

Rundown Cafe

Surfing into 20 years of service The Rundown Cafe has evolved into a fusion restaurant of cuisine and atmosphere. Staying true to our roots of casual affordable family dining we have also taken on the adventure of traveling the world's island archipelagos and exotic countries to bring you the menu and motif that is before you now. Our Name is derived from a Jamaican Soup that "Ran down so gooooood mon". We imported the name and the soup and so began our journey. Over the years our menu has developed into a blend of Pacific Rim & Caribbean dishes.

Since our conception in 1993 we've grown into a bigger building and completed the addition of the Tsunami Bar & Deck. From our ocean view & friendly smiles to our relaxed -casual atmosphere, The Rundown Cafe & Tsunami Bar brings the island experience to you.

252-255-0026

Mile post 1 ● Beach Road
Kitty Hawk, NC



APPETIZERS

Rundown Soup

Our namesake.....A traditional Jamaican soup of fish, coconut milk, onions, tomatoes & yams
Cup~3.95 Bowl~5.95

Soup of the Day

Cup~3.95 Bowl~5.95

Humboldt Calamari Points

Panko breaded calamari points fried golden brown.
Served with a lemon wedge & a spicy Thai red pepper glaze
8.50

Buffalo Chicken "Crack Dip" & Salsa:

A cup of salsa and "Texas Pete"
Chicken & Cheese dip
served with tortilla chips
8.50

Chips & Salsa

Fried tortilla & root chips
served with salsa **Gf V** 2.95
Add a cup of Queso **V** 2.50

*Boneless Buffalo Wings

Breaded boneless chicken wings tossed in a spicy buffalo sauce
8.50

Kersey Veggies

Assorted steamed veggies topped with fresh grated parmesan cheese **Gf V**
8.50

Steamed Shrimp & Veggies

1/2 lb. spiced, steamed shrimp & steamed veggies topped with fresh grated parmesan cheese **Gf**
15.95

Fish Bites

Chunks of marinated game fish lightly fried & served with a honey jerk spice dipping sauce
8.50

**Hawaiian Poke

Raw sesame soy marinated sushi grade Ahi tuna on a wonton crisp over ginger slaw w/ wakame seaweed salad
9.95

Coconut Shrimp

Lightly fried jumbo shrimp breaded in flake coconut and served with mango habanero dipping sauce
8.50

*CP's Dip

Black beans, toasted coconut rice, salsa, jalapeños, guacamole & sour cream in a bowl served with tortilla chips **Gf V**
6.50

Hummus with Grilled Flat Bread

Spiced, mashed chickpeas with tahini, garlic, & lemon juice served with grilled flat bread **V**
7.50

*Nachos Supreme

A massive bowl of tortilla & root chips topped with black beans, melted cheese, jalapeños, lettuce, tomato, sour cream & guacamole
8.95

Cheese Fries

Basket of french fries smothered with a blend of melted cheddar-jack cheese
5.50

Large Steamed Shrimp **Gf**

Traditional or fresh Jerk paste
1/2 lb.~10.95 1 lb.~17.95

* ~ Denotes Spicy

Gf ~ Denotes Gluten Free

V ~ Denotes Vegetarian

Consumer Advisory

Consuming raw or undercooked meat, fish, and shellfish may increase your risk of food borne illness

RUNDOWN NOODLE BOWLS

Your choice of 3 regional Asian inspired broths filled with noodles, vegetables, fresh herbs, and corresponding accompaniments.

***Spicy Thai Lemon Grass with Fish**

Lo mein noodles in a spicy lemongrass broth with mushrooms, napa cabbage, spring onions, cilantro, and an oriental chargrilled gamefish filet. Finished with crispy wontons.
17.95

Vietnamese Pho with Chicken

Glass noodles in an exotic spiced aromatic stock filled with grilled chicken, seasonal vegetables, mushrooms, spring onions, and herbs. **Gf**
13.95

Malaysian Curry with Shrimp

Lo mein noodles in a mildly spicy Massaman curry broth with spring vegetables, crisp herbs, and grilled shrimp. Finished with crispy wontons and a lime wedge.
17.95

ORIENTAL SESAME NOODLES

A **CHILLED SPICY** BLEND OF SESAME & SOY INFUSED NOODLES. TOSSED WITH HINTS OF ASIAN FLAVORS, MIXED VEGGIES, CRUSHED PEANUTS AND CROWNED WITH WONTON CRISPS

Grilled Gamefish
12.95

Grilled Shrimp
12.95

**Coconut Fried
Chicken**
11.95

Humboldt Calamari
Points
12.95

Coconut Fried Shrimp
12.95

**Tempura Fried Soft
Shell Crab**
13.95

**Grilled Chicken
Breast**
10.95

Plain **v**
7.95

DINNERS

ALL ENTREES BELOW ARE SERVED WITH BLACK BEANS, TOASTED COCONUT RICE & SALSA (EXCEPT THE PASTA DISHES). WE WILL BE HAPPY TO SUBSTITUTE FRENCH FRIES, ROASTED POTATOES, OR STEAMED BROCCOLI WITH PARM FOR \$1.50

****Hawaiian Poke Bowl**

Aromatic jasmine rice topped with raw sesame soy marinated sushi grade Ahi tuna, ginger peanut edamame, Asian slaw, and crispy wontons
16.95

Chicken or Fish Soft Tacos

Three warm, soft flour tortillas stuffed with your choice of honey chipotle lime glazed chicken chunks or grilled game fish & a fresh made Pico de Gallo salsa. Served with black beans, toasted coconut rice, & sour cream
Chicken~14.95 Fish~18.50

Coconut Shrimp

Lightly fried jumbo shrimp breaded in flake coconut & served with a mango habanero dipping sauce
18.95

Argentinian Gaucho Steak Sirloin

An 8 oz sirloin cooked to order, sliced and topped with a spicy Chimichurri sauce and fried onions. Served with thyme roasted potatoes and steamed broccoli
18.95

St. Martin Shrimp

Linguine with butter sautéed shrimp, onions, bacon, sun dried tomato, garlic, fresh tomato & white wine
19.95

***Baja Fish Burrito**

Grilled gamefish wrapped in a flour tortilla with cheese, black beans, BBQ sauce, jalapeños & diced tomatoes. Served with sour cream, toasted coconut rice & salsa
16.95

Vegetarian Thali

A large platter of black beans & rice, hummus, fried eggplant, marinated cabbage, flat bread & condiments **V**
13.95

Coco Loco Chicken Dinner

Two coconut breaded chicken breasts fried & served with our zesty key lime pineapple glaze
16.95

***Jerk Chicken or Fish**

Grilled boneless chicken or fish with our jerk paste, grilled pineapple & sour cream **Gf**
Chicken~14.95 Fish~16.95

Tempura Fried Soft Shell Crabs

Two jumbo soft crabs lightly battered & fried until crispy. Served with a spicy Thai peanut sauce
23.95

***Polynesian Ginger Chicken**

Boneless chicken, broccoli & zucchini sautéed in our special tangy ginger & pineapple sauce
14.95 **Gf**

TSUNAMI DINNER SALADS

WE CREATE A MASSIVE SALAD OF CRISP ROMAINE AND SEASONAL VEGETABLES.
THEN YOU CHOOSE THE TOPPING...

Coconut Fried Shrimp
12.95

Grilled Shrimp
12.95

Grilled Game Fish
12.95

Coconut Fried Chicken
11.95

Grilled Chicken Breast
10.95

**Grilled Portobello
Mushrooms, Artichoke
Hearts, & Fried
Eggplant**
11.95 V

Fried Fish Bites
12.95

SIDE SALAD: A healthy blend of romaine & veggies. An excellent start to any meal....4.50
WE TOP YOUR SALAD WITH CRISPY WONTONS. YOU CHOOSE THE DRESSING.....JOURNEYS END, GINGER VINAIGRETTE GF,
BLUE CHEESE, RANCH GF, PEANUT DRESSING GF OR
HONEY VIDALIA CIDER VINAIGRETTE

SANDWICHES

ALL SANDWICHES COME WITH LETTUCE, TOMATO, MAYONNAISE & FRENCH FRIES UNLESS OTHERWISE REQUESTED.
WE WILL BE HAPPY TO REPLACE YOUR FRIES WITH BLACK BEANS & TOASTED COCONUT RICE, STEAMED BROCCOLI
WITH PARMESAN OR CHIPS & SALSA FOR \$1.50

Rundown Burger

8.50
Swiss, cheddar, or american cheese .75
Add bacon 1.00

Jerk Burger

Topped with our own fresh made spicy jerk paste
& melted swiss
9.50

Hula BBQ Bacon Burger

Topped with our spicy BBQ sauce, bacon, &
cheddar cheese
9.50

Fish Sandwich

Grilled gamefish..... Whatever is freshest!
12.95

Aloha Veggie Burger

A grilled garden burger with swiss cheese, grilled
pineapple, & honey mustard V
9.95

***To spice it up add a little jerk paste..... .50

Tempura Fried Soft Shell Crab

Lightly battered jumbo soft crab
13.95

Coco Loco Chicken Sandwich

A coconut breaded chicken breast fried & served
with a side of zesty key lime pineapple glaze
10.50

Big Wave Dave

Grilled chicken breast with grilled pineapple
& swiss cheese
10.50

Will's BBQ Chicken Sandwich

Chicken breast with bacon, swiss, & our
own BBQ sauce
10.50

Sicilian Trifecta V

Grilled portobello mushroom, fried eggplant,
roasted red peppers & melted mozzarella cheese....
A perfect bet with a whipped olive oil herb spread
10.50

Humboldt Calamari

Steak Sandwich

A panko breaded & lightly fried calamari steak
11.95

KIDS

WE WILL BE HAPPY TO REPLACE YOUR SIDE WITH BLACK BEANS & TOASTED COCONUT RICE, STEAMED BROCCOLI WITH PARMESAN, ROASTED POTATOES, FRIES, OR CHIPS & SALSA FOR \$1.50

Peanut Butter & Jelly

Served with chips
4.50

Cheese Pizza

6.50

Grilled Cheese

Served with fries
5.95

Fish Bite Basket

Served with fries
9.50

Chicken Nuggets

Breaded Boneless Chicken
Served with fries
7.95

DESSERTS

Key Lime Pie

Not too sweet....not too tart
4.95

Ice Cream & Hot Fudge

Vanilla ice cream topped with hot fudge
3.95

Hot Fudge Brownie Sundae

Served with ice cream, warm fudge,
& whipped cream
6.95

Pineapple Upside down Cake

A traditional upside down cake topped with a
myers rum caramel sauce
5.95

SIDES

Roasted Potatoes

2.25

Ginger Slaw

1.95

Fries

2.50

Guacamole

Small 1.50
Large 2.95

Flat Bread

1.95

Steamed Broccoli

2.50

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