

## Great Beginnings

## Soups, Salads, Chips &amp; Such

**Rundown Chowder:** Our namesake & signature coconut milk-based hearty & flavorful fish soup 4.50 / 6

**House Salad:** Mixed greens w/ dried cranberries, crumbled blue cheese, red onion & our tangy house vinaigrette 7.25<sup>V</sup>

**Iceberg wedge:** Served w/ bacon, grape tomatoes, red onion & blue cheese dressing 8.95

**Large Tsunami Salad:** Mixed greens, Napa & veggies topped w/ fried wontons & choice of dressing 8.95<sup>V</sup>

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

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

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

## Famous Rundown Bowls

## Warm Noodle Bowls

**Thai Lemongrass w/ Ahi Tuna:** Lo Mein noodles in a spicy thai-style lemongrass broth topped w/ grilled Yellowfin Tuna, enoki mushrooms, napa cabbage, & red peppers 17.95

**Szechuan Hot Pot w/ Grilled Shrimp:** Lo Mein noodles in a zesty & flavorful orange-Szechuan broth topped w/ extra-large grilled shrimp, enoki mushrooms, napa cabbage & red peppers 17.95

## Large Plates

**Grilled Ahi Tuna:** A grilled, wild-caught, hand-cut Yellowfin Tuna steak topped w/ house-made zesty Chimichurri sauce, served w/ fragrant jasmine rice & fresh steamed broccoli 22.95 (we suggest medium rare)

**St. Martin Shrimp Pasta:** Linguini noodles tossed in a light white wine butter sauce w/ extra-large shrimp, smoky bacon, sun-dried tomatoes, thinly sliced red onion, fresh diced tomatoes & garlic 19.95

**Mixed Vegetarian Plate:** Grilled portobello, coconut rice, black beans, hummus, ginger slaw, baby carrots, grilled flat bread & condiments 14.95<sup>V</sup>

**Rundown Fish Burrito:** Grilled yellowfin tuna, house black beans, cheese, jalapenos, fresh tomatoes, & BBQ sauce wrapped in a large cheddar-jalapeno tortilla. Served w/ coconut rice 17.95

## Starters

**Hawaiian Poke:**\* Raw sesame soy marinated ahi tuna. Served on a crisp wonton over ginger slaw w/ seaweed salad 11.95

**Fish Bites:** Seasoned fried Ahi tuna bites w/ ginger slaw & honey jerk dipping sauce 9.95

**Peel & Eat Shrimp:** Large shrimp steamed w/ traditional spices or jerk paste 1/2 lb. 11.95 / 1 lb. 17.95<sup>GF</sup>

**Coconut Shrimp:** w/ ginger slaw & Sriracha mango dipping sauce 10.95

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

**Hummus Plate:** w/ grilled flat bread & carrots 8.95<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, chopped peanuts & wonton crisps 8.95<sup>V</sup>

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

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

**NY Strip Steak:** A tender 12oz USDA choice NY strip steak grilled to perfection topped w/ savory house-blended compound butter. Served w/ thyme roasted Yukon gold potatoes & fresh steamed broccoli 24.95

**Crispy Coconut Shrimp:** Jumbo shrimp breaded in flake coconut & fried golden brown. Served w/ toasted coconut rice, fresh steamed broccoli & a sweet/spicy Sriracha mango dipping sauce 19.95

**Tacos:** served w/ coconut rice, black beans, salsa & sour cream. Sub field greens or fries for 1. Add Guac 2

**Fried Grouper Tacos:** Three soft flour tortillas stuffed w/ crispy-fried, lightly breaded grouper tender filets, fresh shredded cabbage, chopped tomato & our legendary, house-made, tangy Baja sauce 17.95

**Asada Steak Tacos:** Three soft flour tortillas loaded w/ grilled beef tenderloin tips, shredded cabbage, red onion, fresh cilantro & chipotle-lime glaze 18.95

## 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 are cooked juicy & well done. Sub field greens or rice & beans for 1 Sub a Gluten-free Bun 2<sup>GF</sup>

### House Builds:

**Rundown Style:** straight up grilled burger or chicken topped w/ lettuce, tomato, pickles & mayo: Beef or Chicken 10 / Beyond 11 Add cheese (cheddar, swiss, american) for 1 Add Bacon for 1.50

**Jerk Style:** w/ house jerk paste, swiss cheese, lettuce, tomato & mayo: Beef or Chicken 12 / Beyond 13 (note: 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 or Chicken 12.50 / Beyond 13.50

**Big Wave Dave Style:** w/ grilled pineapple, swiss, lettuce, tomato & mayo: Beef or Chicken 11.50 / Beyond 12.50

## Extras:

### Sides:

**House Chips:** Bowl 2

**French Fries:** Bowl of Fries 4, Add Queso 2.50

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

**Steamed Broccoli:** Fresh florets w/ Pecorino 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:** House Vinaigrette, Journey's End

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

**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

## House-made Desserts

**Key Lime Pie:** Not too tart, not too sweet. Topped w/ whipped cream 6.95

**Pineapple Upside Down Cake:** Topped w/ Myers's Rum caramel sauce 6.95

**Seasonal Dessert:** Changing seasonal offerings MP

**Root Beer Float:** Ice cream in Root Beer 5.95

**Vanilla Ice Cream:** Two scoops 4.95

## Alcohol-Free 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

**Energy Drink** - 3.95 per serving - Red Bull: Original or Sugar Free

**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

**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 t-shirts, long-sleeve Ts, sweatshirts, hats, glasses & more

**Art:** Our collection of stunning original art is the work of two beloved local artists. All of the original art downstairs (and some smaller pieces upstairs), including the large octopus mural and all canvasses in the dining room are the work of Harry Meraklis (aka HARRYFISH). Please find more of his work at [harryfishart.com](http://harryfishart.com). Upstairs the large beach mural & original canvasses were done by Marcia Cline, see more of Marcia's work at [marciacline.com](http://marciacline.com). Several of the pieces, mostly Harry's work, are available for purchase.

**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.