

THIRD WAVE *Café & wine bar*

CHEF'S SELECTIONS *for the table*

Premier Charcuterie and Cheese 39 TW

Artisan cheeses & cured meats, seasonal fruit and jam, Chefs condiments, crisp baguette

Shrimp Gambas* (Spanish style shrimp) 24

Creole butter sauteed, Wild caught American shrimp, garlic, chilies, Calabrian oil, crisp baguette

Spinach Artichoke Dip 16

House-made and wood fired, crisp baguette

House-Smoked Candied Salmon* 22 *when available*

Maple brined Atlantic salmon, grainy mustard sauce, Cerignola olives, local honey, crushed candied pecan garnish

House-Smoked Cajun Redfish Dip* 21 *when available*

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

Carnitas 21

A bowl of slow cooked Spanish Iberico pork tenderloin, avocado, citrus crème, pickled red onion, Spring water Anson Mills Polenta w/ Manchego and green chillies

Olives & Manchego🌿 16

Marinated mixed Cerignola olives, Manchego cheese, almonds

Burrata (Cream-filled Mozzarella) Caprese🌿 20 TW

Hand-crafted Burrata, fresh heirloom tomatoes, basil pesto, charred artichoke and Peruvian pepper relish, artisan bread

Pimento Cheese & Charred Onion Relish🌿 16 TW

Ricotta, Manchego, roasted red pepper, crisp baguette

Char-Roasted Brussels🌿 16

Brussel sprouts, local honey, Pecorino Romano, chilies, mint

Oak Roasted Cauliflower🌿 14

Topped with whipped blend of goat cheese and feta, toasted Garbanzo beans, pine nuts, parsley lemon crumb

Harmony Garden Hummus 🌿 16

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

Wagyu Short Rib Hummus 22

House made Hummus, oven roasted boneless Wagyu short rib, toasted Pita, Za'atar harmony herbs, EVOO

FEAST WATER & FIELD

FROM THE WATER

Smart Catch* MKT TW

Chefs catch, Blackened honey pecan-crust, wild caught American shrimp, whiskey butter cream sauce, chef's vegetable, Yukon mash

Alaskan Wild King Salmon* 32

Sashimi "Grade" slow troll line-caught, seasonal local mushroom, Kombu butter jus, herb scented Bomba rice, grainy mustard sauce

Galician Pulpo* 26 TW

Roasted octopus (*pot caught*, Mediterranean), organic tomato broth, sautéed spinach, toasted Garbanzo beans, sweet chili drizzle, Yukon mash

Pan Seared Scallops* 32

Pan Seared Northern cold-water scallops, Bomba rice, curry scallop broth, creamy goat cheese, chef's vegetable

Seafood Valenciana* 28 NEW!

Garlic shallot sauté of Calamari, east coast shrimp, P.E.I mussels, chorizo, organic peas, over herb scented Bomba rice, Saffron tomato broth

FROM THE FIELD

Utica Chicken Riggies 24

Spicy Organic Chicken, Rigatoni pasta, cherry peppers, Organic roasted red pepper tomato cream sauce, fresh herbs

Filet Mignon Burger 22

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

Tenderloin Barcelona 28

Filet Mignon, sautéed peppers, sautéed spinach, wild mushrooms, charred pearl onions, spring water Anson Mills polenta w/ Manchego & green chillies, Cabernet Rioja demi, blue cheese garnish

Hanger Steak 36 TW

10 oz hand-cut, pepper crusted hanging tender, Grainy mustard sauce, charred seasonal onions, Chef's vegetable, choice of potatoes

Venison Tenderloin 34

New Zealand Cervena, Turkish coffee and cumin rubbed, veal and wild mushroom glaze, Yukon Truffle mash, Chef's vegetable

Oak-Roasted Lemon Chicken 26 TW

Prosecco lemon caper beurre blanc, Chef's vegetable, Yukon mash

NEAPOLITAN PIZZA

12" House-made dough using Italian-milled blue label flour, hand-tossed & oak-fired

Margherita 🍀 16

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

Hempy Hippy 🍀 16 TW

Wild mushrooms, shredded Mozzarella/Provolone, marinated artichokes, baby kale, balsamic glaze, basil oil & hemp 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

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

Soppresata salami, shredded Mozzarella/Provolone, organic tomato sauce, Italian cherry pepper, NSB local wildflower honey

Gluten free option available upon request +3

GRAZE

Third Wave Salad 🍀 – Half 8 Whole 12 TW

Spring mix, strawberries, toasted almonds red onion, feta, balsamic vinaigrette

Caesar – Half 7 Whole 11

Artisan romaine, lemon-herb crumb, Parmigiano Reggiano
Silvered-sided Spanish anchovy + 2

Kale 🍀 – Half 8 Whole 12 TW

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

Twisted 1905 Wedge 12 TW

Baby iceberg, Swiss and Manchego cheese, Spanish olives, red wine Serrano ham, heirloom tomatoes, house made DW dressing

Add on:

Organic free-range chicken +5 | House-made organic chicken salad +6
Canaveral shrimp* +7 | Chef's featured catch* or Wild Alaskan Salmon* MKT

FINISH

Chef's Featured Desserts TW 7

Assorted Gelato flavors

4 (one scoop | 6 (two scoops)

Cookie Sundae 7



Recipient of the 2020 Orlando Sentinel Critic's Choice Foodie Award: "Worth the Drive"

** Chef David Moscoso and Third Wave 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.*

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 ~