



STARTERS

SESAME TUNA

\$12

Sesame crusted ahi tuna steak, seaweed salad, wasabi, and soy sauce

PRETZEL STICKS

\$8

Bavarian pretzel sticks hot butter, salt, spicy brown mustard, cheddar ale sauce

CHICKEN TENDERS

\$9

Breaded southern style chicken tenders, choice of dipping sauce

CRISPY SHRIMP

\$11

Phyllo-wrapped shrimp with potsticker filling, Asian slaw and ponzu

CHICKEN WINGS

\$12

Ten jumbo chicken wings, tossed in choice of hot, mild, bbq, or thai chili.
Served with celery ranch or blue cheese.

CHEESE QUESADILLA

\$9

Jalapeno cheese tortilla, and pepper jack cheese served with salsa and sour cream.

Add chicken \$2

HUMMUS PLATE

\$9

Traditional hummus, Kalamata olives, red onion, cucumber, feta cheese, tzatziki, pita points

VEGGIE SPRING ROLLS

\$9

With Asian super slaw and Thai chili sauce

SOUP & SALAD

SOUP DU JOUR \$4 CUP BOWL

\$6

Fresh made specialties

FRENCH ONION

\$7

House recipe with caramelized onions, croutons and provolone gratin.

ANTIPASTA SALAD

\$13

Imported Italian charcuterie, artisan cheeses, pickled vegetables, kalamata olives, roasted tomatoes, pepperoncini and baby arugula. Choice of dressing.

TERIYAKI CATCH SALAD*

\$14

Teriyaki glazed salmon, tuna*, Red drum, or shrimp, Mandarin oranges, grilled pineapple, fried wonton, roasted peanuts, and carrots. Sesame Ginger dressing.

MEDITERRANEAN CHICKEN SALAD

\$12

Grilled lemon herb chicken, baby arugula, mixed greens, kalamata olive, roasted tomatoes, pepperoncini, cucumbers, and shaved red onion, with feta cheese and kalamata olive vinaigrette

CAESAR OR HOUSE SALAD

\$8

Classic Caesar or garden salad with tomatoes, cucumbers, carrots, shaved red onion. Choice of dressing for house.

add chicken \$2

add salmon, tuna, red drum, or shrimp \$6*

* These items may be cooked to order. Consumption of undercooked meat, poultry, eggs or seafood may increase the risk for food borne illness.

FOREST FEATURES

All Forest features served with side house salad and choice of one side.

CATCH DU JOUR*

\$14

Grilled or blackened Ahi tuna*, Atlantic salmon, red drum or jumbo shrimp skewers

PORK MEDALLIONS

\$14

Twin center cut pork medallions char-grilled, balsamic onion marmalade.

FOREST CHICKEN

\$13

Two boneless chicken breasts char-grilled and topped with choice of wild mushroom gravy or roasted peppers and onions.

STEAK BITES

\$15

Marinated beef tenderloin chunks with roasted mushrooms and fried onion straws.

FISH TACOS

\$12

Boneless fillet of red drum grilled, blackened, or fried flour tortillas, pickled super slaw, boom boom sauce.

SANDWICHES & WRAPS

All sandwiches and wraps come with your choice of one side item: French fry's, house chips, sweet potato fry's, fresh fruit, grilled vegetables, house salad, coleslaw, or Caesar salad. French Onion \$1.50

THE EAGLE*

\$10

Choice of grilled thick burger* or boneless chicken breast. Brioche bun, lettuce, tomato, onion, and choice of cheese.

Add bacon .50

FRESH CATCH SANDWICH*

\$13

Tuna*, salmon, or red drum grilled or blackened on toasted ciabatta roll with mixed greens, tomatoes, coleslaw and avocado ranch.

THE COWBOY*

\$12

Grilled thick burger* or chicken with cheddar cheese, bacon, BBQ, and onion straws.

BUNKER DOG

\$8

Grilled all beef frank, split top bun.

Add chili, sauerkraut, onions or cheese for .25

THE BLUE MONSTER*

\$12

Cajun seasoned thick burger* or chicken breast with blue cheddar cheese, lettuce, tomato, onion and bacon.

BLT

\$10

Crisp smoked bacon, leaf lettuce, sliced tomatoes, and mayonnaise on choice of bread.

THE GODFATHER GYRO

\$14

Sliced prime rib, gyro sauce, red onion, cucumber and feta on grilled naan bread

HALF AND HALF

\$8

Create your own combo by selecting two of the following:

Soup du jour, house or Caesar salad, fruit, or half deli sandwich.

Add French onion for 1.50

FOREST WRAP

\$11

Boneless chicken breast blackened or grilled on flour or jalapeno wrap with mixed greens, tomatoes, shredded cheddar jack and guacamole ranch.

Add tuna*, salmon, red drum or shrimp for \$4

DELI SANDWICH

\$10

Choice of chicken salad, tuna salad, turkey or ham with cheese on choice of bread.

POT ROAST

\$11

Chopped slow cooked pot roast in natural jus on an onion brioche bun with side car of coleslaw.

SIDE ITEMS: French fries, house chips, sweet potato fries, fresh fruit, grilled vegetables, house salad, coleslaw, or Caesar salad. French Onion **\$1.50**

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