

Great Beginnings

Soups

Rundown: Our namesake & signature coconut milk-based fish soup 3.95 / 5.95

Soup of the Day: Daily seasonal selections MP / MP

Salads

House: Mixed greens w/ pepitas, raisins, blue cheese & house vinaigrette 6.95^{V GF}

Iceberg Wedge: Served w/ bacon, tomatoes, red onion, & blue cheese dressing 8.95^{GF}

Large Tsunami: Greens, Napa, & veggies topped w/ fried wontons & choice of dressing 7.95^V

- ❖ Add protein to your Tsunami: Grilled Shrimp 6, Grilled Tuna 6, Beef Tenderloin Tips 6, Coconut Fried Shrimp 6 or Chicken 5, Grilled Chicken 5, Grilled Portobello 4

Chips & Such

Chips & Salsa: 3.95^{V GF} Add Guac 2 Cup of Queso 2.50

CP's Dip: Black beans, coconut rice, salsa, jalapenos, guac, & sour cream served w/ tortilla chips 7.95^{GF}

Buffalo Chicken Dip: Served w/ house chips 8.95

Nachos Supreme: Tortilla chips w/ black beans, queso, jalapenos, lettuce, tomato, sour cream, & guac 10.95

Famous Rundown Bowls

Warm Noodle Bowls

Thai Lemongrass with Ahi Tuna: Lo Mein in a spicy lemongrass broth topped w/ grilled Tuna, Enoki mushrooms, Napa cabbage, & red peppers 14.95

Vietnamese Pho with Grilled Chicken: Glass Noodles in pho broth topped w/ grilled chicken, Enoki mushrooms, Napa cabbage, & red pepper 11.95^{GF}

Szechuan Hot Pot with Grilled Shrimp: Lo Mein in fiery Szechuan broth topped w/ grilled shrimp, Enoki mushrooms, Napa cabbage, red peppers 14.95

Handhelds

Tacos – served on soft tortillas w/ coconut rice, salsa & black beans. Sub field greens or fries 1 Add Guac 2

Baja Fish Tacos: Two lightly fried fish tacos topped w/ shaved cabbage, tomatoes, & our Baja sauce 12.95

Argentinian Steak Tacos: Two tacos loaded w/ beef tenderloin tips. Topped w/ cabbage, jalapenos, red onion, & house-made chimichurri 13.95

Grilled Fish or Chicken Tacos: Two chipotle lime grilled tuna or chicken tacos served w/ lettuce, tomato, onion, cheese, jalapenos & sour cream Fish 12.95 / Chicken 10.95

Savory Jackfruit Tacos: Two tacos packed w/ smoky Jackfruit. Topped w/ tomatoes, cabbage, jalapenos, & chipotle lime glaze. Served w/ sour cream 11.95^V

Starters

Hawaiian Poke:* Raw sesame soy marinated tuna. Served on a wonton crisp over ginger slaw w/ seaweed salad 10.95

Fish Bites: Seasoned fried tuna bites w/ ginger slaw & honey jerk dipping sauce 8.95

Coconut Shrimp: w/ Sriracha mango dipping sauce 9.95

Humboldt Calamari: Panko breaded Humboldt calamari steak served w/ spicy red pepper dipping sauce 8.95

Peel & Eat Shrimp: Large shrimp steamed w/ traditional spices or jerk paste 1/2 lb. 10.95 / 1 lb. 17.95^{GF}

Red Pepper Glazed Chicken Bites: Fried chicken bites in a spicy red pepper glaze w/ carrots & blue cheese dressing. Also available "buffalo" style 8.95

Steamed or Raw Vegetable Plate: Steamed or raw veggies w/ Romano, & herb infused olive oil 8.95^{V GF} (raw plate subs ranch in place of oil & Romano)

Hummus Plate: w/ grilled flat bread & carrots 7.95^V

Cold Bowls

Hawaiian Poke:* Warm Jasmine rice topped w/ raw sesame-soy marinated tuna w/ ginger peanut edamame, ginger slaw, crispy wontons, & seaweed salad 13.95

Asian Sesame Noodles: Chilled spicy soy infused sesame noodles mixed w/ fresh veggies. Topped w/ mandarin oranges, peanuts, & wonton crisps 7.95^V

- ❖ Add a protein to your Sesame Noodles: Grilled Shrimp 6, Grilled Tuna 6, Beef Tenderloin Tips 6, Coconut Fried Shrimp 6 or Chicken 5, Grilled Chicken 5, Grilled Portobello 4

Sandwiches – served w/ fries & a pickle, except Pittsburgh. Sub field greens or rice & black beans 1

Scallop Po'Boy: Panko breaded Outer Banks Scallops on a sub roll, w/ lettuce, tomato, & remoulade 13.95

Big Fried Fish Sandwich: 1/2 lb. of Flounder on a sub roll w/ lettuce, tomato, & tartar sauce 11.95

Grilled Fish Sandwich: Grilled Ahi tuna steak served w/ lettuce, tomato, & your choice of sauce 12.95

"Pittsburgh Style" NC Pulled Pork: Our OBX style homage to the "almost famous" sandwiches up north. A sub roll overflowing w/ NC pulled pork, fries, cabbage slaw, & tomato. Served w/ chips & a pickle 12.95

Coco Loco Chicken Sandwich: Coconut breaded chicken served w/ lettuce, tomato, & pineapple glaze 10.95

Flame Grilled Burgers & Chicken Sandwiches:

All our grilled burgers & chicken sandwiches are served w/ fries & a pickle. Burgers can be a beef or a vegan, gluten-free *Beyond Burger*^{GF} patty; chicken is an antibiotic-free breast. Choose a house build or check out our *Burger of the Day!* All burgers cooked juicy & well done. Sub field greens or rice & beans for 1, *Gluten-free Bun* for 2^{GF}

House Builds:

Rundown Style: Topped simply w/ lettuce, tomato, pickles & mayo: Beef 9.25 / Chicken 10 / Beyond Burger 11 Add cheese (cheddar, swiss, American) for .75 Add Bacon for 1

Jerk Style: w/ house jerk paste, swiss cheese, lettuce, tomato & mayo: Beef 11 / Chicken 11.75 / Beyond Burger 12.75 (our house-made jerk is a fresh paste not a dry rub)

Will's BBQ Style: w/ bacon, swiss, BBQ sauce, lettuce, tomato & mayo: Beef 11 / Chicken 11.75 / Beyond Burger 12.75

Big Wave Dave Style: w/ pineapple, swiss, lettuce, tomato & mayo: Beef 10.50 / Chicken 11.25 / Beyond Burger 12.25

Burger of the Day: Check our *Features Menu* to see what creative build our kitchen team is cooking up today! MP

Large Plates

Rundown Fish Burrito: Grilled tuna, black beans, cheese, jalapenos, tomatoes, & BBQ sauce wrapped in a jalapeno cheddar tortilla. Served w/ coconut rice 12.95

Fish & Chips: Classic lunch feast. 1/2 lb. of fried flounder w/ fries, ginger slaw, lemons, & choice of dipping sauce 12.95

Vegetarian Thali: Coconut rice, black beans, hummus, fried eggplant, ginger slaw, grilled flat bread & condiments 12.95 Add a grilled Portobello 3

Ginger Beef or Chicken Stir Fry: Beef tenderloin tips or chicken breast bites stir-fried w/ broccoli, zucchini & ginger pineapple glaze over jasmine rice. Beef 12.95 / Chicken 10.95

Coconut Chicken Plate: Coconut breaded chicken breast served w/ jasmine rice, steamed broccoli, & key lime pineapple sauce 10.95

Chicken Pot Pie: A buttery pie shell filled w/ pulled chicken, rich gravy & onions, carrots & green peas. Served w/ field greens 10.95

Chef's Featured Plate(s): Check our specials to see what our kitchen team has prepared today! Ever changing, often limited in quantity & always awesome. These dishes will not disappoint! MP

Extras:

Sides:

French Fries: 2.50, Bowl of Fries 5, Cheese Fries 6

Roasted Yukon Gold Potatoes: Roasted w/ thyme, olive oil, & Romano 3

Steamed Broccoli: Fresh florets w/ Romano 3

Cabbage Ginger Slaw: Thinly sliced cabbage & pickled ginger in a tangy vinaigrette 2

Flatbread: Grilled flatbread w/ herbed olive oil 2

Black Beans or Coconut Rice: House beans or rice 2

Dressings & Sauces: Our dressings & sauces are available by the bottle for 7

Salad Dressings: Ranch, Blue Cheese, Journey's End, Ginger Vinaigrette, House Vinaigrette

Sauces: Salsa, BBQ Sauce, Sriracha Mango, Buffalo, Honey Jerk, Honey Mustard

Premium Condiments: Our premium condiments are available in two sizes Small & Large

Guacamole: Fresh house made avocado guac 2 / 4

Jerk Paste: Fresh house-made jerk paste 1 / 3

Menu Note

If you have joined us in the past, you may notice a few changes for 2020. We hope you dig what's new & won't miss what's gone too much... However, as the saying goes, "gone does not mean forgotten". If you have a favorite dish you are craving but don't see on the menu, please let your server know. In some cases (unfortunately not all), we may still be able to prepare the dish for you.

Beverages

House-brewed Iced Tea, Soft Drinks, Hot Tea & Coffee: 2.95 – free refills
Sweet Iced Tea, Unsweet Iced Tea, Coke, Diet Coke, Sprite, Root Beer, Ginger Ale, Lemonade

Juice & Milk: 2.95 per serving
Juices: Orange, Cranberry, Pineapple, Grapefruit. Milk or Chocolate Milk

Bottled Water: 2.50 per bottle - San Pellegrino Sparkling Water or Acqua Panna Still Water

Important Menu Notations & Consumer Advisory: (*) Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. (V) Vegetarian. (GF) Gluten Free. Please note our food is prepared in one kitchen therefore rare instances of unintended cross contamination of allergens or vegetarian items may occur. Please call out or ask about specific concerns when ordering.