

Soups, Salads, Chips & Such

Rundown Chowder - our namesake & signature coconut milk-based, hearty & flavorful fish soup 6

House Salad - mixed greens w/ dried cranberries, blue cheese, red onion & our tangy house vinaigrette 7^{V GF}

Iceberg wedge - served w/ bacon, grape tomatoes, red onion & chunky blue cheese dressing 9^{GF}

Chips & Salsa - 5^{V GF} (one free refill on chips/salsa) - add a large cup of Guacamole 5^{V GF} or Queso 4

Big Nacho Bowl - tortilla chips w/ black beans, queso, jalapenos, lettuce, tomato, sour cream, & guac 12^V

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

Loaded French Fries - a big bowl of crispy fries topped w/ queso, crispy bacon, chopped green onion & sour cream 11 (naked bowl of fries 6^V)

Rundown Bowls

Sesame Noodles - asian style, chilled, spicy, sesame-soy infused noodles mixed w/ fresh veggies. Topped w/ mandarin oranges, chopped peanuts, wonton crisps & fresh cilantro 10^V

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

Large Plates

Rockfish & Chips - a generous portion of lightly breaded, crispy fried, skinless & boneless rockfish filets served w/ fries, ginger slaw & house-made malt vinegar aioli 16

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

Tsunami Salad - fresh mixed field greens, bok choy & vegetables topped w/ tomatoes, cucumbers & fried wontons along w/ your choice of dressing 10^V Add a topper to your Salad: Grilled Yellowfin Tuna, Mahi-Mahi or Beef Tenderloin (filet mignon) Tips 8, Coconut Fried Shrimp or Chicken 7, Grilled Shrimp or Chicken 7, Grilled Portobello 4

Tacos - all tacos served w/ coconut rice, black beans & salsa. Sub field greens or fries for 1

Baja Fish Tacos - two soft flour tortillas stuffed w/ lightly breaded & fried Ahi tuna & Mahi bites, shaved cabbage, tomato & our house-made Baja sauce 14

Starters

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

Fish Bites - marinated, lightly breaded Ahi & Mahi bites w/ ginger slaw & honey jerk dipping sauce 11

Peel & Eat Shrimp - large steamed shrimp coated w/ traditional spices or our jerk paste 1/2 lb. 13 / 1 lb. 19^{GF}

Coconut Shrimp - jumbo coconut breaded shrimp w/ ginger slaw & mango-sriracha dipping sauce 12

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

Calamari Rings - crispy fried calamari rings w/ house remoulade sauce & a lemon wedge 12

Coastal Grilled Cobia - two beautiful grilled cobia filets drizzled w/ Picamas aioli served over toasted coconut rice & lightly dressed field greens 16^{GF}

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

Asada Steak Tacos - two soft flour tortillas loaded w/ grilled beef tenderloin (filet mignon) tips, shredded cabbage, red onion, fresh cilantro & chipotle-lime glaze 15

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

Blackened Red Drum Sandwich - a wild-caught, pan-seared, blackened red drum filet served on a soft potato bun w/ lettuce, tomato & cooling lime crema 15

Coconut Chicken Sandwich – a coconut flake breaded, golden brown chicken breast w/ lettuce, tomato & mayo on a soft potato bun served w/ bb pickles & key lime-pineapple sauce on the side 14

Shrimp Po' Boy: Crispy-fried, panko-breaded shrimp stuffed in a 6" sub roll w/ shredded lettuce, chopped tomato & house-made remoulade 14

Chicken Fajita Pita - latin marinated, pan-seared, chicken, red onion & red pepper stuffed in a warm pita topped w/ house-made guac, cheddar-jack, fresh cilantro & picamas aioli. Lettuce & tomato on side 14

Flame Grilled Burgers & Chicken Sandwiches

Our thick, grilled Black Angus burgers & all-natural chicken sandwiches are served on soft potato buns w/ fries, bb pickles & a dill spear on the side. All burgers served juicy & fully cooked, no temps please. Sub field greens or rice & beans for 1

❖ Enhancements: Sub 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 12 - 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
(please note: our house-made jerk is a fresh paste not a dry rub)

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

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

Decadent 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

Molten Lava Cake: individual chocolate cake w/ a molten center served w/ vanilla ice cream 8

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

Sides, Dressings & Sauces (dressings & sauces are by the 16 oz pint/bottle)

Wakame Seaweed Salad 5^{V GF}

Chef's Vegetable or Starch of the Day 4

Cabbage Ginger Slaw, Black Beans, Coconut Rice or Rice/Bean combo 3^V

Salad Dressings by the Pint (16oz): House Vinaigrette, Journey's End, Ranch, Blue Cheese, Old School Italian 8

House-made Sauces by the Pint (16oz): Salsa, BBQ Sauce, Mango-Sriracha, Honey Jerk, Pineapple-Key Lime 8

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

Juice & Milk - 4 per serving Orange, Cranberry, Pineapple, Grapefruit - Milk or Chocolate Milk

Bottled Water - 3 per bottle - San Pellegrino Sparkling Water or Acqua Panna Still Water

Menu Notes -

Substitution Requests: please limit substitution requests to those required by an allergy or other medical condition

Large Groups: 20% gratuity will be added to checks for groups of 10 or more diners

Split Checks: split checks are limited to no more than 4 per group/table

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 all allergy concerns when ordering.