

# 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 goooood 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

## Fish Bites

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

## 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      2.50 **V**

## 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

## \*\*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 Salad 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

## \*Boneless Buffalo Wings

Breaded boneless chicken wings tossed in a spicy buffalo sauce  
8.50

## 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.  
12.95

### Vietnamese Pho with Chicken

Glass noodles in an exotic spiced aromatic stock filled with grilled chicken, seasonal vegetables, mushrooms, spring onions, and herbs. **Gf**  
10.95

### 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.  
12.95

## \*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

Coconut Fried Shrimp  
12.95

Tempura Fried Soft  
Shell Crab  
13.95

Grilled Shrimp  
12.95

Coconut Fried Chicken  
11.95

Grilled Chicken Breast  
10.95

Humboldt Calamari Points  
12.95

Plain **v**  
7.95

# TSUNAMI DINNER SALADS

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

Coconut Fried Shrimp  
12.95

Coconut Fried Chicken  
11.95

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

Grilled Shrimp  
12.95

Grilled Chicken Breast  
10.95

Fried Fish Bites  
12.95

Grilled Game Fish  
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  
GF

## ENTREES

ALL ENTREES BELOW ARE SERVED WITH BLACK BEANS, TOASTED COCONUT RICE & SALSA. WE WILL  
BE HAPPY TO SUBSTITUTE FRENCH FRIES, ROASTED POTATOES OR STEAMED VEGGIES FOR \$1.50

### **\*\*Hawaiian Poke Bowl**

Aromatic jasmine rice topped with raw sesame  
soy marinated sushi grade raw Ahi tuna, ginger  
peanut edamame, Asian slaw, and crispy wontons  
13.95

### **Baja California Fish Tacos**

2 lightly fried fish tacos served with cabbage,  
tomatoes, & our Baja sauce  
12.95

### **Fish or Chicken Taco Platter**

#### **Supreme**

Grilled game fish or chicken with our BBQ sauce,  
flour tortillas, lettuce, tomatoes, onion, jalapeño,  
& cheese

Fish~12.95 Chicken~9.95

### **Coco Loco Chicken**

Coconut coated chicken breast fried & served with  
our zesty key lime pineapple glaze  
9.50

### **Jerk Fish or Chicken**

Grilled game fish or chicken topped with our jerk  
paste, grilled pineapple & sour cream GF  
fish~12.95 Chicken~9.95

### **\*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  
12.95

### **\*Chicken Quesadilla**

A spicy mix of chicken & cheese with tomatoes  
8.95

### **\*Polynesian Ginger Chicken**

Chunks of boneless chicken, broccoli & zucchini  
sautéed in our special tangy ginger pineapple sauce

GF  
9.95

# SANDWICHES

---

ALL SANDWICHES COME WITH LETTUCE, TOMATO, MAYONNAISE AND ARE SERVED WITH CHIPS & SALSA. WE WILL BE HAPPY TO REPLACE YOUR CHIPS & SALSA WITH BLACK BEANS & TOASTED COCONUT RICE, STEAMED BROCCOLI WITH PARMESAN OR

FRENCH FRIES FOR \$1.50

ALL BURGERS ARE SERVED WITH FRIES

## 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

## Coco Loco Chicken Sandwich

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

8.95

## Will's BBQ Chicken Sandwich

Chicken breast with bacon, swiss, & our spicy BBQ sauce

8.95

## Big Wave Dave

Grilled chicken breast with grilled pineapple & swiss cheese

8.95

## Sicilian Trifecta

Grilled portobello mushroom, fried eggplant, roasted red pepper, & melted mozzarella cheese....

A perfect bet with a whipped olive oil herb spread

9.95 V

## Aloha Veggie Burger

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

8.95 V

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

## Humboldt Calamari

### Steak Sandwich

A panko breaded & lightly fried calamari steak

10.95

## Tempura Fried Soft Shell Crab

Lightly battered jumbo soft crab

13.95

## 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

### Hot fudge Brownie Sundae

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

### Ice Cream & Hot Fudge

Vanilla ice cream topped with hot fudge  
3.95

### Pineapple Upside down Cake

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

## SIDES

---

### Roasted Potatoes

2.25

### Fries

2.50

### Flat Bread

1.95

### Ginger Slaw

1.95

### Guacamole

Small 1.50  
Large 2.95

### Steamed Broccoli

2.50