



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

APPETIZERS

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

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 jalapeños on the side. 12.95

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

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

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

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

Tiki Chips... Homemade potato chips sprinkled with ranch seasoning and ranch dressing. 7.95

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

 **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**

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

* **Mangos Grilled Salad...** choice of sirloin steak, chicken or shrimp on a bed of fresh mixed greens surrounded by tomato, cucumber and onion slices. 15.95

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 ranch dressing.....13.95
Fat 38g Sat. Fat 10g Cholesterol 285mg Carbs 23g Pro. 41g Cal 600

* **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.

Beach Umbrella... chicken salad, tuna salad and potato salad with cottage cheese, surrounded by fresh fruit. 12.95

* **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)

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)

LATE RISER

* **Western Omelet...** ham, onions & peppers. Served with fries. Add your choice of cheese for an additional .95. 11.95

* **Breakfast Sandwich...** two fried eggs, ham and American cheese, served on a croissant with fresh fruit. 11.50

Executive Chef Casey Miller
Sous Chef George Ratliff

***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.

Gluten Free menus available upon request.
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CAJUN INFLUENCES

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



Grouper Tacos... 2 soft flour tortillas filled with lightly blackened imported grouper, fresh pico de gallo, and shredded lettuce. Served with side of chipotle sour cream. 14.95

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

Grouper Sandwich... imported grouper served blackened, broiled or fried on a Turano bread with lettuce, tomato, onion and key lime tartar. 15.95

Crab Cake Po'Boy... our own lump blue crab cakes lightly breaded, deep-fried golden brown, served on a Turano bread with lettuce, tomato, onion and key lime tartar. 14.95

MANGOS CLASSICS



Jerked Chicken Salad... grilled jerked chicken breast served on top of a salad of fresh mixed greens with diced tomatoes, feta cheese, red onions, mango salsa and topped with a mango vinaigrette. 12.95

Fat 16g Sat. Fat 6g Cholesterol 135mg Carbs 21g Pro. 48g Cal 420

(HEALTHY DINING: Request less feta cheese [1 oz.]



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.]



Chicken Caprese Sandwich... grilled marinated boneless chicken breast on a toasted ciabatta bun, with lettuce, tomato, fresh buffalo mozzarella and pesto mayo. 12.95

Turkey Reuben... roasted turkey breast, Swiss cheese, sauerkraut & thousand island dressing on grilled rye bread. 11.95

Tiki Tacos... 2 soft flour tortillas served with your choice of blackened chicken or traditional beef, served with cheddar cheese, shredded lettuce, tomatoes and side of sour cream and salsa. 11.95

Cuban Sandwich... slow roasted mojo pork, ham and Swiss cheese with mustard and pickle on Cuban bread, pressed to perfection. 11.95

Hawaiian Chicken... chicken breast char-grilled, topped with pineapple, provolone cheese and drizzled with teriyaki sauce served on pineapple coconut bread. 12.95

LUNCH ENTRÉES



Tilapia Tropical... 8 oz. flaky tilapia filet topped with mango tropical salsa. Served with sunset rice. 12.95



Mangos Meatloaf... While it lasts! Mixture of fresh Angus ground beef, bell peppers, onions, ground corn tortillas and a special blend of spices. Topped with Cholula ketchup and served with Yukon gold mashed potatoes. 13.95



Chicken Pesto... grilled chicken breast topped with mushrooms, onions and creamy pesto sauce. Served with Yukon gold mashed potatoes. 12.95

WRAPS

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

Turkey Wrap... roasted turkey breast, bacon, Swiss cheese, lettuce and tomato wrapped in a whole wheat tortilla dressed with honey mustard sauce. 11.95



* **Quesadilla Wrap...** your choice of chicken, beef or shrimp with peppers, diced tomatoes, lettuce, sunset rice and Cheddar cheese wrapped in a chipotle tortilla, served with sour cream and salsa. 11.95

Caesar Wrap... grilled chicken breast tossed with creamy Caesar dressing, grated parmesan cheese and romaine lettuce then wrapped in a spinach tortilla. 11.95

FROM THE GRILL

Served with choice of fries, chips, potato salad, sweet potato fries, fruit or slaw. (Excluding Portabella Mushroom Stacker)

* **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

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

* **Bleu Burger...** ½ lb. thick and juicy Angus Beef blackened and topped with lettuce, tomato, crumbled bleu cheese and fried onion sprouts served on ciabatta bread. 12.50

Black Bean Burger... mildly spicy black bean burger flavored with peppers and brown rice, cooled with fresh avocado slices, accented with lettuce and pico de gallo. Add your choice of Smoked Gouda, American, Swiss, Provolone or Cheddar cheese .95. 11.95



Gyro... grilled lamb on toasted buttered pita bread. Topped with tomato, onion and home-made tzatziki sauce. 11.95



Hot Dog... ¼ lb. all beef hot dog, served with cheese, onions & kraut ~ if you like. 8.95

Portabella Mushroom Stacker...

marinated portabella mushrooms, fresh sliced tomato, buffalo mozzarella and roasted red peppers. Drizzled with a balsamic reduction and fresh basil. 14.95



Order without cheese for vegetarian option.

TIKI FAVORITES

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

Turkey Burger... 7oz. ground turkey patty dusted with our own southwest seasonings, served with lettuce, tomato, onion. Add your choice of American, Swiss, Provolone, Smoked Gouda or Cheddar cheese .95. 11.25



Seminole Club... roasted turkey breast, bacon, lettuce and tomato piled high on a flaky croissant. 10.95

Chicken Strips... southern style pepper battered Chicken tenderloins served with honey mustard sauce. 10.95