

Ocean

450

DINNER MENU



SOUPS

SOUP DU JOUR - CUP/\$2 BOWL/\$4

LOW SODIUM CHICKEN NOODLE -CUP/\$2 BOWL/\$4
MON - WED

LOW SODIUM VEGETABLE - CUP/\$2 BOWL/\$4
THUR - SUN

APPETIZERS

450 WINGS - \$8

5 jumbo wings, baked or fried tossed in your choice of buffalo, sweet chili, or BBQ sauce.served with celery and bleu cheese dressing.

GULF SHRIMP COCKTAIL - \$10

Six chilled jumbo shrimp, served with cocktail sauce and lemon

VEGETABLE POTSTICKERS - 10

Rice noodles, green onions, soy, sweet chili sauce

JUMBO CRAB CAKES - \$12

Maryland lump crab, black bean and corn relish, roasted red pepper aioli

CEDAR BAKED BRIE - \$12

cherry compote, toasted pistachio, herb grilled baguette

SALADS & SIDES

CARLISLE SALAD - \$ 3/\$8

Hearts of palm, mixed greens, tomato, cucumber, radish, red onion, citrus dressing

CAESAR SALAD \$ 3/\$8

Romaine, garlic croutons, reggiano parmesan cheese, house-made dressing

TRIO PLATE - \$10

House-made chicken tuna and egg salad atop our house salad. Choice of dressing.

ADD PROTEIN -

Chicken \$3 Shrimp \$5 Salmon \$8 Tenderloin Strips \$10

ENTREES

SMOKE HOUSE BARBECUE RIBS - 18

An all-time favorite. Slow cooked until fork tender, hickory barbecue sauce

FIRE ROASTED CHICKEN - \$16

Slow roasted half chicken, natural Pan jus

BALSAMIC HONEY GARLIC SALMON - \$18

Atlantic salmon fillet aged balsamic reduction, honey, and roasted garlic on red cedar plank

LOBSTER RAVIOLI - \$17

Lobster clawmeat ricotta ravioli, tomato ala vodka sauce, and shaved reggiano

VEAL MARSALA- \$19

Veal scaloppine dusted in seasoned flour and sauteed, mushroom, marsala wine reduction

*** BEEF TENDERLOIN - \$20**

Marinated with chef special blend of herb and spices, cooked to specifications

SPAGHETTI MARINARA - \$14

House made marinara sauce, shaved parmesan cheese, Garlic breadstick

CATCH OF THE DAY - \$MP

Your Choice of fried, blacken or grilled.

*** USDA PRIME BEEF BURGER - \$10**

Prime ground beef grilled to specifications, Brioche bun with lettuce, tomato, onion and pickle. choice of fries or fruit.

BLUE ZONE

OKINAWAN TOFU STIR-FRY - \$14

Beni-Imo (Purple Sweet Potato), bok choy

ON THE EDGE SALAD - \$ 3/\$8

Mixed greens, mandarin orange, apples, dried cranberries, avocado, sliced almonds, gorgonzola, pulled chicken

*** STEAK SALAD - \$ 3/\$8**

baby mixed greens, heirloom tomato, sliced red onions, kalamata olive, beets and feta

SIDES

Whipped Potato | Baked Potato | Sweet Potato, Sautéed Spinach | Steamed Broccoli | Asparagus Carrots | Beets | Green Beans