

THIRD WAVE CAFÉ & wine bar

Executive Chef David Moscoso Sous chef Joshua Norton Sous chef Jeremy Hurst



BREAKFAST SPECIALTIES

Bananas Foster 15

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

Southwestern Hash 16 TW

Choice of (honey ham, chorizo, Italian sausage, 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

Frittata 🍳 16

House made frittata of arugula, red onion, and mozzarella blend, topped w/ feta cheese + tomatoes. Side of avocado + seasonal fruit

Rock Shrimp Scramble 18

Florida Rock Shrimp, chorizo, eggs, heirloom peppers, Mozzarella Blend, over toasted challah egg bread.

The Basic Breakfast 16

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

Steak N' Eggs 26

6oz Filet, 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, Calabrian chili oil, chives

House Smoked Cajun Redfish Dip 24

Lahvosh crackers, house pickled veggies, house pickles.

CREPES

Buffalo Chicken 16 TW

Chicken, blue cheese, Swiss cheese, apple fennel celery 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 tomatoes, garlic, shallots, and red pepper coulis with choice of side

Dulce-de-leche Crepe 14 new

Bananas, strawberries, toasted almonds, powdered sugar, caramelized milk & sugar jam

SOUP & SALADS 🍴

SANDWICHES w/ choice of side | no substitutions

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 🌿 18

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

Texas Caviar 8

Blend of 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, chickpeas, toasted pita seasoned with Zatar herbs.

ADD ON TO SALADS

Chicken +5 | House-made chicken salad scoop +6
American wild shrimp +7 | Chef's featured catch*MKT

A LA CARTE

- 5 Heirloom grits | Whole avocado | Fruit cup | Chorizo
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

Cranberry Citrus Chicken Salad 15 TW

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

Chefs Prime Patty Melt

House ground, prime grade Tenderloin, American cheese, Mayo, caramelized onions, Toasted Rye.. (Cooked Medium well to well, no substitutions, add Ons available ala carte.

Bronx Bagel** 19

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

Sammy 16

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

Fungi Ruben 15

Seasonal mushrooms, sautéed spinach, Swiss cheese, sauerkraut, Million Island dressing, toasted rye bread.

Fish Sandwich 25

Fresh catch - blackened or grilled, lettuce, tomato, onion, house made pickle, house-made rémoulade, Hawaiian brioche

SIDES

Roasted potatoes | Tomato basil bisque | Garden Salad
Texas Caviar

SUBSTITUTE SIDES

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

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

New Yorker 18

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

Classic Roni 16

Pepperoni, Tomato sauce, shredded Mozzarella/Provolone, Italian seasoning, Pecorino

Margherita 🌿 16

House Mozzarella, Parmigiano Reggiano, Tomato sauce, basil, EVOO

Spanish Country Farm Girl 16

Shredded Mozzarella/provolone, fresh garlic, arugula, Spain Serrano Ham, pecorino Romano, sunny side up egg.

Burrantina Di Margherita 🌿 20 TW

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

Fungi Fromage 🌿 17

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

Honey Baby 16 TW

Soppressata salami, shredded Mozzarella/Provolone, 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 ~

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.**

SAMPLE