

## Great Beginnings

## Soups, Salads, Chips &amp; Such

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

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

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

**Large Tsunami Salad:** Field greens, Napa & mixed 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 GF</sup> 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 with Ahi Tuna:** A deep bowl of Lo Mein noodles in a spicy Thai-style, lemongrass broth topped w/ grilled Yellowfin Tuna, enoki mushrooms, napa cabbage & red peppers 14.95

**Szechuan Hot Pot with Grilled Shrimp:** Lo Mein noodles in a zesty & flavorful orange-Szechuan broth topped w/ extra-large grilled shrimp, enoki mushrooms, napa cabbage & red peppers 14.95

## Handhelds

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

**Baja Fish Tacos:** Two of our famous fried Ahi tacos on soft flour tortillas 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 13.95

## Flame Grilled Burgers &amp; Chicken Sandwiches:

All our grilled burgers & chicken sandwiches are served on a Martin's Potato roll w/ fries & a dill pickle spear. Burger patties can be either beef or vegan, gluten-free *Beyond Burger* <sup>V GF</sup>; 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<sup>GF</sup>

## House Builds:

**Rundown Style:** straight up grilled burger or chicken breast 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 (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/pineapple, swiss, lettuce, tomato & mayo: Beef or Chicken 11.50 / Beyond 12.50

## 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

## 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 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 w/ ginger peanut edamame, ginger slaw, crispy wontons, & seaweed salad 14.95

**Asian Sesame Noodles:** Chilled spicy soy infused sesame noodles mixed w/ fresh veggies. Topped w/ mandarin oranges, 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

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

**Fried Grouper Po'Boy:** Crispy, lightly breaded, grouper tender filets served on a soft sub roll w/ lettuce, tomato & tasty house-made remoulade 12.95

**Grilled Fish Sandwich:** A wild-caught, grilled Ahi tuna steak served on a Martin's Potato roll w/ lettuce, tomato, & your choice of sauce 13.95

**Shrimp Stirfry:** Succulent, extra-large shrimp, mixed vegetables & mushrooms wok stir-fried in our slightly spicy Chengdu style sauce over jasmine rice 13.95

## 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, & 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:** House Vinaigrette, Journey's End Dressing

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

**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:** Vanilla ice cream suspended 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:** if you are interested in purchasing any art or merchandise, please see a hostess for assistance

**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, hoodies, 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 large 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.