

**Trade Winds Restaurant**  
**Family Dinner Menu**  
**Open Friday, Saturday and Sunday**  
**Hours: Call 757-859-6123**

**Soups**

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

**Salad**

<b>Tossed Salad</b> .....	<b>\$2.10</b>
<b>Chef Salad</b> .....	<b>\$6.95</b>
<i>Includes Ham, Turkey, Boiled Egg and Cheese</i>	
<b>Large Caesar Salad</b> .....	<b>\$4.95</b>
<i>Includes Lettuce, Parmesan Cheese and Croutons</i>	
<b>Grilled Chicken Salad</b> .....	<b>\$6.95</b>
<i>Includes 6 ounces of Grilled Chicken, Lettuce, Cucumbers, Tomatoes, Onions and Croutons</i>	
<b>Shrimp Salad</b> .....	<b>\$8.99</b>
<i>Popcorn Shrimp over bed of Lettuce, Tomatoes, Cucumbers and Cheese</i>	
<b>Steak Salad</b> .....	<b>\$9.99</b>
<i>Tossed salad with Cucumbers, Tomatoes and Cheddar cheese. Topped with a 6 ounce Steak cooked to your liking.</i>	

*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**

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

**Baskets with Fries**

<b>Chicken Tenders</b> .....	<b>\$7.95</b>
<b>Clam Strips</b> .....	<b>\$7.95</b>
<b>Fried Fish</b> .....	<b>\$7.95</b>
<b>Fried Shrimp</b> .....	<b>\$9.95</b>
<b>Fried Scallops</b> .....	<b>\$8.95</b>

**Sandwiches and Wraps with 1 Side**

<b>Cheese Steak Wrap or on a Bun</b> .....	<b>\$8.95</b>
<i>Thin Sliced Steak, Peppers, Onions and Choice of Cheese</i>	
<b>Grilled Chicken Wrap or on a Bun</b> .....	<b>\$7.95</b>
<i>Grilled Chicken, Lettuce, Tomatoes, Choice of Cheese and Choice of Dressing</i>	
<b>Poor Boy Shrimp Wrap or on a Bun</b> .....	<b>\$10.95</b>

Popcorn Shrimp, Lettuce, Choice of Cheese, Tomatoes and Boom Boom Sauce

**\*\*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.

## Vegetarian Choices

<b>Garden Burger</b> .....	<b>\$7.95</b>
<i>American Cheese, Lettuce, Tomato, Onion, Mustard and Ketchup with small fries</i>	
<b>Veggie Hot Dog Platter</b> .....	<b>\$6.95</b>
<i>Two veggie hot dogs served on toasted buns with small fries</i>	
<b>Vegetable Platter</b> (Four sides and a side salad).....	<b>\$7.95</b>
<i>Ask server to today's vegetables</i>	
<b>Vegetarian Chef Salad (The Ralph)</b> .....	<b>\$6.95</b>
<i>Includes Lettuce, Cheddar Cheese and Croutons - Ask Server for Choice of Vegetables</i>	
<b>Vegetarian Wrap</b> .....	<b>\$7.95</b>
<i>Choice of Vegetables, Lettuce, Choice of Cheese, Tomatoes and Choice of Dressing</i>	

## Beef, Pork and Chicken Dinners

Choice of soup or salad and choice of 2 sides

<b>**Rib Eye Steak 12 oz</b> .....	<b>\$17.45</b>
<b>**Grilled Pork Rib Eye 8oz.</b> .....	<b>\$10.95</b>
<b>Grilled Chicken Breast</b> .....	<b>\$10.95</b>
<b>Chicken Fried Steak</b> .....	<b>\$9.95</b>
<b>Grizzly BBQ - Homemade at WTR</b> .....	<b>\$9.95</b>
<b>**Chopped Sirloin 8 oz</b> .....	<b>\$10.45</b>
<b>Hot Roast Beef Sandwich with Gravy</b> .....	<b>\$11.00</b>
<b>Meatloaf</b> .....	<b>\$8.95</b>
<b>Ham Steak</b> .....	<b>\$8.95</b>

## Seafood Dinners

Choice of soup or salad and choice of 2 sides

<b>Captain Bob's Fried Seafood Platter</b> .....	<b>\$16.95</b>
<i>(Fish Filet, and Choice of three of the following; Clam Strips, Shrimp, Crab Cake, Oysters or Scallops)</i>	
<b>Skipper Bob's Broiled Seafood Platter</b> .....	<b>\$16.95</b>
<i>(Fish Filet, Shrimp, Scallops and Crab Cake)</i>	
<b>Fish Platter – Fried or Broiled</b> .....	<b>\$11.95</b>
<b>Shrimp Platter – Fried or Steamed</b> .....	<b>\$12.95</b>
<b>Clam Strip Dinner</b> .....	<b>\$10.95</b>
<b>Fried Oyster Platter</b> .....	<b>\$10.95</b>
<b>Fried or Broiled Scallops</b> .....	<b>\$11.95</b>

## 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

Macaroni & Cheese

Ask Server for today's vegetables

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## 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.*