

Great Beginnings

Soup & Salads

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

House Salad: Mixed greens w/ raisins, crumbled blue cheese, red onion & house vinaigrette 6.95^V

Iceberg Wedge: Crisp iceberg served w/ bacon, tomatoes, red onion, & blue cheese dressing 8.95

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

- ❖ Add to your Tsunami: Grilled Shrimp 7, Grilled Tuna 7, Beef Tenderloin Tips 7, Coconut Fried Shrimp or Chicken 6/5, 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 an orange 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 fried fish tacos topped w/ shaved cabbage, chopped tomato, & 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 topped with fresh Pico. Served w/ sour cream Fish 12.95 / Chicken 10.95

Starters

Hawaiian Poke:* Raw sesame soy marinated ahi 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

Chorizo Tapas Plate: Premium Spanish style dry chorizo arranged in olive oil, dotted with balsamic syrup, topped with crumbled blue cheese & fresh basil. Served w/ olive oil rubbed grilled flatbread 9.95

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

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 to your Sesame Noodles: Grilled Shrimp 7, Grilled Tuna 7, Beef Tenderloin Tips 7, Coconut Fried Shrimp or Chicken 6/5, Grilled Chicken 5, Grilled Portobello 4

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

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

Big Fried Fish Sandwich: Over 1/2 lb. of Flounder filets 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

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* ^{V 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 – more than 1/2 lb. of fried flounder w/ fries, ginger slaw, lemons, & choice of dipping sauce 12.95

Mixed Vegetarian Plate: Grilled portobello, coconut rice, black beans, hummus, ginger slaw, baby carrots, grilled flat bread & condiments 11.95

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 13.95 / Chicken 10.95 ^{GF}

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

Chef's Featured Plate(s): Check out what great dishes our kitchen team is offering today! Ever changing, limited in quantity & always awesome! 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

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

Premium Condiments: Our premium condiments are available in two sizes Small (2oz) & Large (4oz)

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... Luckily, "gone does not mean forgotten". If you have a favorite 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.

Important Consumer Advisory & Menu Notations: (*) 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.