

# Undertow restaurant and bar

## Small Plates

### Sarah's House Salad

Organic Field Greens, Mandarin Oranges, Cocunut feta, honey roasted sunflower seeds - lemon pecan, balsamic, ranch or bleu cheese

### Great Greens Caesar Salad

Romaine, bok choy, organic baby spinach, Won ton crisps and lemon-garlic dressing

Add chicken or salmon

### Undertow Island Nachos

Pineapple black bean salsa, cheese, quacamole, sour cream, tomato salsa

Add blackened chicken

### Thai Lobster Bisque

Coconut, Toasted Peanuts, Kaffir Lime, Thai Chiles and Maine Lobster Stock

### Chinese 5 Spiced Duck Breast

Petit field greens, Blackberry vinaigrette

### Creole PEI Mussels

Andouille sausage, saffron, tomatoes, Shallots, garlic, chardonnay butter

### Sweet Potato Wedges

Garlic herb butter, bleu cheese dressing

### Southern Fried Oysters

Corn, tomato, greens and avocado Salad, bleu cheese, red onion marmalade

### Duo of Sashimi Tartars

Raw Ahi tuna and Wahoo, papaya cucumber relish, plum chile glaze

### Mark's Damn Good Jambalaya

Chicken, andouille Sasage, tomatoes over jasmine rice --- Ay Poppí !!!!

### Slow Smoked Pork BBQ Sliders

Marinated slaw, tarragon aioli

### Escargp Sauté

Bacon, apples, red onion, garlic herb butter, puff pastry shell

### Belgium Endive Salad

Radicchio, arugala, roasted beets, crumbled chevre, walnuts, lemon dressing

### Szechuan Chicken Wings

Sweet and spicy with peanut ginger sauce

### Angus Burger

Choice of cheese; American, Swiss, Pepperjack, cheddar or Bleu, - chips

## Main Dishes

### Roasted Vegetable Quesadilla

Zucchini, yellow squash, black bean salsa, tomatoes and cheese

Add blackened chicken

### Island Fish Stack

Blackened with pineapple black bean salsa, cucumber relish, cilantro lime cream

### Shrimp Carbonara

Italian prosciutto, sweet peas, roasted tomatoes, shell pasta and herbed parmesan - garlic cream

### Grilled Atlantic Salmon

Creamy tomato, shiitake and spinach boursin orzo, basil pesto<sup>2</sup>

### Pork Double Rib Chop

Bourbon cream sauce, sweet potatoes<sup>3</sup>

### Chargrilled Angus Ribeye

Whipped potatoes, grilled asparagus and bleu cheese butter<sup>4</sup>

### Honey Rosted Chicken Breast

Cheese grits, green beans<sup>2</sup>

### Blackened Chicken Alfredo

tomatoes, spinach, penne pasta, boursin cream sauce<sup>9</sup>

### Sauteed Mahi Mahi

Blue crab mango salsa, sweet potatoes and green beans<sup>4</sup>

### Flame Steak Sandwich

Tarragon aioli, arugula, french hamburger roll, sweet potato wedges

## Sides

asparagus green beans sweet potatoes black beans cheese grits whipped potatoes spinach

## Desserts

### Creme Brulee

### Berry Crisp A La Mode

### Raspberry Key Lime Pie

### Caramel Rum Smash A La Mode

### Chocolate Insanity

### Bourbon Chocolate Pecan Pie

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