

DINNER MENU

Our name was inspired by the famous Florida Middle Grounds, situated approximately 100 miles offshore of the Treasure Island coast. Like this prime angling spot, known for its abundant supply of quality fish, we provide our guests with only the finest, fresh catch our sea has to offer.

*GF Option available



APPETIZERS

Seared Tuna Sushimi *GF

Sesame seared yellow fin tuna with soy dipping sauce, pickled ginger, cusabi aioli, siracha sauce & wakame seaweed salad. 14

Smoked Fish Spread *GF

Fresh smoked Mahi-Mahi, blended with onions and spices. Served with crackers & crisp jalapeños. 10

Stuffed Portobello Oscar *GF

Packed with blue crab, boursin cheese, zucchini, & carrots, topped with grilled asparagus & fresh hollandaise. 13

Tangy Ginger Calamari

Lightly fried tender calamari tossed in our pacific ginger sauce with scallions and roasted red peppers or Traditional, with a side of Marinara. 10

Artichoke Smoked Gouda Fondue *GF

Oven baked fondue of smoked gouda cheese and artichokes, served with warm grilled flatbread. 8

Lemon Infused Crab Cake

Lump blue crab meat with lemon zest, fresh parsley, paired with our roasted red pepper tartar & key lime aioli. 11

Herb-Truffle Escargot *GF

Sautéed escargot and crimini mushrooms in herb-truffle butter. 9

Coconut Almond Crusted Shrimp

Coconut and almond crusted plump shrimp, deep fried until golden brown, served with mango habañero dipping sauce. 9

Creole Egg Rolls

Moist blackened chicken, roasted corn, red onions, cheddar, and feta cheese, wrapped together in wonton skins lightly fried until golden brown. Served with avocado creme dipping sauce. 8

Prince Edward Mussels *GF

Fresh Prince Edward Island mussels sautéed in a garlic butter & white wine sauce with fresh diced tomatoes. 10

Greek Sampler *GF

Marinated olives, hearts of palm, herb crusted feta squares, and seasonal hummus, served with toasted pita. 10



SOUPS & ENTRÉE SALADS

Soup of the Day

See Server for feature menu. Cup 4 Bowl 6

Key West Chowder *GF

Shrimp, scallops, fresh fish, & clams with a sweet potato vegetable medley, swimming in a savory tomato broth. Cup 4 Bowl 6

Wedge Salad *GF

A hearty wedge of iceberg lettuce topped with house bleu cheese dressing, toasted walnuts, grape tomatoes, sliced onion, and crispy prosciutto, drizzled with zip zap sweet balsamic & burgundy reduction 12 1/2-wedge 6

Caesar Salad *GF

Our version of the classic, garnished with crispy home-style croûtons. 8
w/ Grilled Chicken 13 w/ Shrimp 18 w/ Blackened or Grilled Salmon 15

Grilled Asparagus Salad *GF

Fresh grilled asparagus, caramelized onions, toasted pumpkin seeds, oven roasted tomatoes, & feta cheese, drizzled with a sundried tomato ratatouille on a bed of mixed greens, tossed in a balsamic vinaigrette. 13

Mandarin Salmon Salad *GF

Grilled Salmon over a bed of Napa Cabbage, mixed greens, mandarin oranges, and toasted macademia nuts, tossed in a sesame vinaigrette with crispy wontons. 18

Octopus Salad *GF

Grilled Mediterranean octopus, served over grilled, marinated vegetables, drizzled with chimichurri vinaigrette. 12



PASTAS

All pasta dishes are served with choice of House or Caesar Salad & basket of warm bread w/ herb olive oil.

Vegetarian *GF

Fresh arugula, artichokes, tomatoes, roasted red peppers, edamame, asparagus, gouda cheese, and whole wheat penne pasta. Tossed in a saffron vegetable broth. 16 w/ Grilled Chicken 21 w/ Grilled Shrimp 26

Shrimp Pesto *GF

Plump shrimp sautéed in a creamy basil pesto sauce with tomatoes, tossed with bow tie pasta. 20

Chicken Breast Alfredo *GF

Grilled chicken breast sautéed with our homemade Alfredo sauce, tossed with linguine. 18

Seafood Fusilli

Scallops, shrimp, fresh fish, Prince Edward Mussels, edamame w/ Fusilli pasta, tossed in a creamy lobster sauce. 20

Mussels & Red Sauce *GF

Prince Edward Island Mussels sautéed with tomatoes, basil, roasted garlic, & extra virgin olive oil, over linguine.



CERTIFIED ANGUS STEAKS

We proudly serve wet aged Certified Angus Beef. All steaks are seared on cast iron skillet to trap in the natural juices and finished on the grill to perfection. Served with House or Caesar Salad and your choice of Roasted Baby Potatoes, Garlic Mashed Potatoes, Herb or Basmati Rice.

RARE- COOL RED CENTER / MEDIUM-RARE- WARM RED CENTER
MEDIUM- HOT PINK CENTER / MEDIUM-WELL- SLIGHT PINK CENTER
WELL DONE- NO PINK

Fillets will be butterflied when ordered Medium Well to Well

SIRLOIN 10oz. 21 **GF**

NEW YORK STRIP 12oz. 28 **GF**

FILET MIGNON 6oz. 26 9oz. 32 **GF**

BONE-IN COWBOY RIBEYE 18oz. 34 **GF**

Topped with gun powder onion rings

Steak Toppings

OSCAR your STEAK with Crab Meat, Asparagus & Hollandaise Sauce 7

6oz Lobster Tail 20

Gun Powder Onion Rings 4

Sautéed Crimini Mushrooms 4

Caramelized Onions 3

Gorgonzola Cheese 3

Steak Sauces

Béarnaise 4 | Hollandaise 3 | Au Poivre 4



SEAFOOD

Mango Nut Crusted Grouper

Fresh Florida Grouper crusted with macadamia, pistachio, and walnuts with a Mango Beurre Blanc & coconut basmati rice. Market Price

Grilled Succulent Shrimp Skewers *GF

Plump shrimp, your choice of sweet & spicy Thai Chili or Caribbean Jerk sauce, served with herb rice. 19

Lemon Infused Crab Cakes

Lump blue crab meat infused with lemon zest, paired with saffron risotto, our roasted red pepper tatar, and key lime aioli. 27

Wasabi Crusted Tuna *GF

Fresh Yellowfin Tuna encrusted with zesty wasabi, served over house cucumber kimchi and basmati rice with ginger ponzu dipping sauce. 26

Grilled Honey Ginger Glazed Salmon *GF

Fresh Salmon grilled to perfection, topped with a honey ginger glaze, served with herb rice. 19

Fresh Gulf Grouper *GF

Blackened, grilled, fried, or sauteed Fresh Gulf Grouper, served with herb rice. Market Price

Alaskan King Crab *GF

A pound and a quarter King Crab legs, served with homemade roasted garlic mashed potatoes & drawn butter. 55

Twin Lobster Tails *GF

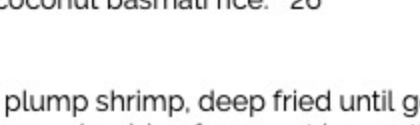
A pair of 6oz steamed warm water Lobster tails over a bed of herb orzo, served with drawn butter. 38

Pacific Rim Scallops *GF

Fresh diver scallops with key lime pepper seasoning seared to perfection, & drizzled with moscato glaze over a bed of coconut basmati rice. 26

Coconut Almond Shrimp

Coconut and almond crusted plump shrimp, deep fried until golden brown, served with a mango habañero dipping sauce and a side of coconut basmati rice. 21



HOUSE SPECIALTIES

New Zealand All Natural 18-20oz Lamb Shank *GF

Seared with garlic and rosemary then slow roasted with fresh vegetables and herbs. Served with oven roasted root vegetables and garlic mashed potatoes. 28

Herb Crusted Pork Tenderloin

Fresh herb crusted grilled tenderloin with a demi glace, zip zap sweet balsamic & burgundy reduction, served with garlic mashed potatoes. 18

Panko Crusted Chicken Breast *GF

Asiago and panko crusted chicken breast topped with a hearty Mediterranean or lemon tarragon butter sauce, served with herb rice. 18

Breast of Duck *GF

Pan seared crispy duck breast drizzled with a cherry Malbec reduction, served over pistachio mashed potatoes. 26

Stuffed Veal Scallopine

Panko crusted scallopine with goat cheese, sautéed arugula, and sun-dried tomatoes. Topped with lemon butter sauce. 26

À LA CARTE

Sautéed Seasonal Vegetables 5

Sautéed Spinach in garlic butter 6

Gun Powder Onion Rings w/ smoked chipotle aioli 6

Grilled Asparagus 6 w/ shaved Asiago 7

Sautéed Edamame w/ teriyaki dipping sauce. 6

House or Caesar Salad 3

1 Skewer of 4 Shrimp 6

Salmon 5oz 6

Chicken Breast 6oz 5

1lb. King Crab leg cluster 40

Lobster tail 6oz 20

Diver Scallops 6oz 16

Consuming raw or uncooked meats, poultry, shellfish, seafood, or eggs may increase your risk of food borne illnesses. If you have chronic illness of the liver, stomach or blood or have immune disorders, you are at greater risk of serious illness from raw oysters, and should eat oysters fully cooked