





STARTERS

Chef Sampler... coconut Shrimp, Calamari, lump blue Crab cakes, sweet potato fries (serves up to 4)... 27.95

Coastal Calamari... Calamari dusted in seasoned flour, deep-fried served with sweet basil tomato sauce. 9.25

 **Nachos Fiesta...** tri-color tortilla chips topped with blackened Chicken, cheese, tomatoes, sour cream, and jalapenos on the side. 10.25

Coconut Shrimp... served with a side of orange cilantro jam. 10.95

 **Coconut Curry Chicken...** Chicken breast skewers wrapped in applewood smoked bacon, served with a sweet curry coconut cream. 8.95

Captain's Fish Spread... served on a bed of lettuce with diced tomatoes, capers, diced onions. Jalapeno peppers on the side. 9.95

Tuna Sate Sampler... sesame, blackened, Jamaican jerk (2 each) served with soy sauce, Caribbean rémoulade, and mango ketchup. 12.95


Lump Blue Crab Cakes... served with key lime tartar sauce. 10.95

SOUPS

 **Caribbean Black Bean...** chipotle sour cream and tri-color tortilla chips.
Cup 2.25 Bowl 3.95

Florida Seafood Chowder...
Cup 3.95 Bowl 5.95

FROM THE GARDEN

 **Mangos Seared Tuna...** Lightly blackened seared tuna topped with mango chili sauce, served on top of a salad of fresh mixed greens with cucumber jicama slaw, and garnished with sliced mango. 13.95

Tomato Salad... featuring sliced beefsteak tomato with fresh spinach, bleu cheese, balsamic vinaigrette.
House 4.95 Grand 8.95

FROM THE GARDEN (Continued)

Sea and Shore Caesar... traditional Caesar salad topped with your choice of grilled Chicken, Steak or Shrimp. 12.95

Fresh House Salads... your choice of traditional Caesar salad, traditional dinner salad with lettuce, tomato, cucumber and onion, or our field greens salad with jicama mango slaw, sun-dried raisins and toasted macadamia.
House 3.95 Grand 7.95

Beef Tenderloin Salad... fresh baby greens drizzled with balsamic vinegar and olive oil, tomatoes, cucumbers and bleu cheese accompanied with grilled lean Beef Tenderloin and caramelized onions. 18.95
Fat 18g Sat. Fat 8g Cholesterol 25mg Carbs 14g Pro. 36g Cal. 360

Chicken Cobb Salad... traditional cobb salad with grilled Chicken and crispy iceberg lettuce, topped with hard boiled eggs, kalamata olives, smoked ham, diced tomatoes, avocado and feta cheese served with low fat ranch dressing. 14.95
Fat 38g Sat. Fat 10g Cholesterol 285mg Carbs 23g Pro. 41g Cal 600

SANDWICHES & MORE

Served with choice of fries, chips, potato salad, sweet potato fries or fruit

Chicken Sandwich... boneless grilled Chicken breast served jerked, blackened or broiled. 10.95

Grouper Tacos... two soft flour tortillas filled with your choice of grilled, blackened, or fried imported grouper, fresh pico de gallo, and shredded lettuce. Served with side of chipotle sour cream. 11.95

Beachside Burger... ½ lb. thick and juicy Angus beef, charbroiled and served with American, Swiss, Provolone or Cheddar cheese. 10.95

Caesar Wrap... grilled Chicken breast tossed with creamy Caesar dressing & romaine lettuce, wrapped in a spinach tortilla. 10.95

Seasonal, locally sourced produce used whenever possible.

PASTA SENSATIONS

All pasta entrees are served with fresh garlic bread



Shrimp Alfredo... lightly sautéed Shrimp tossed in alfredo sauce over Fussili pasta. 18.95

Greenland Mussels... sun-dried tomato, artichoke hearts, apple-wood smoked bacon, tomato garlic cream, penne pasta. 17.95



South West Chicken Pasta... blackened Chicken atop Fussili pasta tossed in ancho cream sauce, tomato and cilantro garnish. 17.95

MANGOS FAVORITES

Surf & Turf... Island style...char grilled Kabobs with succulent Gulf shrimp and Beef Tenderloin tips. Served with teriyaki glaze and a mango chili sauce. 23.95



Baby Back Ribs... one pound, chipotle BBQ glazed. 20.95

Sante Fe Pork Tenderloin... tender sliced Pork tenderloin, fanned and served with a marsala, sundried tomato, mango and shiitake reduction 17.95

Mangos Meatloaf... While it lasts! Mixture of fresh Angus ground beef, bell peppers, onions, ground corn tortillas and a special blend of spices. Served with Cholula ketchup. 18.95

Chicken Pesto... grilled chicken breast topped with mushrooms, onions and creamy pesto sauce. 16.95

Gulf Breeze Chicken ... oven roasted chicken breast stuffed with fresh mozzarella, tomato and spinach topped with a garlic cream sauce. 18.95

All entrées (except Pasta) are served with your choice of two of the following...

ACCOMPANIMENTS

White mashed potatoes
Sunset Rice
Caramelized Plantains
Sweet Potato Fries with Mango Ketchup
Cole Slaw
Asparagus with Key Lime Hollandaise
Chef's Vegetable
French Fries
Potato Salad

SEAFOOD ENTRÉES

Stuffed Shrimp... lump blue crab stuffing, mango tarragon cream. 21.95



Gulf Snapper Oscar... locally caught Snapper topped with blue crab, jumbo asparagus, key lime hollandaise. 27.95

Mahi Your Way... char-broiled Mahi-Mahi finished with your choice of either mango BBQ sauce or malibu mango salsa. 21.95

Seaside Gulf Grouper... pan seared locally caught Grouper, topped with sautéed baby shrimp, mushrooms, capers and artichoke hearts with a creamy white sauce. Seasonal, based upon availability - Market Price

Sesame Seared Tuna... sesame seed crusted, served with sweet fries and asparagus, accompanied by soy sauce. 18.95
Fat 19g Sat. Fat 4g Cholesterol 110mg Carbs 26g Pro.37g Cal 418



Veracruz Salmon... char-grilled Salmon topped with garlic butter, green olives, capers, and salsa sauce. 20.95

Tilapia Tropical... 8 oz. flaky domestic farm-raised tilapia filet topped with mango tropical salsa. 17.95

BEEF ENTRÉES

Delmonico... 12oz. of heavily marbled certified Hereford Ribeye, garlic basted, garnished with fried sweet onion sprouts. 26.95

Filet Mignon... 7oz. certified Hereford Filet, garlic basted, garnished with fried sweet onion sprouts. 26.95

New York Strip... 12oz certified Hereford Strip, garlic basted and garnished with fried sweet onion sprouts. 26.95

Top Sirloin... choice 8oz. cut, garlic basted, garnished with fried sweet onion sprouts. 18.95

GRATUITY IS NOT INCLUDED.

HOWEVER, A 15% GRATUITY WILL BE ADDED TO PARTIES OF 6 OR MORE.

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