

# WAVES

## BAR & GRILL

### BEGIN

#### Popcorn Shrimp \$14

Served with a sweet chili dipping sauce

#### Chili Nachos \$13

Chili con carne, tortilla chips, cheddar cheese sauce, jalapeños, sour cream, guacamole and pico de gallo  
*with shredded grilled chicken or roasted pork \$15*

#### Colossal Shrimp Cocktail \$16

Fresh horseradish cocktail sauce

#### Guacamole <sup>SuperFoodsRX</sup> \$12

Freshly made, served with tortilla chips (serves 2)

#### Local Baby Spinach & Watermelon Salad \$11

Shaved fennel, farm feta cheese, caramelized lemon vinaigrette

### GREENS

#### Lemon Shrimp Salad <sup>gf</sup> <sup>SuperFoodsRX</sup> \$16

Sautéed shrimp, avocado, hearts of palm, arugula and tomato. Served with a lemon pepper vinaigrette

#### Caesar Salad \$9

Crisp romaine, sourdough croutons and shaved parmesan  
*with chicken \$14 | with shrimp \$15*  
*with jerk mahi 🌶️ \$15*

#### Marinated Chicken Salad <sup>SuperFoodsRX</sup> \$14

Marinated chicken, baby arugula, candied walnuts, crumbled feta and dried cranberries. Served with a house vinaigrette

#### Tuna Salad Niçoise \$17

Baby greens, tomato, eggs, potatoes, green beans, olives, anchovies, house vinaigrette

### FAVORITES

all sandwiches & wraps served with exotic vegetable chips

#### Fish Tacos 🌶️ \$15

Grilled mahi, carrot and brussels sprout slaw, smoked chile aioli, guacamole and pico de gallo

#### Blackened Grouper Sandwich <sup>SuperFoodsRX</sup> 🌶️ \$17

Seared Florida grouper, tomato, frisée and a green goddess spread

#### Marinated Chicken Sandwich \$14

Served with an herb aioli and topped with pico de gallo

#### Caribbean Jerk Mahi Sandwich \$15

Jerk seasoned mahi, served with a green goddess spread and topped with tropical fruit relish

#### 15 Bite Beef Hot Dog \$14

Sauerkraut, red onion relish, brioche bun, frizzled onions

#### Sunshine Club Wrap <sup>SuperFoodsRX</sup> \$13

Oven-roasted turkey, applewood smoked bacon, sprouts, tomato, guacamole and a green goddess spread in a whole wheat wrap

#### Westin Burger \$13

Our burgers are hand-formed and served with lettuce, tomatoes, red onions on a brioche bun  
*add vermont cheddar, swiss, american, mozzarella, applewood smoked bacon, sauteed onions, mushrooms, jalapeños, fried eggs .75 each*

#### Chicken Quesadilla \$15

Seasoned grilled chicken with sautéed onions, peppers and a three cheese blend. Served with sour cream, guacamole, pico de gallo and topped with smoked chili aioli

#### Cuban Sandwich \$13

Roasted shredded pork, shaved ham, pickles with Swiss cheese and mustard

#### Tuna Salad Wrap \$12

White albacore tuna, frisée and tomatoes in a whole wheat wrap

#### Turkey Burger \$13

Mozzarella, tomato sauce, arugula, whole wheat bun

### SIDES

#### French Fries \$5

#### Yucca Fries \$5

Served with smoked chili aioli

#### Beer Battered Onion Rings \$7

Served with horseradish cream sauce

#### Exotic Vegetable Chips \$5

#### Mixed Green Salad \$5

### DESSERTS

#### Chocolate Sea Salt Cookie Sandwich \$7

With vanilla Häagen-Dazs® ice cream

#### New York-Style Cheese Cake \$7

Raspberry coulis, fresh berries

#### Lemon Sorbet \$7

Creamy sorbet served in a natural fruit shell

#### Cup of Fresh Fruit & Berries <sup>SuperFoodsRX</sup> \$7



Spicy



*SuperFoodsRX® dishes specifically pair whole foods to boost their nutritional benefits and their flavors. Antioxidant-rich and naturally low in calories, SuperFoodsRX® are known to improve well-being and longevity.*



*We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten free diet, please be aware that they may be prepared in an environment where gluten is present. Please consult your physician as to your personal health decisions.*

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

## SPECIALTY \$14

### Vanilla Lychee Martini

Svedka Vanilla Vodka, simple syrup and muddled lychee fruit

### Cucumber Collins

Bombay Sapphire Gin, muddled fresh cucumbers, topped with Sprite

### Tropical Wave

Bacardi Oakheart Spiced Rum, Malibu Rum, Midori, pineapple juice, fresh lime and club soda

### Caipirinha

Leblon Cachaça, fresh lime and simple syrup. Add your choice of strawberry, pineapple or orange

### Kiwi Crush

Malibu Rum, Absolut Vodka, Midori and fresh kiwi, topped with a splash of soda

## FROZEN COCKTAILS \$10

### Daiquiris

Bacardi Superior Rum with your choice of strawberry, mango, peach, wild berry, raspberry, passion fruit or banana

### Piña Colada

Bacardi Superior Rum, cream of coconut, pineapple juice with a splash of Myers's Dark Rum

### Key Lime Pie

Bacardi Superior Rum, ice cream blend and margarita mix

## MOJITOS \$12

### Classic Cuban

Bacardi Superior Rum, fresh lime, simple syrup and mint leaves, topped with club soda

### Strawberry & Kiwi

Bacardi Superior Rum, fresh lime, strawberry and kiwi, simple syrup and mint leaves, topped with club soda

### Blueberry

Bacardi Superior Rum, fresh blueberries and lime, simple syrup and mint leaves, topped with club soda

## WINES

### Sparkling

	Glass
Ruffino Prosecco, Valdobbiadene, Italy	\$10
Chandon Brut "Classic", California, 187ml	\$12

### White Wines

Pinot Grigio, Le Rime, Tuscany	\$10
Riesling, Chateau Ste. Michelle, Columbia Valley, WA	\$10
Chardonnay, Stags Leap "Hands of Time" Napa, CA	\$14
Sauvignon Blanc, Joel Gott, CA	\$10

### Red Wines

Cabernet Sauvignon, Louis Martini, Sonoma, CA	\$12
Pinot Noir, Byron, Santa Barbara, CA	\$14
Malbec, Alamos, Mendoza Valley, AR	\$10
Merlot, Seven Falls, Wahluke Slope, WA	\$10

## BEVERAGES

Pepsi®, Diet Pepsi®, Sierra Mist®, lemonade or iced tea \$3

Orange, cranberry, pineapple or apple juice \$4

### Cucumber Margarita

Milagro Reposado, triple sec, sweet n' sour mix, cucumber and fresh lime

### Citron Berry

Grey Goose Le Citron Vodka, muddled fresh blackberries, raspberries, blueberries and lime, simple syrup, topped with a splash of soda

### Passion for Peach

Absolut Apeach Vodka, passion fruit, peach and cranberry juice

### Watermelon Mintini

Grey Goose Vodka, watermelon, mint, simple syrup and a splash of cranberry juice

### Margarita Chill

Sauza Tequila Gold and triple sec blended with your choice of lime, peach, strawberry or mango

### Miami Vice

Bacardi Superior Rum with a mix of piña colada and strawberry daiquiri

### Rum Runner

Bacardi Superior Rum with rum runner mix and a float of Bacardi Select Rum

### Orange & Raspberry

Bacardi Oakheart Spiced Rum, Malibu Rum, fresh orange, raspberries and lime, simple syrup and mint leaves, topped with club soda

### Triple Berry

Bacardi Superior Rum, fresh raspberries, blackberries, blueberries and lime, simple syrup and mint leaves, topped with club soda

## BEERS

### Domestic

Bud Light	\$6
Budweiser	\$6
Miller Lite	\$6
Coors Light	\$6
Michelob Ultra	\$6
Blue Moon	\$7
Samuel Adams	\$7
Samuel Adams Light	\$7
Batch 19	\$6

### Imported

Corona Extra	\$7
Corona Light	\$7
Stella Artois	\$7
Bass Ale	\$7
Modelo Especial	\$6
St. Pauli (non-alcoholic)	\$6

### Draft

Samuel Adams	\$7
Bud Light	\$6