**Salty’s Food Manual 2016**

**Soups**

**Chorizo Gnocchi Soup**

* **Chicken stock**
* **Cream**
* **Tomato**
* **Onion**
* **Chorizo**
* **Gnocchi**
* **Basil**
* **Parmesan**

**Pre-set: Spoon**

**Island Chowder – Gluten Free**

* **Bacon**
* **Onion**
* **Celery**
* **Tomatoes**
* **Fish Sauce**
* **Lemon Juice**
* **Tabasco**
* **Curry**
* **Garlic**
* **Sherry**
* **Mussels, prawns, clams, feature fish**

**Red Flag: Bacon, Shellfish**

**Pre-set: Spoon**

**Fresh Oysters – Gluten Free**

Order by the Dozen or ½ Dozen (Or individually), Served with Mignonette, Horseradish and Cocktail Sauce

**West Coast /Premium West Coast/East Coast**

**Pre-set: Oyster Forks**

**Salads**

**Green Salad – Gluten Free**

* **Organic Greens**
* **Poppy seed Dressing**
* **Strawberries**
* **Toasted Almonds**
* **Goat Cheese**
* **Add-on: Chicken or prawns**

**Tropical Salad - Gluten Friendly**

* **Spinach**
* **Curry Viniagrette**
* **Quinoa**
* **Black Beans**
* **Mango**
* **Strawberry**
* **Onions**
* **Cucumber**
* **Cilantro**
* **Almonds**
* **½ breast of Grilled Chicken**

**Red Flag: Nuts**

**Gluten Free: Soy sauce in dressing, replace with Balsamic and Olive Oil**

**Ahi + Avocado Salad**

* **Togarashi Seared Ahi Tuna**
* **Avocado**
* **Mixed Greens**
* **Mint**
* **Snap Peas**
* **Togarashi Wontons**
* **Watermelon Radish**
* **Citrus Vinaigrette**
* **Togarashi Mayo Drizzle**

**Thai Noodle Salad**

* **Romaine**
* **Sesame seeds**
* **Red bell peppers**
* **Egg noodles**
* **Carrots**
* **Green onion**
* **Roasted peanuts**
* **Peanut satay chicken**

**Red Flag: Sesame, peanuts**

**Kale Sea-zer Salad: Gluten Free without croutons**

* **Kale and romaine**
* **House made sourdough croutons**
* **Salty's Caesar Dressing**
* **Grana Padano Cheese**
* **Cracked Pepper**

**Red Flag: Egg, Anchovies**

**Appetizers**

**Wings – Gluten Free**

* **1 Pound of Chicken wings**
* **Saltys Smokey chilli lime hot sauce**
* **Celery**
* **Yogurt Ranch dip**

**Red Flag: GF cross contamination potential in fryer**

**Crab Cakes**

* **Crispy Breading**
* **Fresh Crab**
* **Red Pepper**
* **Chipotle Mayo**
* **Lemon Wedge**
* **Served on a citrus salad**

**Scallops Remoulade**

* **Scallops**
* **Remoulade Sauce**
* **House Made Naan Bread**
* **Lemon Wedge**

**Calamari**

* **Baby Calamari**
* **Green Onion Dipping Sauce**
* **Tempura Jalapenos, Red Peppers, and Green Beans**

**Red Flag: Spice**

**Asian Lettuce Wraps – Gluten Friendly without Noodles**

* **½ head of Iceberg Lettuce**
* **Sauteed Vegetables**
* **Crunchy Noodles**
* **5 Spice Sauce**
* **Add-on Chicken $4.5 Shrimp $5**

**Pre-set: Spoon**

**Red Flag: Spice**

**Gluten Free: no noodles, no sauce sub sweet chilli**

**Mussels – Gluten Free without Baguette**

* **P.E.I. Mussels**
* **Coconut Curry broth**
* **Baguette or Fries**
* **Parsley**
* **Guest’s choice of Baguette or Fries**

**Red Flag: Spice**

**Beef Sliders**

* **Bun**
* **Spicy Beef Patty**
* **Chipotle Mayo**
* **Shaved Lettuce**
* **Crispy Onions**
* **Cheddar Cheese**

**Red Flag: Spice**

**Honey Sriracha Chicken**

* **Chunks of chicken**
* **Honey Sriracha Glaze**
* **Cucumbers**
* **Sesame Seeds**

**Red Flag: Spice**

**Tuna Nachos**

* **Wonton Chips**
* **Togarashi Spice**
* **Avocado**
* **Ahi tuna**
* **Mango**
* **Togarashi mayo**
* **Maple unagi**
* **Garnish: chives**

**Tuna Onigiri**

* **Sushi rice**
* **Ahi tuna**
* **Sriracha mayo**
* **Maple unagi**
* **Garnish: chives**

**Pulled Pork Poutine**

* **Fries**
* **Pulled pork**
* **Mozzarella**
* **Crispy onions**
* **Jalapenos**
* **Gochujang gravy**

**Red Flag: Spice**

**Burgers/Sandwiches**

***Served with French fries. Salad for extra $1.50 or Soup/Yam Fries for $2.00 (upsell)***

**Burger**

* **Certified Humane Creekstone steak patty**
* **Salty’s burger sauce**
* **Lettuce**
* **Tomato**
* **Onion**
* **Pickle**
* **Bun**
* **Add-on; Cheddar, Dry cured bacon**

**Fish Tacos**

* **Battered White Fish (Basa), Shrimp and Onion**
* **Guacamole**
* **Cabbage, Lettuce, Cilantro Blend**
* **Coriander Crema**
* **Jalapeno**
* **Flour Tortilla**

**Red Flag: Spice**

**Chicken Tacos**

* **Chimi-Churri Spiced Chicken**
* **Guacamole**
* **Cabbage, Lettuce, Cilantro Blend**
* **Coriander Crema**
* **Jalapeno**
* **Flour Tortilla**

**Red Flag: Spice**

**Tortuga Burger**

* **Certified Angus steak patty**
* **Pickled Beets**
* **Coleslaw**
* **Manchego Cheese**
* **Bacon**
* **Umami Tomato Relish**
* **Balsamic Mayo**
* **Bun**

**Jerk Chicken Sandwich**

* **Half breast of skin-on Chicken in Jerk Spice Marinade**
* **Cheddar Cheese**
* **Lettuce**
* **Tomato**
* **Jerk Mayo**
* **Ciabatta**

**Korean Pulled Pork Sandwich:**

* **Korean pulled pork**
* **Spicy Mayo**
* **Gochujang sauce**
* **Pineapple Relish**
* **Coleslaw**
* **Fresh cilantro**
* **On Sourdough**

**The Islander:**

* **Goat cheese Coulis**
* **Thick cut, cured Bacon**
* **Smoky BBQ Sauce**
* **Pineapple slice**
* **lettuce**
* **banana peppers**
* **hamburger bun**

**Entrees**

**Fish and Chips**

* **1 or 2 Pieces of Cod**
* **Fresh Beer Batter**
* **Fries**
* **Coleslaw**
* **Lemon Wedge**
* **Tartar Sauce**

**6oz or 8oz Sirloin - Gluten Free**

* **6 or 8 oz Creekstone Certified Humane AAA angus steak**
* **Garlic Mashed Potatoes**
* **Seasonal Vegetables**

**Pre-set: Steak Knife**

**Angry Chicken – Gluten Free without Noodles**

* **Double breast of marinated chicken**
* **Coconut Jasmine rice**
* **Seasonal Vegetables**
* **Spicy yogurt sauce**
* **Crunchy vermicelli noodles**
* **Diced jalapenos**

**Red Flag: Spice**

**Fishermans Pot – Gluten Free without Naan**

* **Coconut Milk**
* **Panang Red Curry Paste**
* **Fish Sauce**
* **White fish**
* **Mussels**
* **Clams**
* **Scallops**
* **Prawns**
* **Vegetable medley (Bell Peppers, Bamboo shoots, Onion, Snap peas)**
* **Fresh Tomato**
* **Green Onion**
* **Coconut Jasmine Rice**
* **Naan bread**

**Red Flag: Shellfish, Spice**

**Honey Bourbon Glazed Salmon- Gluten Free**

* **Cedar Plank Steelhead Salmon**
* **Honey Bourbon marinade**
* **Citrus Zest**
* **Blend of toasted sesame seeds**
* **Green Onion**
* **Garlic mashed potatoes**
* **Feature vegetable**

**Red Flag: Sesame**

**Pistachio Crusted Mahi-Mahi- Gluten Free**

* **Pistachio crusted Mahi-Mahi**
* **Pistachio-Lime butter**
* **Garlic mashed potatoes**
* **Feature vegetable**

**Butter Chicken**

* **Chicken Thigh**
* **Curried butter chicken sauce**
* **Roasted corn**
* **Cauliflower**
* **Cilantro**
* **Coconut Jasmine Rice**
* **Naan Bread**

**Steak N’Awlins**

* **6 or 8oz. Creekstone Certified Humane AAA Sirloin**
* **Remoulade Sauce**
* **Prawns**
* **Fries**

**Pizza**

**Bahama Breeze Pizza**

* **Shrimp**
* **Scallops**
* **Bacon**
* **Garlic and Herb Butter**
* **Mozzarella**
* **Wasabi Lime Cream**
* **Lime Wedge**
* **Avocado**
* **Thin crust**

**Red Flags: Seafood, Bacon**

**Tandoori Pizza**

* **Tandoori marinated Chicken**
* **Caramelized onions**
* **Mango Chutney**
* **Curried Yogurt**
* **Bell Peppers**
* **Cilantro**
* **Mozzarella**
* **Thin Crust**

**Red Flag: Cilantro**

**Pasta**

**Pad Thai – Gluten Free**

* **Pad Thai Sauce**
* **Rice Noodles**
* **Bean Sprouts**
* **Cilantro**
* **Sugar**
* **Egg**
* **Chicken**
* **Tofu**
* **Shrimp**
* **Peanuts**
* **Lime Wedge**

**Red Flag: Cilantro, Peanuts**

**Pre-set: Chopsticks**

**Rasta Pasta**

* **Tomato Sauce**
* **Cream**
* **Thai Basil**
* **Parsley**
* **Parmesan Cheese**
* **Fettuccini Noodle**
* **Add ons: Chorizo, Prawns, Blackened chicken**

**Desserts**

**Peanut Butter Pie**

* **Graham cookie crust**
* **Peanut Butter**
* **Chocolate Fudge Drizzle**
* **Crunchy Peanuts**

**Pre-set: Spoon or Fork and napkins**

**Chocolate Mousse Cake**

* **2 Layer of Chocolate Cake soaked in Caramel**
* **1 Layer of Dark Chocolate Mousse**
* **Chocolate Ganache Icing**
* **Chocolate Fudge Drizzle**
* **Raspberry Coulis**

**Pre-set: Spoon or Fork and napkins**

**Key Lime Pie**

* **Graham crust**
* **Key lime filling**
* **Whipped cream**
* **Lime garnish**

**Pre-set: Spoon or Fork and napkin**

**Chocolate Bomb**

* **Seafoam candy crumble**
* **Chocolate sphere around walnut gelato**
* **Hot salted caramel**

**Pre-set: Spoon or Fork and napkin**

**Red Flag: Walnuts**

**Brunch**

**Seaside Benny**

* **Crab cakes**
* **Avocado**
* **Sous vide eggs**
* **Champagne hollandaise**
* **Garnish: chives**

**Breakfast Sandwich**

* **Fried eggs in sourdough**
* **Bacon**
* **Cheddar**
* **Lettuce**
* **Tomato**
* **Chipotle honey aioli**

**The Day After**

* **French Toast**
* **Bacon,**
* **Sous vide eggs**
* **Champagne hollandaise**
* **Maple syrup**

**Brunch Powerbowl**

* **Quinoa**
* **Bacon**
* **Avocado**
* **Sous vide eggs**
* **Chillis**
* **Tomato**
* **Parmesan**
* **Herbs**

**Tapas**

**Meatballs**

* Pork meatballs
* Tomato sauce
* Parmesan
* Crostini

**Tres Sopes**

* **Fried tortillas**
* **Black bean puree**
* **Shaved lettuce**
* **Salsa verde**
* **Feta cheese**

**Stuffed Peppers**

* **Cream cheese**
* **Chorizo**
* **Jalapenos**

**Ceviche**

* **Prawns**
* **Scallops**
* **Swordfish**
* **Citrus jalapeno marinade**
* **Avocado**
* **Tomato**
* **Mango**
* **Cilantro**
* **Cacao**
* **Fried tortillas**

**Spanish Flatbread**

* **Chorizo**
* **Marinated artichokes**
* **Roasted red peppers**
* **Pepperoncinis**
* **Mozzarella**