

WELCOME ON BOARD!



STARTERS

enjoy as an appetizer or share with the table

🍷 **SHRIMP COCKTAIL**13
five jumbo black tiger shrimp, cocktail sauce

LUMP CRAB LOUIS14
Russian dressing, egg & avocado

🍷 **SESAME CRUSTED TUNA TATAKI**13
seared rare, seaweed salad, citrus ponzu

CRISPY CALAMARI13
basil aioli sauce

🍷 **MUSSELS**14
steamed in a saffron tomato broth, grilled sour dough bread

🍷 **BUTTERNUT SQUASH RISOTTO** 7
fresh sage and walnuts

BREADED CHICKEN WINGS
Buffalo/Thai/BBQ
Half doz11
One doz19

NAKED CHICKEN WINGS
Buffalo/Thai/BBQ
Half doz 9
One doz14

SOUPS

🍷 **TUSCAN WHITE BEAN** Cup...5 Bowl...6

🍷 **CONCH CHOWDER** Cup...5 Bowl...6

TODAY'S SOUP Cup...5 Bowl...6

....ANCHORS AWAY!

Toast the evening with a tasty cocktail from the Galley Bar

MANGO SANGRIA

Stellini Pinot Grigio, fresh Florida mangos, Peach Schnapps with fresh fruits juices topped with Freixenet Sparking wine

GINGER CUCUMBER COOLER

English cucumber, Hendricks Gins, Domain de Canton, fresh lime juice and splash of Ginger Ale

SPICY ITALIAN MARGARITA

This is a refreshing twist on an Italian Margarita. Amoretto di Saronno and Patron Tequilla infused with blackened jalapeños

SALADS

DRESSING SELECTIONS:

balsamic vinaigrette, blue cheese, ranch, French honey mustard, 1000 island , fat free raspberry

🍷 **ARUGULA & WATERMELON SALAD** 9
red onion, walnuts, low fat raspberry vinaigrette

ICEBERG WEDGE..... 8
local tomato, bacon, red onions, blue cheese

GALLEY'S CHOP SALAD13
romaine, iceberg, spinach, roasted peppers, cucumbers, garbanzos, walnuts, edamame olives, salami, capicola, provolone, croutons

🍷 **BOURBON GLAZED SALMON**.....22
crisp greens, fresh strawberries, mango, cucumber, heirloom tomato, balsamic vinaigrette

🍷 **HOUSE SALAD** Small ...7 Large ...10

CLASSIC CAESAR Small ...7 Large ...10

DAILY SPECIALS

choice of soup or salad, and ice cream

SUNDAY

chicken pot pie..... full 20 / half 12

MONDAY

baked meatloaf.....20

TUESDAY

roast prime rib.....38

WEDNESDAY

its BBQ night!.....20

THURSDAY

roast turkey.....20

FRIDAY

fish fry.....20

SATURDAY

surf & turfMkt.

PASTAS

gluten-free pasta available

SPAGHETTI BOLOGNESE..... 16

Betty's all beef-tomato sauce,
Parmigiano-Reggiano

LOBSTER MAC-N-CHEESE.....28

Florida lobster tossed with four cheeses,
rigatoni pasta and chives

MEATBALL STROGANOFF22

homemade beef meatballs,
cabernet wine sauce, portabella mushrooms,
papardelle pasta, and sour cream drizzle

 **WHOLE GRAIN PENNE POMODORO**..15

roma tomatoes, garlic, fresh basil,
lemon juice, light olive oil

JAMBALAYA PASTA.....24

chicken, shrimp, sausage, roasted peppers,
spinach, rigatoni pasta, Cajun cream

SANDWICHES

 **GRILLED MAHI-MAHI**..... 16

whole wheat bun, fat free chipotle sauce
arugula, mango pico de gallo, fresh
fruit cup

CLASSIC REUBEN12

NY style corn beef, rye bread, sauerkraut,
1000 island dressing, and swiss cheese

CHEESEBURGER..... 16

shoestring fries, lettuce, red onion,
tomato on kaiser

PIZZA

*hand-tossed unbleached flour dough
straight from our oak burning wood oven
gluten-free dough available also!*

MARGHERITA.....14

fresh tomato sauce, fresh mozzarella,
locally grown roma tomato, sweet basil,
extra virgin olive oil

TUSCAN 18

prosciutto, portabella mushrooms,
Italian sausage, truffle oil,
Parmigiano-Reggiano cheese

FARMER'S VEGETABLE..... 16

whole wheat crust, roasted vegetables,
goat cheese, pine nuts, organic basil

ALL AMERICAN BURGER..... 18

complete with lettuce, tomato, onion,
pickle & crispy onion rings

BUILD YOUR OWN.....12

each topping.....1.5
tomato, artichoke hearts, bell pepper,
kalamata, black & green olives, capers,
chicken, honey ham, Italian sausage,
salami, anchovies, caramelized onion, red
onion, garlic, jalapeño, shredded or fresh
mozzarella, parmesan cheese, pepperoni,
portabella mushroom, pineapple,
pepperoncini, pine nuts, spinach, roasted
red pepper, banana pepper, goat cheese

 Fit & Sound Selection: Under 450 Calories, Under 20% Fat & 225 mg Sodium,
Low Sugar, 5 oz. or Less Lean Animal Protein, 100% Whole Grains



SIDES & SMALL PLATES

🍷 FARM FRESH VEGETABLES.....	5
🍷 MASHED BUTTERNUT SQUASH.....	6
🍷 SAUTÉED SPINACH.....	4
RICE PILAF	4
SHOESTRING FRIES.....	5
🍷 BAKED IDAHO POTATO.....	4
🍷 GRILLED TIGER SHRIMP.....	12
🍷 OCEAN REEF CRAB CAKE.....	13
🍷 GRILLED FRESH MAHI.....	14
🍷 PAN SEARED DIVER SCALLOPS.....	18
🍷 GRILLED CHICKEN BREAST.....	9
MACARONI AND CHEESE.....	6
SPAGHETTI BOLOGNESE.....	8
🍷 PENNE POMODORO	7

MEAT ENTRÉES

choice of soup or salad

ROTISSERIE ORGANIC CHICKEN.....	19
half chicken, baked potato, daily vegetables	
BBQ BABY BACK PORK RIBS.....	22
baked potato, daily vegetables, molasses BBQ sauce	
ORANGE SESAME GLAZED DUCK.....	26
butternut squash risotto, daily vegetables	
GRILLED FILET MIGNON 6oz	30
baked potato, tomato salad, mushroom sauce	
GRILLED CHURRASCO SKIRT STEAK..	28
chimichurri, yuca root fries, heirloom tomato salad	
GRILLED RIBEYE STEAK.....	32
Crispy parmesan potato wedges, mushroom sauce, farm vegetables	

CELLAR ON THE SEAS

*half bottles with dinner...
a perfect balance.*

911 Murphy Goode "The Fume"	16
Sauvignon Blanc, North Coast, 2008	
937 Talley Chardonnay	30
Arroyo Grande Valley, 2008	
947 La Crema Pinot Noir.....	25
Sonoma Coast, 2008	
907 Penfolds St. Henri Shiraz.....	28
South Australia, 2002	
913 Alexander Valley Vineyards "Sin Zin" ..	19
Zinfandel, Alexander Valley, 2008	

SEAFOOD ENTRÉES

choice of soup or salad

YELLOWTAIL SNAPPER.....	26
• ORClassic: sherry caper sauce • Tropical: coconut almond, sweet raisin-rum sauce • Blackened: fresh mango salsa	
CAPTAINS' PLATTER	30
diver scallops, gulf shrimp, fresh dolphin, roasted tomatoes, sautéed spinach, tartar sauce	
OCEAN REEF CRAB CAKES	30
rice pilaf, farm vegetables, traditional mustard sauce	
🍷 PAN SEARED SWORDFISH	26
mashed butternut squash, heirloom tomato salad, herb pesto	
🍷 GRILLED SCOTTISH SALMON.....	27
broccolini, cherry tomatoes, mushrooms, pearl onions, pesto broth	
🍷 GRILLED DIVER SCALLOPS	28
asparagus, mashed butternut squash, chive cream	
GALLEY'S SEAFOOD POT	32
Florida lobster, shrimp scallops, mussels, cooked in a zesty tomato broth, broccolini and potatoes, grilled sour dough bread	

KIDS MENU

🍷 STICKS & DIP 5
celery, carrot sticks, ranch
SALAD AND GOLDFISH 4
ranch dressing
🍷 CHICKEN SANDWICH 9
lettuce, tomato and bbq sauce
MACARONI & CHEESE 8
add steamed broccoli 2
8" PIZZA 7
cheese or pepperoni
additional toppings..... 1.5
🍷 PENNE PASTA 8
fresh tomato sauce
add shrimp or chicken 11
CHICKEN TENDERS 6
BBQ RIBS 9
with fries
POPCORN SHRIMP 9
GRILLED CHEESE SANDWICH 5
5 OZ. CHURRASCO STEAK 15

GOOD NIGHT COFFEE

GALLEY JOE 3
leaded or unleaded
HOT MOCHA 4.25
unleaded espresso with hot chocolate
CAPPUCCINO / LATTE OR ESPRESSO
single..... 3.75
double..... 4.75

Add a cordial for a good night's sleep!

DESSERTS

COCONUT RUM CAKE 7
🍷 FRESH FRUIT 7
with Greek yogurt
KEY LIME TART 8
PEACH RASPBERRY CRISP 7
vanilla ice cream
GALLEY'S COOKIE MONSTER PIE 10
chocolate chip cookie & vanilla ice cream
CHOCOLATE BANANA CAKE 7
vanilla ice cream
HEAVENLY BROWNIE 10
CARROT CAKE & "LIQUID" ICING 7
roasted pineapples
NY CHEESE CAKE 8
fresh Berries
SORBET OR ICE CREAM 6
flavors change daily

TAKE OUR FAMOUS
COCONUT RUM CAKE
 WITH YOU!

\$10

10 oz cake packaged to go



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