

Trade Winds Restaurant Family

Dinner Menu

Open Friday, Saturday and Sunday

Soups

Please ask your server about our soup choices.....Cup \$3.25..... Bowl \$4.35

Salad

Tossed Salad\$2.30

Chef Salad..... \$7.65

Includes Ham, Turkey, Boiled Egg and Cheese

Large Caesar Salad..... \$5.45

Includes Lettuce, Parmesan Cheese and Croutons

Grilled Chicken Salad.....\$7.65

Includes 6 ounces of Grilled Chicken, Lettuce, Cucumbers, Tomatoes, Onions and Croutons

Shrimp Salad \$9.89

Popcorn Shrimp over bed of Lettuce, Tomatoes, Cucumbers and Cheese

Dressings: Creamy French; Ranch; Fat-Free Ranch; Fat-Free Italian; BlueCheese; Caesar; Thousand Island; Fat-Free Raspberry Vinaigrette

Homemade Burgers with Fries

****The Trade Wind's Pub Burger** \$8.75

Lettuce, Tomato, Onion, Pickle

The Turkey and Swiss Burger\$8.75

Seasoned Ground Turkey, Lettuce, Swiss cheese and Tomato

Baskets with Fries

Chicken Tenders\$8.75

Clam Strips\$8.75

Fried Fish.....\$8.75

Fried Shrimp\$10.95

Fried Scallops\$9.85

Sandwiches and Wraps with 1 Side

Cheese Steak Wrap or on a Bun..... \$9.85

Thin Sliced Steak, Peppers, Onions and Choice of Cheese

Grilled Chicken Wrap or on a Bun..... \$8.75

Grilled Chicken, Lettuce, Tomatoes, Choice of Cheese and Choice of Dressing

Poor Boy Shrimp Wrap or on a Bun..... \$12.05

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

Chicken Quesadilla\$8.95

Grilled Chicken, onions, peppers, cheese and bacon. Side not included.

****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

Garden Burger	\$8.75
<i>American Cheese, Lettuce, Tomato, Onion, Mustard and Ketchup with small fries</i>	
Veggie Hot Dog Platter	\$7.65
<i>Two veggie hot dogs served on toasted buns with small fries</i>	
Vegetable Platter (<i>Four sides and a side salad</i>)	\$8.75
<i>Ask server to today's vegetables</i>	
Vegetarian Chef Salad (The Ralph)	\$7.65
<i>Includes Lettuce, Cheddar Cheese and Croutons - Ask Server for Choice of Vegetables</i>	
Vegetarian Wrap	\$8.75
<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

**Rib Eye Steak 12 oz	\$19.20
**Grilled Pork Rib Eye 8oz	\$12.05
Grilled Chicken Breast	\$12.05
Chicken Fried Steak	\$10.95
Grizzly BBQ - Homemade at WTR	\$10.95
**Chopped Sirloin 8 oz	\$11.50
Hot Roast Beef Sandwich with Gravy	\$12.10
Meatloaf	\$9.85

Seafood Dinners

Choice of soup or salad and choice of 2 sides

Captain Bob's Fried Seafood Platter	\$18.65
<i>(Fish Filet, and Choice of three of the following; Clam Strips, Shrimp, Crab Cake, Oysters or Scallops)</i>	
Skipper Bob's Broiled Seafood Platter	\$18.65
<i>(Fish Filet, Shrimp, Scallops and Crab Cake)</i>	
Fish Platter – Fried or Broiled	\$13.15
Shrimp Platter – Fried or Steamed	\$14.25
Clam Strip Dinner	\$12.05
Fried Oyster Platter	\$12.05
Fried or Broiled Scallops	\$13.15
Crab Cakes (<i>only when available</i>).....	\$16.45

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Vegetables and Sides

(A la carte for \$2.30 each)

Baked Potato - add cheddar cheese and bacon for \$1.05

Mashed Potatoes

Slaw

Onion Petals

French Fries

Macaroni & Cheese

Ask Server for today's vegetables

Beverages

Coffee (Regular or Decaf)\$1.90

Hot Tea, Hot Chocolate or Milk\$1.65

Fountain Drinks:

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

Small.....\$1.90 Medium.....\$2.00 Large\$2.65

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.*

