

## Great Beginnings

## Soup &amp; Salads

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

**House Salad:** Mixed greens w/ craisins, crumbled blue cheese, red onion & house vinaigrette 6.95<sup>V</sup>

**Iceberg Wedge:** 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<sup>V</sup>

- ❖ Add to your Tsunami: Grilled Shrimp 7, Grilled Tuna 7, Beef Tenderloin Tips 7, Coconut Fried Shrimp 6 or Chicken 5, Grilled Chicken 5, Grilled Portobello 4

## Chips &amp; Such

**Chips & Salsa:** 4<sup>V</sup> GF Add Guac 4 Cup of Queso 2.50

**CP's Dip:** Black beans, coconut rice, salsa, jalapenos, guac, & sour cream served w/ tortilla chips 7.95<sup>GF</sup>

**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 17.95

**Szechuan Hot Pot with Grilled Shrimp:** Lo Mein in an orange Szechuan broth topped w/ grilled shrimp, Enoki mushrooms, Napa cabbage, red peppers 17.95

## Large Plates

**Fisherman's Dinner:** A beach feast! Panko breaded Outer Banks scallops, coconut shrimp & a fried flounder filet served w/ fries, slaw, grilled lemon & remoulade 19.95

**Rundown Fish Burrito:** Grilled tuna, black beans, cheese, jalapenos, tomatoes, & BBQ sauce wrapped in a large jalapeno cheddar tortilla. Served w/ coconut rice 16.95

**Coconut Shrimp Dinner:** Jumbo shrimp are breaded in flake coconut & lightly fried. Served w/ jasmine rice, fresh steamed broccoli & Sriracha mango dipping sauce 18.95

**Mixed Vegetarian Plate:** Grilled portobello, coconut rice, black beans, hummus, ginger slaw, baby carrots, grilled flat bread & condiments 13.95<sup>V</sup>

## Starters

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

**Peel & Eat Shrimp:** Large shrimp steamed w/ traditional spices or jerk paste 1/2 lb. 10.95 / 1 lb. 17.95<sup>GF</sup>

**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 topped w/ crumbled blue cheese, fresh basil & a touch of balsamic syrup. Served w/ grilled olive oil-rubbed flatbread 9.95

**Red Pepper Glazed Chicken Bites:** Fried chicken bites in a spicy red pepper glaze. Served w/ carrots & blue cheese dressing. 8.95

**Buffalo Chicken Dip:** Served w/ house chips 8.95

**Hummus Plate:** w/ grilled flat bread & carrots 7.95<sup>V</sup>

## Cold Bowls

**Hawaiian Poke:**\* Warm Jasmine rice topped w/ raw sesame-soy marinated tuna surrounded by ginger peanut edamame, ginger slaw, crispy wontons, & finished w/ wakame seaweed salad 17.95

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

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

**Surf & Turf Stir Fry:** Beef tenderloin tips, large shrimp, mixed vegetables & mushrooms stir-fried in a spicy Asian-style brown sauce served over jasmine rice 19.95

**St. Martin Shrimp Pasta:** Linguini tossed in a white wine butter sauce w/ shrimp, bacon, red onion, sun-dried tomato, fresh diced tomato & garlic 19.95

**Coconut Chicken Dinner:** Two coconut breaded chicken breasts served w/ fragrant jasmine rice, fresh steamed broccoli & zesty key lime dipping sauce 16.95

**Chicken Pot Pie:** A buttery pie shell filled w/ pulled chicken, rich gravy, carrots, onions & green peas topped w/ puff pastry. Served w/ field greens & steamed broccoli 12.95

## Handhelds

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

**Asada Steak Tacos:** Three soft flour tortillas loaded w/ savory beef tenderloin tips, shredded cabbage, red onion, cilantro & chipotle-lime glaze. Served w/ sour cream 18.95

**Grilled Fish Tacos:** Three soft flour tortillas filled w/ chipotle lime grilled Ahi tuna topped w/ shredded cabbage, chopped tomato & red onion. Served w/ sour cream 17.95

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

**Fried Flounder Sandwich:** A large golden fried flounder filet served on a Martin's Potato roll w/ lettuce, tomato & bb pickles 12.95

**Grilled Fish Sandwich:** Grilled Ahi tuna steak on a bun w/ lettuce, tomato & bb pickles 13.95

**Coco Loco Chicken Sandwich:** Coconut chicken on a bun w/ lettuce, tomato, bb pickles & pineapple glaze 11.95

## Fire 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<sup>V GF</sup> patty; chicken is an antibiotic-free breast. All burgers cooked juicy & well done. Sub field greens or rice & beans for 1 Add Gluten-free Bun for 2<sup>GF</sup>

### 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

## Extras:

### Sides:

**House Chips:** Bowl 1.50

**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, 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

**Swag & Art:** Please talk to a hostess for assistance if you are interested in purchasing any art or merchandise

**Swag:** Take a memory of the Rundown home with you! Please check out our entrance area to find a selection of branded items available for purchase. Including a variety of t-shirts, long-sleeve Ts, sweatshirts, hats, shot glasses, etc.

**Art:** Several of the stunning original paintings in the dining room & bar by local artist Harry Meraklis are available.

**Menu Note:** Please limit substitution requests to those required by an allergy or other medical condition.

**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.

# Rundown Cafe Rundown Cafe Kid's Menu

## Favorite Foods

**Fish Bite Basket:** Fried fish bites served with fries, carrots, and your choice of sauce. 10.95

**Pasta:** Linguini tossed with herbed olive oil. 5.95  
Add a grilled chicken breast 5 (available with plain butter if preferred)

**Cheese Pizza:** Tomato sauce and mozzarella cheese. Served with carrots. 5.95

**Hamburger:** A grilled beef patty on a bun. Served with chips & carrots. 6.95 (add cheese for .75)

**Chicken Breast Bite Basket:** Chicken breast bites served with fries, carrots, and choice of sauce. 9.95

Substitute dressed field greens or French fries in place of chips for 1

Substitute dressed field greens in place of French fries for 1

Add a side of dressed field greens or French fries to any dish for 2.50

## Fancy Drinks - watch out kids, these drinks are so good your parents might try to steal a few sips!

**Cool Creations:** 3.95 per glass

**Strawberry Lemonade:** Lemonade & strawberry puree shaken and served over ice

**Cranberry Lime Cooler:** Sprite, cranberry juice & lime juice over ice

**Pineapple Sunrise:** Pineapple juice, Sprite, & Grenadine over ice

**Frozen Fun:** 4.95 per glass

**Strawberry Lime Slush:** A slushy blend of strawberry puree, lime juice & ice

**Triple Citrus Slush:** Orange, lemon, & lime juices are blended with ice until slushy

**Cranberry Orange Slush:** A slushy blend of orange juice, cranberry juice & ice