

HEIDAWAY

BETHANY BEACH

LUNCH

HERB FLATBREAD

CARNE - ROASTED MUSHROOM, PULLED PORK, SMOKED GOUDA, BBQ, ARUGULA \$10

VEGGIE - ROASTED ZUCCHINI, EGGPLANT, PEPPERS, RED ONION, SPINACH, FETA, BALSAMIC REDUCTION \$10

STARTERS

PINCHOS

GRILLED CHICKEN MARINATED IN HERBS AND SPICES SERVED WITH SWEET & SPICY BBQ \$8

HANDCUT FRIES

HOUSE FRIES, ROSEMARY KETCHUP \$6

POTATO CAULI COMBO

FRESH HERBS, NUTRITIONAL YEAST CRUMB, CHIPOTLE LEMON AIOLI \$8

BEET DIP DUO

ROASTED RED BEET DIP, ROASTED YELLOW CITRUS BEET DIP, CRISPY CORN TORTILLAS, CUCUMBER, RADISH DF, GF, VG *NUTS \$9

TUNA CEVICHE

FRESH TUNA, LIME, CILANTRO, AVOCADO PUREE, SPICED CASHEWS \$12

SALADS

KALE CAESAR KALE, AGED PARMESAN, HERB CROUTONS, HOUSE CAESAR DRESSING \$12

MIXED GREEN SALAD RED ONION, PICKLED CHERRY TOMATOES, CUCUMBER, RADISH, DIJON TARRAGON VINAIGRETTE DF, GF, VG \$11

THE MEDITERRANEAN MARINATED VEGGIES, KALAMATA OLIVES, FETA, CRISPY CHICKPEAS \$13

BEET SALAD CHILLED BEETS, ARUGULA, WHIPPED GOAT CHEESE, TOASTED CASHEWS, BALSAMIC GLAZE, HERB OIL GF \$11

HANDHELDS

MAINE LOBSTER ROLL BUTTERED MAINE LOBSTER, LETTUCE, TOASTED LOBSTER ROLL \$20

VEGGIE BURGER SWEET POTATO, BLACK BEAN, JASMINE RICE, FARM GREENS, SESAME SEED BUN, RED ONION, TOMATO, CHIPOTLE AIOLI, FRIES DF, GF*, V \$14

TACOS 2 SOFT CORN TORTILLA TACOS FILLED WITH YOUR CHOICE OF: CHICKEN \$9, FISH \$10, PORK \$9, OR BEEF \$10 (SIDE OF FRIES \$3, RICE & BEANS \$4, SALAD \$4)

JERK CHICKEN SANDWICH JERK MARINATED CHICKEN BREAST, CARIBBEAN SLAW, SPICY AIOLI \$11

ENTREES

SCALLOPS SAUTÉED BAY SCALLOPS, BRAISED GREENS AND SMOKED GOUDA GRITS \$30

VEGGIE PASTA BOW TIE PASTA, WILD MUSHROOMS, ROASTED VEGETABLES, HERB CRUMB \$18

JERK CHICKEN BAKED SWEET POTATO AND YUCCA, RED CABBAGE SLAW WITH MANGO AND PAPAYA \$22

KIDS MENU \$9

KIDS PASTA WITH MARINARA/BUTTER

KIDS CHICKEN WITH FRIES AND VEGGIES

KIDS GRILLED CHEESE

KIDS BURGER

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness