

Great Beginnings

Soup & 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^V

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

Large Tsunami Salad: Mixed 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 6 or Chicken 5, Grilled Chicken 5, Grilled Portobello 4

Chips & Such

Chips & Salsa: 4^V 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^{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

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 of our famous fried fish tacos topped w/ shaved cabbage, chopped tomato & our house Baja sauce 12.95

Asada Steak Tacos: Two soft flour tortillas loaded w/ savory beef tenderloin tips, shredded cabbage, red onion, cilantro & chipotle-lime glaze. Served w/sour cream 13.95

Grilled Fish or Chicken Tacos: Two soft flour tortillas filled w/ chargrilled tuna or chicken topped w/ shredded cabbage, chopped tomato, red onion & chipotle lime glaze. Served w/ sour cream Fish 12.95 / Chicken 10.95

Starters

Hawaiian Poke:* Raw sesame soy marinated ahi tuna topped w/ wakame seaweed salad served on a wonton crisp over ginger slaw 10.95

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

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, balsamic syrup & fresh basil. Served w/ olive oil rubbed grilled flatbread 9.95

Red Pepper Glazed Chicken Bites: Crispy chicken bites tossed in spicy red pepper glaze served w/ carrots & blue cheese dressing 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 6 or Chicken 5, Grilled Chicken 5, Grilled Portobello 4

Sandwiches – served w/ fries & a 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 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 breast served w/ lettuce, tomato, bb pickles & pineapple glaze 10.95

Flame Grilled Burgers & Chicken Sandwiches:

All our grilled burgers & chicken sandwiches are served w/ fries & a dill pickle spear. Burgers can be a beef or a vegan, gluten-free *Beyond Burger* ^{V GF} patty; chicken is an antibiotic-free boneless breast. 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

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 Sauté: Beef tenderloin tips or sliced chicken breast sautéed w/ broccoli, zucchini & ginger pineapple glaze over jasmine rice. Beef 13.95 / Chicken 10.95 ^{GF}

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

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

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 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