



STRAND ISLAND BAR

Lunch Menu 11am-4pm DAILY

HOT APPETIZERS

JUMBO WINGS

½ DOZEN \$9 DOZEN \$15

HOT | BBQ | KOREAN BBQ | PARMESAN GARLIC | STRAND SPICY DRY RUB

CHILI | SOUP DU JOUR | GAZAPACHO w/CRAB MEAT

CUP \$6 BOWL \$9

CHILI NACHOS \$13

ADD PULLED PORK \$5 ADD CHICKEN \$5

CHILI | COLBY JACK CHEESE | TOMATOES | RED ONIONS | SCALLIONS
GUACAMOLE | SALSA | SOUR CREAM

JUMBO COCONUT SHRIMP (SIX) \$17

ISLAND SLAW | PINA COLADA SAUCE

CHICKEN QUESADILLA \$15

CARAMELIZED ONIONS | ROASTED PEPPERS | SALSA
CO-JACK CHEESE | GUACAMOLE | SOUR CREAM

SALAD ADD-ONS:

CHICKEN BREAST \$7 5 OZ. FILET TIPS \$10

6 OZ. SALMON \$9 6 OZ. GROUPER \$10 GRILLED SHRIMP (5) \$10

SANDWICHES

BLACKENED GROUPER TACOS \$17

ISLAND SLAW | LIME SOUR CREAM | CHIPOTLE AIOLI | SOFT PLANTAINS
COCO LOPEZ DIP

MAINE LOBSTER ROLL \$19

GREEN LEAF LETTUCE | LOBSTER MIX | AVOCADO

THE ISLAND BARKER \$10

HEBREW NATIONAL HOT DOG | CHALLAH ROLL

SOUP & SANDWICH \$13

CHOICE OF CHILI OR GAZPACHO | CHOICE OF EGG OR TUNA OR CHICKEN SALAD
LETTUCE & TOMATO

THE STRAND BURGER \$17

10 OZ. SIGNATURE BEEF SHORT & BRISKET BLEND | LTO | BRIOCHE BUN
CHOICE OF CHEESE

FRENCH DIP \$15

SHAVED PRIME RIB | SWISS CHEESE | CRISPY ONIONS | HORSERADISH SAUCE
BEEF AU JUS

SALADS

ORGANIC BABY SPINACH \$16

RYE CROUTONS | CHERRY TOMATOES | SHAVED RED ONIONS
EGG | CHOPPED BACON | MAPLE TOMATO BACON VINAIGRETTE

WINTER SALAD \$15 BLUE ZONES*

ARTISAN GREENS | PEARS | CANDIED PECANS | DRIED CRANBERRIES
BLUE CHEESE CRUMBLE | CHAMPAGNE VINAIGRETTE

BURRATA BERRY SALAD \$17 BLUE ZONES*

ARUGULA | BLUE BERRIES | STRAWBERRIES | SHAVED RED ONION
HEIRLOOM TOMATOES | TOASTED ALMONDS | CITRUS VINAIGRETTE

PROTEIN SALAD \$17 BLUE ZONES*

CRISPY ROMAINE | CHERRY TOMATOES | CHEDDAR CHEESE
ALMONDS | SHAVED TURKEY | GARBANZO BEANS | BLACK BEANS
RANCH OR BALSAMIC VINAIGRETTE

HUMMUS PLATTER \$13 BLUE ZONES*

TOASTED PITA | CELERY | CUCUMBER | CARROT | RED PEPPER
CHERRY TOMATOES

AHI TUNA POKE \$17 BLUE ZONES*

WASABI AVOCADO MOUSSE | THAI CABBAGE SLAW
SRIRACHA LIME AIOLI | CRISPY WONTON CHIPS

TRIO SALAD \$16

ARTISAN GREENS | CUCUMBERS | CHERRY TOMATOES | CARROTS
TUNA - CHICKEN - EGG SALAD

CAESAR SALAD \$12

CRISPY ROMAINE | HERB CROUTONS | CHERRY TOMATOES
PARMESAN | CAESAR DRESSING

CRAB & AVOCADO SALAD \$17

SHAVED ROMAINE | AVOCADO | SWEET ONION | CAPERS
SLICED TOMATOES | CAPER LIME VINAIGRETTE

HOUSE MADE VEGETABLE BURGER \$15

POTATO | BLACK BEAN MIX | SOUTHWEST SEASONING | LETTUCE
TOMATO | CHIPOTLE AIOLI

TROPICAL GROUPER SANDWICH \$19

ISLAND SLAW | TROPICAL SALSA | BRIOCHE BUN | CHIPOTLE AIOLI

BANH - MI SCALLOP SLIDERS \$19

PICKLED VEGETABLES | SOUS VIDE PORK BELLY | CILANTRO AIOLI

CORNED BEEF REUBEN \$14

SWISS CHEESE | 1,000 ISLAND | SAUERKRAUT | MARBLE RYE

FRESH GRILLED TURKEY CLUB \$17

TURKEY OR TURKEY BURGER | MAYO | BACON | LTO | AMERICAN CHEESE
CHOICE OF BREAD

CUBANO \$17

BOAR'S HEAD HONEY HAM | SHREDDED PORK | SWISS CHEESE
HOMEMADE SPICED PICKLES | ROASTED GARLIC

* ALL SANDWICHES COME WITH CHOICE OF:
FRENCH FRIES - SWEET POTATO FRIES - TATER TOTS - ONION RINGS
BLUE ZONES ALTERNATIVE: HOUSE SALAD OR CAESAR OR FRUIT CUP

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS



STRAND ISLAND BAR

Dinner Menu

4pm-8pm DAILY

HOT APPETIZERS

JUMBO WINGS

½ DOZEN \$9 DOZEN \$15

HOT | BBQ | KOREAN BBQ | PARMESAN GARLIC | STRAND SPICY DRY RUB

CHILI CUP \$6 BOWL \$9

CHILI NACHOS \$13

ADD PULLED PORK \$5 ADD CHICKEN \$5

CHILI | COLBY JACK CHEESE | TOMATOES | RED ONIONS | SCALLIONS
GUACAMOLE | SALSA SOUR CREAM

JUMBO COCONUT SHRIMP (SIX) \$17

ISLAND SLAW | PINA COLADA SAUCE

SALAD ADD-ONS:

CHICKEN BREAST \$7 5 OZ. FILET TIPS \$10

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COCO LOPEZ DIP

MAINE LOBSTER ROLL \$19

GREEN LEAF LETTUCE | LOBSTER MIX | AVOCADO

THE ISLAND BARKER \$10

HEBREW NATIONAL HOT DOG | CHALLAH ROLL

THE STRAND BURGER \$17

10 OZ. SIGNATURE BEEF SHORT & BRISKET BLEND | LTO | BRIOCHE BUN
CHOICE OF CHEESE

FRENCH DIP \$15

SHAVED PRIME RIB | SWISS CHEESE | CRISPY ONIONS | HORSE RADISH SAUCE
BEEF AU JUS

ENTREES

ALL DINNER ENTREES COME WITH CHOICE OF
HOUSE OR CAESAR SALAD & DINNER ROLLS

RASTA PASTA \$20 BLUE ZONES PORTION \$13

PENNE PASTA | JERK-MARINATED CHICKEN | MIXED VEGETABLES

SEARED SESAME TUNA \$25 BLUE ZONES PORTION \$14

6 OZ. SUSHI-GRADE TUNA | ASIAN MARINATED VEGETABLES
COCONUT ALMOND RICE | SWEET THAI CHILI SAUCE

MISO SALMON \$23 BLUE ZONES PORTION \$14

WASABI MASHED POTATOES | SAUTEED BOK-CHOY | MISO GLAZE

STRAND FILET TIPS \$23

WHIPPED POTATOES | SEASONAL VEGETABLES | BLISTERED TOMATOES | BALSAMIC GLAZE

BISTRO STEAK \$27

ROASTED GARLIC MASHED POTATOES | GORGONZOLA | CARAMELIZED ONIONS
CRISPY PANCETTA | BROCCOLINI | VEAL JUS

SALADS

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EGG | CHOPPED BACON | MAPLE TOMATO BACON VINAIGRETTE

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FRENCH FRIES | SWEET POTATO FRIES
TATER TOTS | ONION RINGS

BLUE ZONES ALTERNATIVE:
HOUSE SALAD OR CAESAR OR FRUIT CUP

BUTCHER BLOCK

WAGYU FLANK \$37

7OZ. WAGYU | CHIMICHURRI SAUCE
TRUFFLE FRIES

8OZ. FILET \$35

CHARRED CIPPOLINI ONIONS | MUSHROOM CREAM
GRILLED ASPARAGUS | WHIPPED POTATOES

BONE-IN COWBOY STEAK \$37

GRILLED ASPARAGUS | TWICE-BAKED POTATO
AU POIVRE SAUCE | CRISPY ONIONS