



Breakfast

Eggs

Two Fresh Extra Large Eggs

W/ Bacon or Sausage Patties or Links
W/ Corned Beef Hash or Ham Steak
W/ Canadian Bacon

Omelets

Fiesta	Veggie
Ham	Ham & Cheese
Cheese	Cheesy Crab
Western	

Above Egg Entrees and Omelets are served with a choice of Grits, Home Fried Potatoes or Sliced Ripe Tomatoes.
Your choice of Biscuits, White, Rye or Whole Wheat Toast. Egg Whites extra.

Sandwiches and Signature Items

Galley Benedict Two fresh baked biscuits topped with Canadian bacon and over easy eggs smothered in Hollandaise sauce. Choice of potatoes, grits, or tomatoes

The French Riviera Our fresh cut thick bread dipped in our special egg batter with granola and raisins. Also served as traditional French Toast

The Giant Breakfast Sandwich Two eggs your way, choice of breakfast meat, melted cheese on a grilled Kaiser roll. Choice of potatoes, grits, or tomatoes

Sausage Gravy & Biscuits Half order / Full order

Waffles, Pancakes, Cereal

Tall Stack
Short Stack
Blueberry Pancakes
Belgium Waffle
Add Bacon or Sausage
Assorted Cereals

Fresh Baked Muffins
Fresh Fruit Salad Cup / Bowl
with Yogurt & Honey and Granola
Fresh Warm Cinnamon Roll
Fresh Baked Biscuits
Bowl of Oatmeal

Sides

Grits Cup / Bowl
Home Fries
One Egg
Two Eggs
Bacon
Sausage Patties or Links
Bagel
Bagel with Cream Cheese

Ham Steak
Corned Beef Hash
Side Order of Toast
Canadian Bacon
Fresh Sliced Tomatoes
English Muffin
Croissant
Bagel as Breakfast Side

Beverages

Juices
Milk
Chocolate Milk
Cappuccino

Espresso
Hot Tea
Hot Chocolate
Coffee

Separate checks are not available for parties of 6 or more



Lunch

Appetizers & Soups

Caribbean Crab Nachos
Island Wings
Conch Fritters
Crackling Calamari
Smoked Fish Dip
Key Lime Chips & Salsa
Spinach Dip

Coconut Shrimp
Chilled Lump Crab
Oyster Rockefeller
Lump Crab Cake
Shrimp Cocktail
N.E. Clam Chowder

Oyster Casino
Blue Point Oysters on the half shell ½ dz
Clams Middleneck on the half shell ½ dz
Oyster Shooter
Bloody Mary Oyster Shooter
Tropical Oyster Shooter
Bahamian Conch Chowder

Chef's Fresh Catch of the Day

Served with choice of Rice, Garlic Mash Potato, or and Caribbean Veggies

House Features

Fish & Chips
Seafood Chili

Fried Oysters
Fish Taco

Roast Beef Gorgonzola
Penne ala Fresco

From the Grill

Grilled Dolphin Sandwich
Ahi Tuna Burger
Albacore Tuna Melt

Served with Seasoned Fries
Veggie Burger
Black Angus Beef Burger
Grilled Mojo Chicken Breast
Cuban Cigar

Grilled Cheese
The Great Grilled Rubeen
Crab Cake Sandwich

Salads

House Salad
Caribbean Chicken Salad
Maryland Crab

Grilled Scallop Salad
Caesar Salad

Neptune Salad
Tropical Fruit Plate
Shrimp Gorgonzola

Beach Wraps

All wraps are served with coleslaw and plantain chips. No substitutions. Sides sold separately.

Island Crab Wrap
Crispy Chicken Caesar Wrap

Shrimp Wrap
Lobster Wrap

Sandwiches

All Sandwiches are served with Apple Cabbage Slaw
Choice of Breads: White, Rye, Wheat, Spinach or Garlic Herb tortilla wrap

ABL
Club

Chicken Salad
Tuna Salad

Fried Fish Sandwich
Soft Shell Crab Sandwich

Sides

Seasoned Fries, Garlic Mashed Potatoes, Apple Cabbage Cole Slaw, Caribbean Veggies

Separate checks are not available for parties of 6 or more



High Tide Menu
Served daily from 2:30-5:00 pm

Appetizers

Caribbean Crab Nachos
Island Wings
Conch Fritters
Crackling Calamari
Smoked Fish Dip
Key Lime Chips & Salsa
Spinach Dip
Pistachio Crusted Sea Scallops

Coconut Shrimp
Chilled Lump Crab
Oyster Rockefeller
Lump Crab Cake
Shrimp Cocktail
N.E. Clam Chowder

Oyster Casino
Blue Point Oysters on the half shell ½ dz
Clams Middleneck on the half shell ½ dz
Oyster Shooter
Bloody Mary Oyster Shooter
Tropical Oyster Shooter
Bahamian Conch Chowder
Jumbo Stone Crab Claws (seasonal)

MATE'S PLATTER

A Sampling of 2 Conch Fritters, 2 Pistachio Scallops, 2 Coconut Shrimp, and Calamari

Salads

House Salad
Caribbean Chicken Salad

Grilled Scallop Salad
Chicken Caesar Wrap

Caesar Salad
Side Caesar

Soups

New England Clam Chowder Bahamian Conch Chowder

Sandwiches

All sandwiches are served with seasoned French fries

Black Angus Beef Burger
Veggie Burger

Ahi Tuna Burger
Dolphin Sandwich
Fried Fish Sandwich

Crab Cake Sandwich
Chicken Breast Sandwich

House Features

Each dish served with vegetables, and your choice of starch

Fish and Chips
Fried Oysters
New York Strip

Coconut Shrimp
Jumbo Florida Stone Crab Claws (*seasonal*)

Separate checks are not available for parties of 6 or more



Dinner

Appetizers & Soups

Caribbean Crab Nachos	Coconut Shrimp	Oyster Casino
Conch Fritters	Chilled Lump Crab	Blue Point Oysters on the half shell ½ dz
Crackling Calamari	Oyster Rockefeller Lump	Clams Middleneck on the half shell ½ dz
Smoked Fish Dip	Crab Cake	Oyster Shooter
Key Lime Chips & Salsa	Shrimp Cocktail	Bloody Mary Oyster Shooter
Spinach Dip	N.E. Clam Chowder	Tropical Oyster Shooter
Pistachio Crusted Sea Scallops	Peppercorn Crusted Tuna	Bahamian Conch Chowder
	Ceveche Tropical	

MATE'S PLATTER

A Sampling of 2 Conch Fritters, 2 Pistachio Scallops, 2 Coconut Shrimp, and Calamari

Salads

House Salad	Heart of Iceberg Salad	Spinach & Watercress Salad
Grilled Scallop Salad	Caesar Salad	Side Caesar

Entrees

Atlantic Sea Bass	Sesame Seared Filet of Tuna	Fish & Chips
Snapper Vera Cruz	Dolphin Florentine	Coconut Shrimp
Sautéed Yellowtail	"ABACO" Grouper	Pistachio Crusted Sea Scallops
Grilled Swordfish	Potato Crusted Salmon	Floridian Paella
Florida Spiny Lobster	Jumbo Florida Stone Crab Claws (seasonal)	Pork Chop Oscar
Grilled 10oz. Filet Mignon	Grilled 12 oz. New York Steak	Shrimp Scampi Provencal
Middle Neck Clams & Linguine	Sea Meets Shore	Penne Gorgonzola
	Grilled Breast of Chicken	

Separate checks are not available for parties of 6 or more