

BEGINNINGS

ROASTED JALAPEÑOS 5.99
STUFFED WITH SAUSAGE AND 3 CHEESES

FLASH FRIED CALAMARI 7.99
LIGHTLY FRIED WITH A TOUCH OF GARLIC

CRAB STUFFED MUSHROOMS 7.99
NO FRILLS OWN BLUE CRAB MEAT STUFFING BAKED IN FRESH MUSHROOMS TOPPED WITH CHEESE

GROUPE GRATINEE 8.99
A KEYS FAVORITE! SAUTÉED GROUPE, MUSHROOMS GARLIC AND WINE THEN BAKED WITH A MEDLEY OF CHEESES SERVED WITH PARMESAN CRUSTINIS

SWEET POTATO FRIES 2.99

CONCH FRITTERS 5.99
JUST LIKE SOMEONE'S BAHAMA MAMA MADE

NO FRILLS ONION RINGS 3.99
WE BEER BATTER OUR OWN SWEET RINGS

CONCH CHOWDER CUP 3.99 / BOWL 4.99
A FAVORITE BAHAMIAN RECIPE (A BIT SPICY)

SWISS ONION SOUP 5.49 / CUP 3.99
THICK AND CREAMY SERVED IN IT'S OWN IN-HOUSE BAKED SOURDOUGH BREAD BOWL- A MEAL IN ITSELF

SALADS

(CUZ MY WIFE SAYS WE HAVE TO HAVE THEM)

TOSS IT AROUND

START WITH A CAESAR SALAD OF FRESH ROMAINE OR OUR MIXED GREENS SALAD WITH YOUR CHOICE OF DRESSING AND ADD YOUR FAVORITE ITEM.

W/GRILLED OR BLACKENED CHICKEN 6.99

W/GRILLED OR BLACKENED TUNA 8.99

W/GRILLED SHRIMP 8.99

W/GRILLED OR BLACKENED MAHI 7.99

CHICKEN WALNUT SALAD 8.95
MIXED GREENS TOSSED WITH GRILLED CHICKEN, GORGONZOLA CHEESE AND CANDIED WALNUTS WITH OUR RASPBERRY VINAIGRETTE

CHEFS SALAD 6.95
MIXED GREENS TOPPED WITH HAM, SMOKED TURKEY SLICED EGGS, SWISS AND CHEDDAR CHEESE WITH YOUR CHOICE OF DRESSING

PRESS 2 FOR TACO SALAD 7.95
MIXED GREENS, SEASONED BEEF, TOMATOES, ONIONS, JALAPEÑOS & CHEESES IN A TORTILLA BOWL

HOUSE OR CAESAR SIDE SALAD 2.95

BURGERS

WE GRIND OUR OWN MEAT DAILY, USING ONLY CHOICE BEEF CHUCK, THEN HAND FORM HALF POUND PATTIES AND SERVE THEM ON OUR OWN NO FRILLS ROLLS WITH RED ONION, LETTUCE AND TOMATO, ACCOMPANIED WITH CHOICE OF COLE SLAW OR OUR OWN MAC & CHEESE (ADD FRIES FOR \$1.00)

THE ULTIMATE BURGER 7.99

THE BURGER THAT MADE US FAMOUS ON THE "LIVE WITH REGIS AND KELLY" SHOW. APPLE SMOKED BACON, SAUTÉED ONIONS, MUSHROOMS ATOP OUR FAMOUS INSIDE-OUT CHEESE BURGER

INSIDE-OUT CHEESEBURGER 6.99
THE CHEESE IS ON THE INSIDE!

NO FRILLS BASIC BURGER 5.99
YEP - NO CHEESE OR NUTHIN' SPECIAL BUT THE BEEF

BASIC BURGER WITH CHEESE 6.99
FOR THOSE THAT WANT THEIR CHEESE THE OL' FASHION WAY CHEDDAR, SWISS, PROVOLONE, GORGONZOLA OR PEPPER JACK

FRILLS BURGER 6.99
GORGONZOLA CHEESE AND SAUTÉED MUSHROOMS

SHROOM AND SWISS BURGER 6.99
MUSHROOMS AND SWISS OF COURSE

OLIVE BURGER 6.50
SOUR CREAM AND SLICED GREEN OLIVE RELISH

BLACK & BLUE BURGER 6.99
SEASONED WITH BLACKENING SPICES FOR A LITTLE ZING AND TOPPED WITH BLUE CHEESE

STUFF WITHOUT BUNS

NO FRILLS JUMBO WET BURRITO 6.99
WE START WITH A LARGE FLOUR TORTILLA, STUFF IT WITH SEASONED GROUND BEEF, REFRIED BEANS, CHEESE, LETTUCE AND TOMATO THEN SMOTHER IT WITH OUR MILD RED SAUCE WITH MORE CHEESE AND GREEN ONION A MIDWEST FAVORITE

CHICKEN QUESADILLA 6.99
SEASONED CHICKEN, ROASTED RED PEPPERS, CHEDDAR AND PEPPER JACK CHEESE

PRETZEL CHICKEN TENDERS 6.99
CHICKEN TENDERS HAND BREADED WITH OUR UNIQUE PRETZEL COATING SERVED WITH FRENCH FRIES

BEER BATTERED FISH & CHIPS 7.99
TWO GULF OF MEXICO MAHI FILLETS DIPPED IN BEER BATTER AND FRIED. OUR UK FRIENDS SAY IT'S JUST LIKE HOME!

LARGER PORTION WITH 3 FILLETS 9.99

CLAM STRIPS & FRIES 6.99
A HOJO FLASHBACK! BREADED SURF CLAMS WITH FRENCH FRIES

BREAD-RIDDEN FAVORITES

ALL OF OUR SANDWICHES ARE SERVED UP ON OUR HOUSE SPECIALTY BREADS WITH CHOICE OF COLE SLAW OR OUR OWN MAC & CHEESE (ADD FRIES FOR \$1.00)

CHICKEN TERIYAKI 6.99

TERIYAKI BASTED CHICKEN BREAST WITH GRILLED PEPPERS, PINEAPPLE AND ONIONS

SMOKED TURKEY REUBEN 6.99

STACKED WITH SMOKED TURKEY, SWISS CHEESE RUSSIAN DRESSING, TOPPED WITH CRISP SLAW ON GRILLED THICK MARBLE RYE

BEER BATTERED GROUPEL 7.99

GULF OF MEXICO GROUPEL DIPPED IN OUR BEER BATTER MADE WITH THE CHEAPEST BEER WE CAN FIND

SMOTHERED MEATLOAF 6.99

HOMEMADE MEATLOAF, GRILLED THEN SMOTHERED WITH CHEESE, PEPPERS AND ONIONS

NO FRILLS JAMBALAYA SAMMIE 7.99

THE BOMB! BACON, PORK, SMOKED SAUSAGE, CHICKEN, ANDOUILLE SAUSAGE SIMMERED WITH SPICES, ONIONS AND PEPPERS TOPPED WITH PROVOLONE ON OUR BAKED FRENCH LOAF

OFF THE BOAT FISH SANDWICH 8.99

A FLORIDA FAVORITE- TENDER MAHI FILLET PREPARED FRIED, GRILLED OR BLACKENED

PHILLY CHEESESTEAK 7.99

JUST LIKE THE ORIGINAL FROM "PAT'S KING OF STEAKS" AMOROSO ROLL, SHAVED RIB EYE, ONIONS AND FINISHED WITH CHEESEWIZ!

TUNA PHILLY 8.99

SUSHI GRADE YELLOWFIN TUNA, ONIONS, PEPPERS, ONIONS WITH PROVOLONE CHEESE

GRILLED PORTOBELLO 6.99

A BALSAMIC VINAIGRETTE MARINATED PORTOBELLO MUSHROOM GRILLED WITH ROASTED PEPPERS & ONIONS TOPPED WITH PROVOLONE

STACKED FRENCH DIP 7.99

SHAVED PRIME RIB ON FRENCH BAGUETTE W/AU JUS

GRILLED CHICKEN CLUB 6.99

A GRILLED CHICKEN BREAST TOPPED WITH CHEESE AND BACON

RIB EYE STEAK SANDWICH 9.99

A 8 OZ CHARBROILED RIB EYE STEAK WITH SAUTÉED MUSHROOMS AND ONIONS ON OUR OWN BAKED FRENCH BREAD

STACKED HAM BLT 6.99

BACON, LETTUCE & TOMATO OF COURSE ...BUT LET'S THROW ON SOME GRILLED HAM AND SWISS CHEESE!

A FEW FRILLS

ALL MEALS (EXCEPT PASTA DISHES) SERVED WITH A CHOICE OF GARLIC SMASHED POTATOES, FRENCH FRIES, LONG GRAIN & WILD RICE OR STEAMED VEGGIES
ADD A CAESAR OR HOUSE SALAD FOR \$1.50

SEAFOOD LASAGNA 9.99

A COMBINATION OF SHRIMP, SCALLOPS AND MAHI BAKED TOGETHER WITH OUR PINK SAUCE, RICOTTA AND MOZZARELLA CHEESES AND PASTA

CHICKEN TOSCA 10.99

CHICKEN BREAST MEDALLIONS IN A PARMESAN CHEESE BATTER SAUTÉED WITH LEMON

SUNSET SHRIMP SCAMPI 13.99

SWEET SHRIMP SAUTÉED WITH GARLIC, WHITE WINE, LEMON, MUSHROOMS AND TOMATOES SERVED OVER ANGEL HAIR PASTA

HONEY PECAN CHICKEN 9.99

BONELESS BREAST OF CHICKEN COOKED WITH HONEY, DIJON MUSTARD & ROASTED PECANS

MACADAMIA MAHI 15.99

MAHI DIRECT FROM GULF WATERS ENCRUSTED WITH MACADAMIA NUTS AND FINISHED WITH BUTTER AND SHERRY WINE

CHICKEN CAPRI 12.99

BONELESS BREAST OF CHICKEN SAUTÉED IN WINE, LEMON AND BUTTER, TOPPED WITH CRAB MEAT STUFFING

KEY LIME GROUPEL 16.99

GROUPEL FILLET SAUTÉED WITH WHITE WINE, SHALLOTS, MUSHROOMS, TOMATO AND FINISHED WITH THE JUICE OF KEY LIME

CRAB MEAT STUFFED SHRIMP 13.99

SWEET SHRIMP BAKED WITH OUR BLUE CRAB STUFFING

CHICKEN PARMESAN 11.99

SERVED WITH GARLIC BREAD OVER ANGEL HAIR PASTA

YELLOWFIN TUNA 15.99

SUSHI GRADE YELLOWFIN, SEARED OR BLACKENED SERVED WITH WASABI AND GINGER

DELMONICO STEAK (RIB EYE) 16.99

12 OZ CUT OF CHOICE RIB EYE STEAK WITH SAUTÉED MUSHROOMS

NEW YORK STRIP SIRLOIN 12.99

THE KING OF STEAKS! A 10 OZ CUT OF HANDCUT CHOICE SIRLOIN CHARBROILED TO YOUR LIKING