


ALL ITEMS ARE PREPARED TO ORDER -  
SIT BACK AND ENJOY THE VIEW WHILE OUR  
CHEF PREPARES YOUR DELICIOUS MEAL


## APPETIZERS

**Lump Blue Crab Cakes...** with key lime tartar sauce. 9.95

**Coastal Calamari...** Calamari dusted in seasoned flour, deep-fried, served with sweet basil tomato sauce. 8.25

 **Nachos Fiesta...** tri-color tortilla chips topped with blackened Chicken, cheese, tomato, sour cream and jalapeños on the side. 9.25

**Voodoo Shrimp...** jumbo Shrimp dipped in a special Kalik™ beer batter, rolled in Coconut, deep-fried and served with an orange cilantro jam. 9.95

 **Rasta Rings...** sweet onions deep-fried in Jamaican masa flour, served with a Caribbean rémoulade. 7.95

**Captain's Fish Spread...** served on a bed of lettuce with diced tomatoes, capers, diced onions, jalapeno peppers on the side and saltine crackers. 8.95

**Calypso Wings...** 10 jumbo wings with Caribbean seasoning served mild, medium, hot or nuclear, accompanied with bleu cheese or ranch dressing and celery sticks. 10.95

## SOUPS

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

**Florida Seafood Chowder...** shrimp, mahi, grouper, salmon and potatoes. Cup 3.95 Bowl 5.95



MANGOS FAVORITES



BOLD & SPICY




EAT RIGHT OPTIONS




GLUTEN FREE OPTIONS

## FROM THE GARDEN

**Mangos Seared Tuna...** Lightly blackened seared tuna topped with mango chili sauce, served alongside a salad of fresh mixed greens with cucumber jicama slaw, and garnished with sliced mango. 12.95 


**Garden Grilled Salad...** choice of sirloin steak, chicken or shrimp on a bed of fresh mixed greens surrounded by tomato, cucumber and onion slices. 12.95


**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, cilantro and feta cheese served with low fat ranch dressing. 12.95 

Fat 38g Sat. Fat 10g Cholesterol 285mg Carbs 23g Pro. 41g Cal 600

**Caesar Salad...** traditional Caesar salad with fresh grated parmesan, homemade croutons and our own Caesar dressing. 6.95

**Sea and Shore Caesar...** traditional Caesar salad topped with your choice of grilled chicken, steak or shrimp. 12.95

**Beach Umbrella...** Chicken salad, tuna salad and potato salad with Cottage cheese, surrounded by fresh fruit. 10.95 


**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. 16.95 

Fat 18g Sat. Fat 8g Cholesterol 25mg Carbs 14g Pro. 36g Cal 360

## LATE RISER

**Western Omelet...** ham, onions & peppers. Add your choice of cheese for an additional 75. 9.25

**Breakfast Sandwich...** two eggs, ham and American cheese, served on a croissant with fresh fruit. 8.95 

**Sunrise Salmon...** Thinly sliced smoked salmon, served with a cilantro lime potato cake, garnished with caper cream cheese. 9.95 

**Tropical Delight...** cup of strawberry yogurt surrounded by a fresh assortment of seasonal fruit. 8.25


GRATUITY IS NOT INCLUDED.

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

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## CAJUN INFLUENCES

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

 **Grouper Tacos...** 2 soft flour tortillas filled with lightly blackened imported grouper, fresh pico de gallo, and shredded lettuce. Served with side of chipotle sour cream. 10.95

**Grouper Sandwich...** imported grouper served blackened, broiled or fried on a Turano bread with lettuce, tomato, and onion. 12.95

**Crab Cake Po'Boy...** our own lump blue crab cakes lightly breaded, deep-fried golden brown, served on a Turano bread with key lime tartar. 11.95

## MANGOS CLASSICS

**Triple Decker Club...** ham, turkey, salami, swiss, lettuce, tomato and bacon piled high on toasted honey wheat bread. 10.95

**Turkey Melt...** smoked turkey breast with melted swiss cheese, bacon and avocado, drizzled with thousand island dressing on grilled deli wheat bread. 10.95

**Chicken Caprese Sandwich...** grilled marinated boneless Chicken breast on a toasted ciabatta bun, with sliced tomato, fresh buffalo mozzarella and pesto mayo. 11.95


**Turkey Reuben...** roasted turkey breast, Swiss cheese, sauerkraut & thousand island dressing on grilled rye bread. 9.95


**The Rancher...** Chicken breast char-grilled topped with provolone cheese, spinach and ranch dressing served on a grilled ciabatta bun. 9.95

**Cuban Sandwich...** slow roasted mojo pork, ham and swiss cheese with mustard and pickle on Cuban bread, pressed to perfection. 9.95

## LUNCH ENTRÉES


 **Tilapia Tropical...** 8 oz. flaky tilapia filet topped with mango tropical salsa. Served with island rice. 9.95

 **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 and Yukon gold mashed potatoes. 8.95

 **Chicken Pesto...** grilled chicken breast topped with mushrooms, onions and creamy pesto sauce. Served with Yukon gold mashed potatoes. 8.95

## WRAPS

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

**Turkey Wrap...** roasted turkey breast, bacon, swiss cheese, lettuce and tomato wrapped in a whole wheat tortilla dressed with honey mustard sauce. 9.95 

**Quesadilla Wrap...** your choice of chicken, beef or shrimp with roasted peppers, onions, sunset rice and cheddar cheese wrapped in a chipotle tortilla, served with sour cream and salsa. 11.95

**Caesar Wrap...** grilled chicken breast tossed with creamy Caesar dressing and romaine lettuce then wrapped in a spinach tortilla. 9.95

## FROM THE GRILL

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

**Beachside Burger...** ½ lb. thick and juicy Angus Beef charbroiled and brushed with garlic butter and special seasoning, served with American, Swiss, provolone or cheddar cheese. 9.95

**Chicken Sandwich...** Chicken breast served your way ~ jerked, blackened or grilled. 9.95

**Bleu Burger...** ½ lb. thick and juicy Angus Beef blackened and topped with crumbled bleu cheese and fried onion sprouts served on ciabatta bread. 10.95

**Hawaiian Chicken ...** Chicken breast char-grilled, topped with pineapple, provolone cheese and drizzled with teriyaki sauce served on tropical pineapple coconut bread. 9.95

**Hot Dawg...** ¼ lb. Oscar Meyer® all beef hot dog, served with cheese, onions & kraut ~ if you like. 6.95

## TIKI FAVORITES

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

**Seminole Club...** roasted turkey breast, bacon, lettuce and tomato piled high on a flaky croissant. 10.95

**Chicken Fritters...** southern style pepper battered Chicken tenderloins served with honey mustard sauce. 8.95

**Popcorn Shrimp...** handfuls of breaded shrimp served with zesty cocktail sauce. 8.95

Seasonal, locally sourced produce used whenever possible.