



## STARTERS

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### BUTTERNUT SQUASH SOUP

*fig balsamic reduction, cinnamon cream, pepitas* φ φ cup 7 / bowl 10

### AGUACHILE CEVICHE

*lime marinated shrimp, red onions, tomatoes, avocado, tortilla chips* φ 16

### AVOCADO TOAST

*queso fresco, shaved carrots, breakfast radish* ψ 15

*add shrimp 5 add lobster 10*

### CHICKPEA HUMMUS

*pistachios, pickled shallots, black garlic, toasted sesame seeds, lemon oil* ψ 11 / share 14

## MAINS

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### GREEK FARRO SALAD

*wild baby arugula, feta, cucumber, olives, chickpeas, bell peppers* ψ 17

*add grilled chicken 4 add shrimp 7 add grilled atlantic salmon 7*

### PLANT BASED COBB

*tofu, smoky mushrooms, cherry tomato, grilled corn, avocado, vegan ranch* φ ψ LD 15

### GRILLED CHOP SALAD

*mixed greens, bell pepper, red onion, zucchini, tomato, cucumber, garbanzo bean,*

*fresh cilantro, cilantro avocado dressing* φ ψ LD 14

### CRAB CAKES

*baby kale, radicchio, fennel, champagne vinaigrette, lemon dill remoulade* 29

### GRILLED CATCH OF THE DAY

*grilled asparagus, beet tabbouleh salad, salsa verde* 22

### SEAFOOD PASTA

*linguine, mussels, clams, shrimp, scallops, salmon, white wine tomato broth* 25

### TYDES BURGER

*brioche bun, choice of cheese, butter lettuce, tomato, red onion, pickles* 16

*add avocado 2 add applewood bacon 2 add grilled onion 2*

## SIDES

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FRENCH FRIES 7

SWEET POTATO FRIES 7

ONION RINGS 7

MIXED GREENS 7

FRESH FRUIT 7

## DESSERTS

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### CHEESECAKE

*cinnamon graham cracker crust, seasonal compote* 9

### CHOCOLATE LAYER CAKE

*flourless chocolate cake ganache, manjari mousse* 9

### ICE CREAM & SORBET

*assorted flavors* 5

### HOUSE-MADE COOKIE

*chocolate chip, peanut butter, snickerdoodle* 3

LD - Recipes provided by vegan chef and healthy living educator, Leslie Durso

φ Gluten Free ψ Vegetarian

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