



Seasonal, locally sourced produce used whenever possible.

ALL ITEMS ARE PREPARED TO ORDER - SIT BACK AND ENJOY THE VIEW WHILE OUR CHEF PREPARES YOUR DELICIOUS MEAL

Starbucks™ Coffees Available

## STARTERS

**Coastal Calamari...** Calamari dusted in seasoned flour, deep-fried served with sweet basil tomato sauce. 11.95



**Nachos Fiesta...** tri-color tortilla chips topped with blackened chicken, cheese & tomatoes. Sour cream, salsa and jalapenos on the side. 12.95

**Coconut Shrimp...** jumbo shrimp breaded in coconut, fried and served with orange cilantro jam. 10.95



**Portabella Mushroom Stacker...** marinated portabella mushrooms, fresh sliced tomato, buffalo mozzarella and roasted red peppers. Drizzled with balsamic reduction and fresh basil. 14.95  
Order without cheese for Vegetarian option.

**Island Wings...** jumbo wings finished on the char-broiler with blackened seasonings and ranch seasonings. Served with ranch dressing and celery sticks. Buffalo style available 14.95

**Captain's Fish Spread...** served on a bed of lettuce with diced tomatoes, capers, diced onions, Jalapeno peppers and assorted crackers. 11.95



**Spinach and Feta Quesadilla...** grilled tortilla filled with spinach, onions, roasted red peppers, olives and feta cheese. 8.95

**Lump Blue Crab Cakes...** served with key lime tartar sauce. 12.95

## SOUP



**Caribbean Black Bean...** served with chipotle sour cream and tri-color tortilla chips. Cup 2.25 Bowl 3.95

**Florida Seafood Chowder.....** mahi, grouper, salmon and potatoes. Cup 3.95 Bowl 5.95

## FROM THE GARDEN



\* **Mangos Seared Tuna...** lightly blackened seared tuna topped with mango chili sauce, served on top of a salad of fresh mixed greens with cucumber jicama slaw, and garnished with sliced mango. 16.95  
Fat 6g Carbs 65g Sodium 730 mg Cal 500



**Sea Breeze Shrimp Salad...** 5 marinated chilled jumbo shrimp, served on top of a salad of fresh mixed greens with candied walnuts, raisins, diced tomatoes, blue cheese crumbles and topped with a balsamic vinaigrette. 15.95

Fat 28g Sat. Fat 8g Cholesterol 205mg Carbs 64g Pro. 32g Cal 610  
(HEALTHY DINING: Request less blue cheese [1 oz.] and less candied walnuts [1 oz.]

## FROM THE GARDEN (Continued)

\* **Traditional Caesar...** traditional Caesar salad with fresh grated parmesan, homemade croutons and our own Caesar dressing. 8.95  
Add: grilled chicken 2.95, tender steak 4.95, shrimp 3.95 or grouper 5.95

**Fresh House Salad...** traditional dinner salad with lettuce, tomato, cucumber and onion, or our field greens salad with jicama mango slaw, sun-dried raisins and toasted macadamia.

House 4.95 Grand 7.95

\* **Beef Tenderloin Salad...** fresh baby greens drizzled with balsamic vinaigrette, tomatoes, cucumbers and blue cheese crumbles accompanied with grilled lean beef tenderloin and caramelized onions. 21.95

Fat 17g Sat. Fat 9g Cholesterol 115mg Carbs 11g Pro. 46g Cal. 380  
(HEALTHY DINING: Request no added salt, no caramelized onions and dressing on the side)

**Chicken Cobb Salad...** traditional cobb salad with grilled Chicken and crispy iceberg lettuce, topped with hard boiled eggs, kalamata olives, smoked ham, diced tomatoes, avocado and feta cheese served with low fat ranch dressing. 14.95

Fat 38g Sat. Fat 10g Cholesterol 285mg Carbs 23g Pro. 41g Cal. 600

**Sunset Salmon Salad...** grilled blackened fresh salmon served on top of a salad of fresh mixed greens with candied walnuts, raisins, diced tomatoes, blue cheese crumbles and topped with a balsamic vinaigrette. 18.95

Fat 30g Sat. Fat 9g Cholesterol 165mg Carbs 54g Pro. 61g Cal 720  
(HEALTHY DINING: Request less blue cheese [1 oz.] and no candied walnuts)

Substitute Grouper for Salmon 24.95

## SANDWICHES & MORE

Served with choice of fries, tiki chips, potato salad, sweet potato fries or fruit

**Chicken Sandwich...** boneless chicken breast served jerked, blackened or grilled. Add your choice of American, Swiss, Provolone, Smoked Gouda or Cheddar cheese .95. 11.95

**Grouper Tacos...** two soft flour tortillas filled with your choice of grilled, blackened, or fried imported grouper, fresh pico de gallo, and shredded lettuce. Served with side of chipotle sour cream. 14.95

Fat 21g Carbs 56g Sodium 1200mg Cal 560  
(HEALTHY DINING: Request no sour cream and only 1 tsp. of blackened seasoning on grouper. Order fruit for side option)

\* **Beachside Burger...** ½ lb. thick and juicy Angus beef, charbroiled and brushed with garlic butter and special seasoning. Add your choice of American, Swiss, Provolone, Smoked Gouda or Cheddar cheese .95. 11.95

## PASTA SELECTIONS

All pasta entrees are served with fresh garlic bread. *Gluten Free penne pasta available.*



**Cajun Pasta...** linguine pasta in a Cajun-style alfredo sauce with blackened chicken, bacon, mushrooms, onion and peppers. 16.95

**Shrimp Pasta...** fresh jumbo shrimp sautéed in garlic butter and white wine. Served over linguini. 16.95

## MANGOS FAVORITES

\* **Surf & Turf...** Island style char grilled kabobs with succulent Gulf shrimp and beef tenderloin tips. Served with teriyaki glaze and a mango chili sauce. 27.95



**Baby Back Ribs...** 1 lb. BBQ glazed. 21.95

**Baby Back Ribs & Chicken...** a half rack of BBQ glazed ribs and chicken breast char-grilled, blackened or jerk seasoned. 21.95



**Mangos Meatloaf...** While it lasts! Mixture of fresh Angus ground beef, bell peppers, onions, ground corn tortillas and a special blend of spices. Served with Cholula ketchup. 16.95



**Chicken Pesto...** grilled chicken breast topped with mushrooms, onions and creamy pesto sauce. 16.95



**Mediterranean Salmon...** fresh King Salmon topped with cherry tomatoes, capers, zucchini and olives served with Mediterranean quinoa and a side. 24.95

*All entrées (except Pasta & Shrimp quinoa) are served with your choice of two of the following...*

## ACCOMPANIMENTS

Yukon Gold Mashed Potatoes  
Sunset Rice

Caramelized Plantains

Sweet Potato Fries with Mango Ketchup

Chef's Steamed Vegetables

French Fries

Asparagus with Key Lime Hollandaise - 1.95

Mediterranean Quinoa - 1.95

Executive Chef Casey Miller

Sous Chef George Ratliff

**Gluten Free menus available upon request.**

\* CONSUMER ADVISORY

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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## SEAFOOD ENTRÉES

**Stuffed Shrimp...** lump blue crab stuffing, topped with mango tarragon cream. 26.95

**Oscar Your Way...** choose between fresh King Salmon or Gulf Grouper, topped with blue crab meat, asparagus and key lime hollandaise. 31.95

**Mahi Limon...** grilled Mahi topped with a blend of avocado, tomato, onion, cilantro and lime juice. 25.95



**Tropical Gulf Grouper...** pan-seared Gulf Grouper, stuffed with our delicious homemade crab meat served with a tropical cream sauce with pineapple, bacon and peppers. 31.95  
Seasonal, based upon availability

**Mediterranean Tuna...** chargrilled Ahi Tuna topped with a cherry tomato, capers, zucchini, chick peas and olive sauce. 24.95



**Veracruz Salmon...** pan seared salmon topped with a garlic butter, green olives, capers, and salsa sauce. 24.95

**Tilapia Tropical...** 8 oz. flaky domestic farm-raised tilapia filet topped with mango tropical salsa. 24.95



**Blackened Shrimp Skewers...** 10 blackened shrimp with a mango chili glaze, served over our sunset rice & fresh vegetables. 24.95

**Gulfside Grouper...** chargrilled Gulf Grouper finished with lemon pepper seasoning and a squeeze of fresh lemon. 27.95  
Fat 7g Sat. Fat 3g Cholesterol 175mg Carbs 40g Pro. 47g Cal 430



## BEEF ENTRÉES

\* **Delmonico...** 12oz. of heavily marbled certified Hereford Ribeye, garlic basted, garnished with fried sweet onion sprouts. 31.95

\* **Filet Mignon...** 7oz. certified Hereford Filet, garlic basted, garnished with fried sweet onion sprouts. 31.95

\* **New York Strip...** 12oz certified Hereford Strip, garlic basted and garnished with fried sweet onion sprouts. 29.95



MANGOS FAVORITES



BOLD & SPICY



GLUTEN FREE OPTIONS



HEALTHY DINING® OPTIONS

These items meet HEALTHY DINING'S nutrition criteria and are featured on HealthyDiningFinder.com



VEGETARIAN OPTION