

APPETIZERS

MOZZARELLA STICKS [V] \$6.99

5 cheese blend breaded and fried golden brown. served with marinara sauce

QUESADILLA [V] \$8.99

shredded cheddar jack cheese inside a grilled flour tortilla with pico de gallo. served with a side of sour cream and salsa

add chicken, shaved steak or shrimp \$2.99

JERK PORK FLATBREAD [V] \$10.99

jerk seasoned pulled pork, caramelized onions, and cheddar jack cheese drizzled with barbeque sauce. served on a crispy flatbread

TRADE "WINGS"

your choice of flavor: mild, hot, teriyaki, mango habanero, bbq, jerk, parmesan garlic. served with celery, carrots & your choice of ranch or bleu cheese

6 wings \$7.99

12 wings \$14.99

18 wings \$18.99

ONION RINGS served with sriracha dipping sauce \$6.99

FRENCH FRIES add bacon & cheese \$1.50 \$4.99

SWEET POTATO FRIES topped with cinnamon sugar \$5.99

SALADS & SOUP

CHEF'S SALAD \$9.99

mixed greens, sliced turkey, sliced ham, swiss & cheddar cheese, cucumber, tomato, hard boiled egg. served with your choice of dressing

add: grilled chicken \$2.99 grilled mahi \$4.99

grilled shrimp \$3.99

CAESAR SALAD [V] \$8.99

crisp romaine, parmesan cheese, seasoned croutons. served with caesar dressing

add: grilled chicken \$2.99 grilled mahi \$4.99

grilled shrimp \$3.99

ISLAND SALAD BOWL \$11.99

choice of mahi, shrimp, shaved steak or chicken. lime infused cabbage, pico de gallo, cheddar jack cheese and creamy house taco sauce served over a bed of lettuce

APPLE WALNUT SALAD WITH GRILLED CHICKEN \$12.95

greens topped with apples, walnuts, goat cheese, craisins, grilled chicken. served with raspberry vinaigrette

FRESH SOUPS

please ask server for today's soups

cup \$3.99

bowl \$4.99

[V]vegetarian option available
★signature item

Tradewinds Restaurant

at Duran Golf Club

SANDWICHES served with your choice of 1 side

REEF MAHI SANDWICH ★ \$12.99

fresh mahi filet, flame grilled or blackened. served on a brioche bun with lettuce, tomato, fresh pineapple and key lime remoulade

CUBAN PANINI \$10.99

thin sliced roasted pork, cured ham, swiss cheese, garlic yellow mustard and crisp dill pickles. pressed in a panini press

CLASSIC REUBEN \$11.99

your choice of thin sliced corned beef or lean turkey piled high on thick marbled rye with sauerkraut, swiss cheese, 1000 island dressing & grilled golden brown sub mahi \$4.99

JERK PORK & CHEESE \$9.99

jerk seasoned pulled pork topped with shredded cheddar jack & pepper jack jalapeno cheese served on toasted sourdough bread

TRADEWINDS BURGER \$9.99

7oz angus beef pattie, served with cheese, lettuce, onion & tomato on a brioche bun
choice of cheese: swiss, cheddar, provolone, jalapeno jack
add choice of: bacon, caramelized onions, sauteed mushrooms \$0.99

ITALIAN HOAGIE \$9.99

prosciutto ham, capicola, genoa salami, pepperoni, provolone cheese served on a rustic ciabatta roll

CARIBBEAN GRILLED CHEESE ★ [V] \$8.99

melted gouda cheese, mango chutney, and grilled pineapple rings served on grilled sourdough bread.
add bacon \$1.99

CHEESE STEAK SANDWICH \$10.99

thinly sliced seasoned steak topped with provolone cheese, grilled onions & peppers served on a toasted rustic ciabatta roll

SIDES

FRENCH FRIES COLESLAW FRUIT CUP

CHIPS STEAMED BROCCOLI BLACK BEANS & RICE

ONION RINGS \$1.99 SWEET POTATO FRIES \$1.99

Lunch Menu

WRAPS served with your choice of 1 side

ISLAND SHRIMP WRAP ★ \$10.99

golden fried shrimp tossed in a sweet thai chili sauce served on a flour wrap with pineapple, shredded cheddar jack cheese. lettuce & tomato

CHICKEN WRAP \$10.99

your choice of marinated grilled chicken or jerk chicken served on a flour tortilla with cheddar jack cheese, bacon bits, lettuce, tomato & smoky ranch dressing

TUNA SALAD WRAP \$8.99

fresh made tuna salad served on a whole wheat tortilla wrap with lettuce & tomato

CHICKEN SALAD WRAP \$8.99

all white meat chicken with toasted almonds, dried craisins, in a light honey mustard mayonnaise served on a whole wheat wrap

ENTREES

RICE BOWL [V] \$9.99

jerk seasoned chicken breast or shaved steak, sauteed vegetables, black beans & creamy remoulade sauce served over a bed of rice
substitute mahi \$4.99 shrimp \$3.99

ISLAND TACOS ★ \$11.99

choice of mahi, shrimp or chicken, with lime infused cabbage, pico de gallo, cheddar jack cheese and creamy house taco sauce served with choice of 1 side

FISH AND CHIPS \$12.99

2 pieces of beer battered fish, fried to a golden brown with fries, coleslaw, tartar sauce and lemon.

CHICKEN TENDERS BASKET \$9.99

4 lightly battered, deep fried chicken tenderloins served with french fries and your choice of dipping sauce

Gratuity of 22% will be added to parties of 8 or more updated 9/2020