



BREAKFAST SPECIALTIES

Bananas Foster French Toast 15

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

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

The Basic Breakfast 16

Two eggs, artisan multigrain toast, Anson Mills heirloom white grits (or sub Roasted Potatoes), and choice of 1 (honey ham, applewood bacon, chorizo, Italian sausage, organic chicken or avocado)

Steak N' Eggs 26

8oz Stock Yard's sirloin, potato hash, avocado, two eggs

Shrimp & Grits* 20 TW

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

Chefs Fresh Catch* 31 TW

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

Frittata 🍳 16

House made frittata of arugula, red onion, redskin potato hash, and mozzarella blend, topped w/ feta cheese + heirloom tomatoes. Side of 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 9

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

Caesar 9

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

Harmony Garden Hummus 🍃 16

House made Hummus, toasted Pita, pickled carrots, Za'atar harmony herbs, heirloom tomato spring onion cucumber garnish, EVOO

Texas Caviar 8

Blend of Organic Black-eyed peas, black beans, sweet corn, garden veggies, lightly pickled Vinaigrette dressing, spiced lahvosh crackers

Chic Greek 13

Artisan Romaine, marinated tomato, red onion, cucumber, kalamata olive. Feta cheese, organic Chickpeas, toasted pita.

ADD ON TO SALADS

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

American wild 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 | Spinach & Mushrooms

4 Roasted Potatoes | Toast & Jam | Fresh Baked Goods

3 Half Avocado | Two eggs

7 House made granola | 9 Greek Yogurt Parfait

SANDWICHES w/ choice of side | no substitutions

Beef on Weck 16

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

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

BBQ Chicken 15 TW

Smoked applewood bacon, Datil Pepper BBQ mayo, pepper jack cheese, Guacamole on toasted Hawaiian brioche.

Fish Sandwich 25

Blackened or grilled, lettuce, tomato, onion, house made pickle, House-made tartar sauce, Hawaiian brioche

SIDES

Roasted potatoes | Organic tomato basil bisque | Garden Salad
Texas Caviar

SUBSTITUTE SIDES

+2 Third Wave salad +3 Fruit cup or Caesar salad or Greek Salad

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.

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

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

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 Waves Executive Chef David Moscoso is a Florida Smart Catch Leader of the **James Beard Foundation**, member of the **Monterey Bay Seafood Watch** "Blue Ribbon Task Force", Founding member of the Portland Pact **Chefs for Fish**. **Third Wave** is 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 ~