95
 Baja Tacos Plate – mahi mahi and jalapeño cream sauce	9.95
Vodka Penne Pasta – creamy tomato sauce	9.95
Stuffed Salmon – shrimp and crab stuffing with a sun dried tomato cream sauce	14.95
Quesadilla – with sour cream, pico de gallo and guacamole	7.95
Fish & Chips – crispy filets over seasoned fries	Shrimp 11.95 Salmon 10.95 Cod 9.95

Desserts

 **Aloha Pie** 7.95

Macadamia nut Ice cream and cookie crust

Chef's Seasonal Special 6.95

Ask your sever for details

Crème Brulée 7.95

Cheesecake 6.95

Drizzled with strawberry puree

Warm Chocolate Bundt Cake 6.95

With Whip Cream and Strawberry Sauce

Vanilla Ice Cream 4.95

Consuming raw or undercooked meat, poultry, shellfish or eggs may increase your risk of food-borne illness, especially if you are pregnant or have certain medical conditions