



30 ROYAL PALM POINTE • VERO BEACH, FL • MRMANATEES.COM

Fresh **GUACAMOLE**

10.99

traditional

tomato/onion/cilantro/green chile/chips

Tacos

house-made pico de gallo/chipotle slaw/creme fraiche/cojita cheese
pickled onion/fresh cilantro/warm flour tortillas/fresh lime
add your protein choice... **4.99 ea.**

Bowls

black beans & rice/sautéed peppers & onions
corn/fresh pico de gallo/avocado/
cheddar-jack cheese/creme fraiche
add your protein choice...

13.99 ea.

TACO & BOWL ADD ONS:

Tortilla Chips .99¢, Salsa .99¢, Guacamole 1.49, Black Beans & Rice \$1.99

PROTEIN:

crispy cod

steak bites

breaded shrimp

blackened chicken

WINGS

8 wings | 11.49 16 wings | 19.49

sauces:

buffalo, sweet & spicy asian, bourbon glaze, hot honey garlic bbq,
or carolina reaper - blue cheese, ranch, celery 0.50

Salads

house salad | 4.99
mixed greens/tomato/cucumber
red onion/carrots

coconut shrimp salad | 14.99
mixed greens/coconut shrimp
mandarin oranges/feta/almonds
onion/citrus vinaigrette

caesar 8.99
romaine/parmesan/fresh croutons
traditional caesar dressing
add chicken - **12.99**
add shrimp - **14.99**

taco salad | 10.99
mixed greens/beef chili/tomato
onion/jack cheese/creme fraiche

woodrow salad | 12.99
grilled or blackened chicken
romaine/black olives/bleu cheese
bacon/onion/tomato/fresh croutons

Healthy Choice

tropical seasonal salad | 12.99
mixed seasonal fruit with mixed spring
greens and almonds tossed with a
citrus vinaigrette

pasta primavera | 13.99
penne pasta tossed with a vegetable
medley of zucchini, squash, broccoli,
mushrooms and onions in a light
garlic and olive oil sauce with a
balsamic reduction (no substitutions)

mahi mahi salad
lunch **17.99** • dinner **25.99**
grilled mahi mahi over romaine
and mixed spring greens with tomatoes
tossed with olive oil and lemon juice
and topped with fresh shaved parmesan

**18% gratuity may be added
to larger parties**

Starters

- salsa & chips | 6.99**
housemade salsa/tortilla chips
- guac, salsa, chips | 12.99**
traditional guac/fresh salsa/tortilla chips
- cracked conch | 12.99**
bahamian conch/pounded
breaded/crispy-fried
- gator tail | 12.99**
cajun marinated/breaded/crispy fried
- conch fritters | 12.49**
house specialty/woodrow sauce
- mozzarella sticks | 7.99**
zesty marinara
- calamari | 11.99**
zesty marinara
- steak bites | 10.49**
marinated tenderloin bites
- nachos | 11.49**
beef chili/onion/lettuce/tomato
jalapeños/creme fraiche
cheddar-jack cheese
- corn fritters | 4.99**
light & crispy/powdered sugar
- mussels | 12.49**
white wine/garlic

Raw Bar

- 1lb. snow crab | 29.99**
drawn butter
- clams | half dz. 8.49 | dozen 15.49**
raw or steamed
- oysters | half dz. 10.49 | dozen 18.49**
raw or steamed
- half lb. peel & eat shrimp | 10.99**
cold or hot/florida bay seasoning

Soups

- lobster bisque**
lobster meat/fresh cream/sherry
c. **5.50** b. **7.50**
- caribbean conch chowder**
bahamian inspired/spicy tomato base
chopped conch/fresh vegetables
c. **5.50** b. **7.50**
- new england clam chowder**
chopped clam/fresh cream/
celery/scallions/potato
c. **5.50** b. **7.50**

Sandwiches

Sandwiches and Burgers are served along with your choice of fries or coleslaw.

2 sliders | 10.99

beef or chicken

grouper | 18.99

fresh black grouper/grilled, blackened or fried

fiesta fish burrito | 13.99

fried mahi-mahi/lettuce/tomato
jalapeño, cheddar-jack cheese/chipotle mayonette

mahi-mahi | 16.49

fresh grilled, blackened, fried or onion crusted

chicken club | 11.99

american cheese/bacon/lettuce/tomato
red onion/croissant

chipotle chicken wrap | 11.49

grilled chicken/bacon/cheddar-jack cheese
pico de gallo/lettuce/housemade chipotle mayo

po boy oyster or shrimp | 14.99

hoagie roll filled with fried oysters or shrimp
on a bed of mixed spring greens, tomatoes
and a lightly spicy chipotle sauce

Burgers

hamburger | 11.49

half lb. hand-formed fresh ground beef

cheeseburger | 12.49

half lb. hand-formed fresh ground beef/choice of cheese:
american, swiss, cheddar jack, mozzarella, bleu,
pepperjack, cheddar

black & bleu burger | 13.99

fresh beef burger/cajun seasoning/bleu cheese
caramelized onion/crisp bacon

california burger | 13.99

pepper-jack cheese/sliced avocado/crisp bacon

black bean burger | 10.99

fire grilled/mozzarella cheese/pico de gallo
lettuce/creme fraiche

onion crusted cod

lettuce, tomato, pickle and
tarter sauce **\$11.49**

tony quesadilla

blackened chicken, sautéed onions,
bell peppers and mushrooms, shredded
cheddar jack cheese in a flour tortilla.
served with sour cream & salsa **\$14.99**

FRIED PLATTERS

Served with fries and coleslaw.

grouper bites | 16.99

fresh black grouper/hand-breaded/tartar

cracked conch | 16.49

crispy fried and bahamian conch

combination | 16.49

cracked conch/fried shrimp/fried clam strips

crab cake | 15.49

(3) housemade sautéed lump crab cakes

coconut shrimp | 14.99

hand packed coconut/apricot dipping sauce

shrimp | 12.49

hand-breaded/traditional cocktail sauce

clam strips | 9.99

jersey coast clams/lemon/cocktail sauce or tartar

chicken tenders | 9.99

plain or buffalo

oyster | 14.99

(no substitutions)

Entrées

Served with house salad, rice & beans, seasonal vegetable and garlic bread stick.

grouper | 27.99

fresh black grouper/blackened, grilled, or fried

mahi-mahi | 25.99

fresh mahi/blackened, grilled, or fried

salmon | 17.99

atlantic salmon/grilled or blackened

captains platter | 27.99

grilled fresh grouper/crab cake/shrimp/scallops

rib-eye | 25.99

14 oz. USDA Choice rib-eye charbroiled or blackened

apricot chicken | 15.49

almond crusted/brandy laced apricot sauce

diver's scallops | 23.99

sautéed with garlic butter and parsley

Sides

new potatoes/coleslaw/southwest fries
fresh fruit/seasonal vegetables
garlic bread sticks/rice & beans
cottage cheese

* There's a risk associated with consuming raw animal protein such as, oysters, clams, steak and burgers. If you have a chronic illness of the liver, stomach or blood or immune disorder, you are at greater risk of serious illness if you consume raw animal protein. Our suggestion is that you consume only animal protein that is fully cooked. If you are unsure, consult a physician.

KIDS

4.99 ea.

cheeseburger pasta
choice of cheese marinara or butter

fried fish sticks chicken tenders
tartar or cocktail sauce honey mustard or bbq

mac-n-cheese hot dog
cheese pizza

Desserts

key lime pie | 4.99

graham cracker crust/key lime/whipped cream

florida sunshine cake | 7.99

orange layer cake/white chocolate morsels/whipped cream

pineapple upside down cake | 6.99

moist yellow cake/caramelized pineapple

peanut butter pie | 6.99

peanut butter pie/chocolate syrup/whipped cream

brownie hot fudge sundae | 7.99

dark fudge brownie/vanilla ice cream/hot fudge
whipped cream

New York Cheesecake | 6.99

choice of chocolate, raspberry or caramel drizzle

Banana Chocolate Swirl Cake | 7.99

premium cake made with
rainforest alliance banana and fair-trade chocolate

Beverages

pepsi/diet pepsi/root beer

sierra mist/mountain dew

dr. pepper/fruit punch

gatorade/lemonade

iced tea/raspberry iced tea

aquafina (bottled)

2.75

saratoga sparkling water

3.50

Wine Selection

White

Listed from fruity, light bodied to drier, full bodied.

**CANYON ROAD,
WHITE ZINFANDEL**

Glass 8.00 • Bottle 24.00

ECCO DOMANI, ITALY, PINOT GRIGIO

Glass 8.00 • Bottle 24.00

WHITEHAVEN, SAUVIGNON BLANC

Glass 9.00 • Bottle 28.00

CANYON ROAD, CHARDONNAY

Glass 8.00 • Bottle 24.00

**KENDALL JACKSON
CHARDONNAY**

Glass 10.00 • Bottle 34.00

STERLING, CHARDONNAY

Glass 9.00 • Bottle 28.00

Red

*Listed from light and mild to
richer more full bodied.*

MIRASSOU, PINOT NOIR

Glass 9.00 • Bottle 28.00

CANYON ROAD, MERLOT

Glass 8.00 • Bottle 24.00

BODEGA NORTON, MALBEC

Glass 8.00 • Bottle 24.00

BV COASTAL, CABERNET SAUVIGNON

Glass 8.00 • Bottle 24.00

