



BREAKFAST SPECIALTIES

Bananas Foster French Toast 15 NEW!

House-made rum bread, caramel rum sauce, sauteed brown sugar sliced bananas, candied pecans, chai whipped cream

Traditional French Toast 12

Sweet Challah Bread, powdered sugar, maple syrup

Additional optional topping add-ons

strawberries, chocolate chips, blueberries, bananas, pecans

Add topping(s) +2 per topping Add extra syrup +1

Southwestern Hash 16 TW

Choice of (honey ham, chorizo, Italian sausage, Organic chicken, or veggies) in a wood-fired hash of roasted potatoes, caramelized onion, roasted red pepper, corn, mozzarella, topped with two over-easy eggs and red pepper coulis (Add a half avocado) +2

Hot Brown Skillet 15 NEW!

Pan roasted Turkey, mozzarella, garden tomato, applewood bacon, over easy egg, white cheddar mornay sauce, open-faced over artisan toast

The Basic Breakfast 15

Two eggs, roasted potatoes, artisan multigrain toast, choice of (honey ham, applewood bacon, chorizo, Italian sausage, Organic chicken or avocado)

Steak N' Eggs 26

6oz Grand Western's filet mignon, potato hash, avocado, two eggs

Shrimp & Grits* 20 TW

Wild caught American shrimp, chorizo, Anson Mills cheddar grits, heirloom peppers, sunny-side-up egg, Calabrian chili oil, chives

Chefs Fresh Catch* 28 TW

Featured catch, Anson Mills cheddar grits, wild caught American shrimp, chorizo, heirloom peppers, herbs

Frittata 16

House made frittata, arugula, heirloom tomatoes, butternut squash, feta cheese, local microgreens, avocado, seasonal fruit

CREPES

Buffalo Chicken 16 TW

Organic chicken, blue cheese, Swiss cheese, apple fennel slaw, buffalo sauce

With choice of side

Strawberry Crème 13 TW

Fresh strawberries, sweet crème, powdered sugar

Garden Crepe 16

Mushrooms, Swiss, Spinach, topped with marinated heirloom tomatoes and red pepper coulis

With choice of side

Nutella 13

Bananas, strawberries, toasted almonds, powdered sugar

SOUP & SALADS

Organic Tomato Basil Bisque Cup 5 | Bowl 7

Third Wave Half 8 | Whole 12

Mixed greens, fresh strawberries, almonds, feta, red onion, balsamic vinaigrette

Kale Half 8 | Whole 12 TW

Kale, lemon ricotta, apples, beets, candied pecans, white balsamic vinaigrette

Caesar Half 7 | Whole 11

Artisan romaine, lemon herb breadcrumbs, Parmesan Reggiano (Add silver-sided Spanish anchovies) +2

Beach Bowl 16 TW

House-made sun-dried tomato hummus, spring mix, Quinoa, ½ avocado, pickled carrots, purple cabbage, cucumber, heirloom tomato, sesame seeds, EVOO, toasted pita bread

please no substitutions

House-Smoked Cajun Redfish Dip* 21 when available

Lavosh cracker, pickled Jalapenos, pickled Carrots, local Datil pepper pickle chips

ADD ON TO SALADS

Organic free-range chicken +5 | House-made chicken salad scoop +6

Canaveral shrimp +7 | Chef's featured catch*MKT |

Wild Alaskan Salmon*MKT

A LA CARTE

5 Anson Mills grits | Whole avocado | Fruit cup | Chorizo
Organic chicken | Italian sausage | Honey ham

Applewood Bacon | Kale & Mushrooms

4 Roasted Potatoes | Toast & Jam | Fresh Baked Goods

3 Half Avocado | Two eggs

7 House made granola | 9 Greek Yogurt Parfait

TW Third Wave favorite | *Smart Catch & Seafood Watch approved

** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

SANDWICHES w/ choice of side | no substitutions

Beef on Weck 16 NEW!

Au jus dipped house-roasted beef, creamy horseradish sauce, toasted kummelweck roll, side au jus

Mediterranean Veggie 15

Toasted multi-grain, garlic basil aioli, sun-dried tomato hummus, cucumber, red onion, romaine, feta, heirloom tomato

Cranberry Citrus Chicken Salad 15 TW

House-made organic chicken salad, apples, fresh arugula on croissant

Bronx Bagel** 19

New York water bagel, acme smoked lox salmon, everything seasoned cream cheese, tomato, capers, red onion

Sammy 15

Turkey, honey ham, Swiss cheese, two over-hard eggs, bacon aioli on croissant

BLT 15 TW

Smoked applewood bacon, bacon aioli, tomatoes, spring mix on artisan white bread

Fish Sandwich 22

Blackened or grilled, lettuce, tomato, onion, house made pickle, Cajun remoulade, Hawaiian brioche

Filet Mignon Burger 22

6oz house-ground filet mignon, smoked applewood bacon, cheddar, artisan spring mix, sliced tomato, red onion, house pickle on a Hawaiian brioche bun

SIDES

Roasted potatoes | Organic tomato basil bisque | Garden Salad

SUBSTITUTE SIDES

+2 Kale salad or Third Wave salad +1 Fruit cup or Caesar salad

NEAPOLITAN PIZZA 12" House-made dough, hand-tossed & oak-fired

Hempy Hippy 🍃 16 TW

Shredded Mozzarella/Provolone, wild mushrooms, marinated artichokes, baby kale, white balsamic glaze, organic hemp oil & seeds

New Yorker 18

Pepperoni, Italian fennel sausage, house Mozzarella, Ricotta, Pecorino Romano, organic tomato sauce, Calabrese pepper, garlic, Italian herbs

Classic Roni 16

Pepperoni, organic tomato sauce, shredded Mozzarella/Provolone, Italian seasoning, Pecorino

Margherita 🍃 16

House Mozzarella, Parmigiano Reggiano, organic tomato sauce, basil, EVOO

Burrantina Di Margherita 🍃 20 TW

Hand-crafted Burrata, house mozzarella, Parmigiano Reggiano, Peruvian pepper relish, baby arugula, charred artichoke, basil pesto, Heirloom tomato, Organic tomato sauce, balsamic glaze EVOO

Bianca 🍃 16

Parmigiano Reggiano, shredded Mozzarella/Provolone, Ricotta, Italian herbs, garlic, EVOO

Fungi Fromage 🍃 17

Oak-roasted wild local mushrooms, Shredded Mozzarella/Provolone, Parmigiano Reggiano, garlic, Italian herbs, authentic black truffle oil

Honey Baby 16 TW

Soppressata salami, shredded Mozzarella/Provolone, Organic tomato sauce, Italian cherry pepper, NSB local wildflower honey

Gluten free option available upon request +3

* *Third Wave, Chef David Moscoso and our Third Wave family are Smart Catch Leaders in the James Beard Foundation, members of the Monterey Bay Seafood Watch "Blue Ribbon Task Force", Founding member of the Portland Pact Chefs for Fish, a Future Maker in One Planet Living, and participant in the UNWTO Blue Community programs. These programs were created with the purpose of increasing healthy, sustainable seafood consumption and supporting environmentally sustainable fishing and American clean-water farming, as well as responsible agriculture and business practices for the benefit of our communities and our planet.*



2020-2021 "Seal of Commitment" Florida Restaurant & Lodging Association's highest designation for hospitality safety and sanitation standards; Awarded establishments have invested resources to ensure that their location, staff, and guests remain safe and healthy.

**** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.**

We may make substitutions when items or ingredients are temporarily unavailable

~ Our facility is NOT gluten-free or nut-free - Please inform your server of dietary concerns – Not all ingredients are listed on menu ~