

Trade Winds Restaurant

Family Dinner Menu

5:30-9:00 p.m. - Friday & Saturday

5:00 - 7:30 p.m. - Sunday

Soups

Please ask your server about our soup choices.....Cup \$2.95.....Bowl \$3.95

Salad

Tossed Salad	\$2.10
Chef Salad	\$5.95
<i>(Includes Ham, Turkey, Boiled Egg and Cheese)</i>	
Large Caesar Salad	\$4.95
<i>(Includes Romaine Lettuce, Parmesan Cheese and Croutons)</i>	
Grilled Chicken Salad	\$6.95
<i>(Includes 6 ounces of Grilled Chicken, Cucumbers, Tomatoes, Onions and Croutons)</i>	
Shrimp Salad	\$8.99
Taco Salad	\$6.95

Dressings: French; Fat-Free French; Ranch; Fat-Free Ranch; Golden Italian; Blue Cheese; Caesar; Thousand Island; Balsamic and Fat-Free Raspberry Vinaigrette

Homemade Burgers with Fries

**The Trade Wind's Pub Burger	\$7.95
<i>Lettuce, Tomato, Onion, Pickle, Mayonnaise, Mustard, and Ketchup</i>	
**The Turkey and Swiss Burger	\$7.95
<i>Seasoned Ground Turkey, Swiss cheese, Lettuce and Tomato</i>	

Baskets with Fries

Chicken Tenders	\$7.95
Clam Strips	\$7.95
Fried Fish	\$7.95
Fried Shrimp	\$9.95

Vegetarian Choices

Garden Burger	\$7.95
<i>American Cheese, Lettuce, Tomato, Onion, Mustard and Ketchup with small fries</i>	
Veggie Hot Dog Platter	\$6.95
<i>Two veggie hot dogs served on toasted buns with small fries</i>	
Vegetable Platter (Four sides and a side salad)	\$7.95
<i>Ask server to today's vegetables</i>	

Beef, Pork and Chicken Dinners

Bread service, choice of soup or salad and choice of 2 sides

**Rib Eye Steak 12 oz.....	\$17.45
**Grilled Pork Rib Eye 8oz.	\$10.95
Grilled Chicken Breast.....	\$8.95
Grizzly BBQ - <i>Homemade at WTR</i>	\$9.95
**Chopped Sirloin 8 oz.....	\$10.45
Hot Roast Beef Sandwich with Gravy.....	\$11.00
Meatloaf (No Peppers).....	\$8.95
Ham Steak (Not Country Ham)	\$8.95

Seafood

Bread service, choice of soup or salad and choice of 2 sides

Captain Bob's Fried Seafood Platter.....	\$16.95
(Fish Filet, Clam Strips, Shrimp, and Crab Cake or Oysters)	
Skipper Bob's Broiled Seafood Platter.....	\$16.95
(Fish Filet, Shrimp, and Crab Cake)	
Fish Platter – Fried or Broiled.....	\$11.95
Shrimp Platter – Fried or Steamed.....	\$12.95
Clam Strip Dinner.....	\$10.95
Fried Oyster Platter.....	\$10.95
Crab Cakes (<i>only when available</i>).....	\$14.95

Vegetables and Sides

(A la carte for \$2.10 each)

Baked Potato - add cheddar cheese and bacon for \$.95		
Mashed Potatoes	Slaw	Onion Petals
French Fries	Ask Server for today's vegetables	

Beverages

Coffee (Regular or Decaf)	\$1.75
Hot Tea, Hot Chocolate or Milk	\$1.50

Fountain Drinks:

*Pepsi, Diet Pepsi, Diet Dr. Pepper, Mt. Dew, Mug Root Beer,
Sprite, Ice Tea or Pink Lemonade*

Small.....\$1.75 Medium.....\$1.85 Large.....\$2.40

You are welcome to bring your own alcoholic beverages to enjoy with dinner.

You may pay by cash or charge account number. We are unable to accept payment by credit or debit card.

****Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have medical conditions. Our meat and seafood cooking guide is as follows: Rare-Bloody cool center, touch of**

rawness. **Medium Rare**-Bloody red, no rawness of meat. **Medium**-Pink warm center, &
Medium Well to Well-Fully Cooked with no redness.