

Undertow restaurant and bar

Soups, Salads and Appetizers

Lunch

Chilled Fresh Tomato Gazpacho

Soup of the Day

Mark's Damn Good Jambalaya

Sarah's Field Green Salad

with mandarin oranges, coconut, red onion, crumbled feta and your choice of lemon pecan, **honey balsamic**, ranch, or bleu cheese dressing

Classic Caesar Salad

add Grilled Salmon or Chicken

Curried Chicken Salad

with red grapes and **cashews**, petit field green salad

Quiche of the Day

with petit field green salad and a croissant

Caribbean Chicken Cobb Salad

with pineapple - black bean salsa, blackened chicken, **crumbled bleu cheese**, mandarin oranges, coconut and shaved red onion

Pineapple Black Bean Salsa and Chips

Main Courses

Killer Peanut Butter and Jelly

with honey roasted peanuts and sliced strawberries

Steve - O's Famous Black Bean Cakes

with fresh salsa and cilantro cream

Grilled BLT & Cheese

(American, **Swiss**, Cheddar or Pepperjack) chips and slaw

Island Style Blackened Fish Stack

with Pineapple Black Bean Salsa; tomato, cucumber and red onions relish, cilantro lime dressing

Seared Rare Ahi Tuna

over crunchy Asian slaw and **peanut - ginger dressing**

Toasted Vegetable Quesadilla

with zucchini, yellow squash, red onion, tomatoes, black bean salsa and Colby Jack cheese

add **Blackened Chicken**

Dilled Tuna Salad Caesar Wrap

Classic Caesar salad wrapped in a flour tortilla with dilled **albacore tuna salad**

Asian Chicken Wrap

Grilled Chicken with Asian slaw, mandarin oranges, crunchy noodles and peanut - ginger dressing

Island Crab Cake

with petit field green salad and spicy remoulade

The "Slurp"

turkey, ham, **Swiss**, coleslaw, tomato and **Pesto Aioli** on Sourdough

Turkey Reuben

sliced turkey, Swiss, sauerkraut and Thousand Island dressing

The "Groove"

grilled black forest ham, **brie** and chutney on Sourdough

BBQ Pork Sandwich

with chips and coleslaw

Southwestern Grilled Chicken Sandwich

with pepperjack cheese, red bell pepper aioli, caramelized onions and bacon, tortilla chips and salsa

Angus Burger

with lettuce, tomato, chips and slaw & Your choice of cheese (or not) American **Swiss**, Cheddar, Pepperjack, or Maytag Blue

Blackened Chicken Alfredo

with penne, spinach, tomatoes and Boursin cream sauce

an 18% gratuity will be added for parties of 6 or more

1931 old dixie highway -Historic Downtown Vero - 772.770.0977

Notice -- consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions ----- Legumes and tree nuts are in use in our kitchen and in some recipes