

Great Beginnings

Soups, Salads, Chips & Such

Rundown Chowder: Our namesake & signature coconut milk-based hearty & flavorful fish soup 5 / 7 ^{GF}

House Salad: Mixed greens w/ dried cranberries, crumbled blue cheese, red onion & our tangy house vinaigrette 8^v

Iceberg Wedge: Served w/ bacon, grape tomatoes, red onion & blue cheese dressing 9

Chips & Salsa: 5^v ^{GF} (one free refill on chips/salsa) - add a side of Guacamole 4 or Queso 3

Nachos Supreme: Tortilla chips w/ black beans, queso, jalapenos, lettuce, tomato, sour cream, & guac 11^v

- ❖ Add a topper to your Nachos: Grilled Shrimp 7, Beef Tenderloin (filet mignon) Tips 8, Grilled Chicken 6

Loaded French Fries: A big bowl of crispy crinkle fries topped w/ creamy queso, smokey bacon, chopped green onion & sour cream 9 (naked bowl of fries 6)

Starters

Hawaiian Poke: Raw sesame soy marinated Ahi tuna. Served on a crisp wonton over ginger slaw w/ seaweed salad 14

Fish Bites: Marinated, lightly breaded & fried Ahi tuna bites w/ ginger slaw & honey jerk dipping sauce 11

Peel & Eat Shrimp: Large shrimp steamed w/ traditional spices or jerk paste 1/2 lb. 13 / 1 lb. 20^{GF}

Coconut Shrimp: w/ ginger slaw & Sriracha mango dipping sauce 12

Rundown wings: Fried bone-in chicken wings tossed in our unique "barbelo" lime sauce. Served w/ carrots & ranch or blue cheese dressing 11 ^{GF}

Hummus Plate: w/ grilled flat bread & carrots 9^v

Chef's Whim: See what appetizer Chef Brian is offering at the moment! It could be anything from one of our Rundown classics to an out of the box special creation 11^{MP}

Rundown Bowls

Asian Sesame Noodles: Chilled, spicy, sesame-soy infused noodles mixed w/ fresh veggies. Topped w/ mandarin oranges, chopped peanuts & wonton crisps 9^v

- ❖ Add a topper to your Sesame Noodles: Grilled Ahi Tuna, Mahi-Mahi or Beef Tenderloin (filet mignon) Tips 8, Grilled Shrimp 7, Coconut Fried Shrimp or Grilled Chicken 6, Grilled Portobello 4

Hawaiian Poke: Warm jasmine rice topped w/ raw sesame-soy marinated Ahi tuna surrounded by ginger peanut edamame, cabbage ginger slaw, crispy wontons & finished w/ wakame seaweed salad 17

Hot Noodle Bowl: Rotating selection of our classic lo mein noodle bowls. Each bowl includes lo mein noodles in a flavorful & often spicy broth topped w/ meat, fish or seafood & a beautiful selection of fresh vegetables. Ask your server or check out today's specials for our current offering 11^{MP}

Large Plates

Rundown Fish Burrito: Grilled yellowfin tuna, black beans, fresh tomatoes, cheese, chopped jalapenos & BBQ sauce wrapped in an oversized cheddar-jalapeno tortilla. Served w/ coconut rice & sour cream 15

Tsunami Salad: A large plate of mixed salad greens, napa cabbage & fresh vegetables topped w/ fried wontons & your choice of dressing 9^v

- ❖ Add a topper to your Tsunami Salad: Grilled Ahi Tuna, Mahi-Mahi or Beef Tenderloin (filet mignon) Tips 8, Grilled Shrimp 7, Coconut Fried Shrimp or Grilled Chicken 6, Grilled Portobello 4

Shrimp Stir Fry: Succulent, extra-large shrimp, mixed fresh vegetables & mushrooms wok stir-fried in our spicy, house-made Chengdu style sauce served over jasmine rice 16

Crispy Seafood Bowl: Lightly breaded Mahi-Mahi tenders & our jumbo coconut shrimp fried golden brown. Served w/ fries, cabbage ginger slaw & our house-made remoulade sauce 16

Handhelds

Tacos - served w/ coconut rice, black beans, salsa & sour cream. Sub field greens or fries for 1, Scoop of Guac 2

Baja Fish Tacos: Two soft flour tortillas stuffed w/ lightly breaded & fried Ahi tuna bites, shaved cabbage, chopped tomato & our legendary, house-made, tangy Baja sauce 13

Asada Steak Tacos: Two soft flour tortillas loaded w/ grilled beef tenderloin tips, shredded cabbage, red onion, fresh cilantro & chipotle-lime glaze 15

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

Fried Shrimp Po' Boy: Crispy, panko breaded shrimp stuffed jammed into a soft sub roll w/ shredded lettuce, chopped tomato & tasty house-made remoulade 13

Grilled Mahi Sandwich: A wild-caught, grilled Mahi-Mahi filet served on a Martin's Potato roll w/ shredded lettuce, sliced tomato & tangy lime crema 14

Flame Grilled Burgers & Chicken Sandwiches

Our grilled burgers & chicken sandwiches are served on a Martin's Potato roll w/ fries, bb pickles & a dill pickle spear on the side. We serve all burgers juicy & fully cooked, no temps please. Sub field greens or rice & beans for 1

- ❖ Enhancements: Sub a 6oz American Wagyu patty for 3, a vegan, gluten-free *Beyond Burger* ^{V GF} for 2 or a Gluten-free Bun for 2 ^{GF}

Rundown Style: straight up grilled burger or chicken breast topped w/ lettuce, tomato & mayo 11 Add cheese (cheddar, swiss, American) for 1, Add Bacon for 2

Jerk Style: grilled burger or chicken breast topped w/ house jerk paste, swiss cheese, lettuce, tomato & mayo 13 (our house-made jerk is a fresh paste not a dry rub)

Will's BBQ Style: grilled burger or chicken breast topped w/ bacon, swiss, BBQ sauce, lettuce, tomato & mayo 14

Big Wave Dave Style: grilled burger or chicken breast topped w/ pineapple, swiss, lettuce, tomato & mayo 13

Extras:

Sides:

Vegetable of the Day 3

Starch of the Day 3

Cabbage Ginger Slaw: Thinly sliced cabbage & pickled ginger in a tangy vinaigrette 3

Flatbread: Grilled flatbread w/ herbed olive oil 3

Black Beans, Coconut Rice or a Combo 3

Dressings & Sauces: Our house-made dressings & sauces available by the pint for 8

Salad Dressings: House Vinaigrette, Journey's End, Ranch

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

House-made Desserts

Key Lime Pie: Not too tart, not too sweet. Topped w/ whipped cream 8

Pineapple Upside Down Cake: Topped w/ Myers's Rum caramel sauce 7

Seasonal Dessert: Changing seasonal offerings MP

Chocolate Dessert of the Moment: Rotating decadent offerings MP

Ice Cream: Two scoops of vanilla drizzled w/ Myer's Rum caramel sauce 5

Alcohol-Free Beverages

House-brewed Iced Tea, Soft Drinks, Hot Tea & Coffee - 3 - free refills

Sweet Iced Tea, Unsweet Iced Tea, Coke, Diet Coke, Sprite, Root Beer, Ginger Ale, Lemonade

Energy Drink - 4 per serving - Red Bull: Original or Sugar Free

Juice & Milk - 3 per serving

Juices: Orange, Cranberry, Pineapple, Grapefruit - Milk or Chocolate Milk

Bottled Water - 3 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 & all canvasses in the dining room are the work of Harry Meraklis (aka HARRYFISH). Upstairs the large beach mural & original canvases were done by Marcia Cline. Several of the pieces, mostly Harry's work, are available for purchase. Please find more of their work at harryfishart.com or marciacline.com

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

Important Consumer Advisory & Menu Notations: Please be advised consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Notations: (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.