

## Starters

### Spinach and Artichoke Dip

*Crispy Hand Fried Tortillas Chips, Fresh Tomato Salsa and Sour Cream*

### Quesadilla

*Grilled Chicken, Jack Cheddar Cheese, Roasted Red Peppers & Caramelized Onions with Tomato, Avocado Citrus Creme*

### Crispy Calamari

*Wakame and Szechuan Garlic Sauce*

### Mussels

*Prince Edward Island Mussels, Smoked Tomatoes, Fresh Thyme, Basil, Chardonnay Broth*

### “Ocean One” Wings

*Mahogany Glazed “Lollipop” Wings tossed with Scallions and Sesame Seeds*

## Tacos 2 Soft Flour Tortillas with Choice of Seasoned Fries, Chips and Salsa or Black Beans and Rice

### Grilled Chicken

*Pico de Gallo, Cabbage Slaw, Cheddar Cheese, Avocado Creme and Roasted Tomato Salsa*

### Pulled Pork Taco

*Moist Tender Pulled Pork, Cabbage Slaw, Fruit Salsa, Mango BBQ Sauce*

### Fish Taco

*Mahi Mahi, Cabbage Slaw, Avocado Creme, and Tropical Fruit Salsa*

## Salads

### Southwest Chicken Salad

*Romaine, Grilled Corn, Black Beans, Avocado, Jack Cheese and Chipotle Ranch*

### Grilled Chicken Caesar Salad

*Romaine Lettuce, Garlic Croutons, Parmesan Cheese and Traditional Caesar Dressing*

### \*Island Salmon Salad

*Mixed Greens, Pistachios, Orange Segments, Marinated Red Onions and Mango Vinaigrette*

### Warm Goat Cheese Salad

*Mesclun Greens, Red Onions, Pine Nuts and Sundried Tomato Vinaigrette*

### Greek Chicken Salad

*Baby Greens, Feta Cheese, Olives, Tomatoes, Cucumbers and Roasted Red Pepper Vinaigrette*

### \*Ahi Tuna Salad

*Baby Greens, Feta Cheese, Olives, Tomatoes, Cucumbers and Roasted Red Pepper Vinaigrette*

## Sandwiches and Wraps Served with Choice of Seasoned Fries or Black Beans and Rice

### Mediterranean Wrap

*Grilled Portabella Mushroom, Roasted Red Peppers, Romaine Lettuce, Cucumbers, Tomatoes, and Feta Cheese, Hummus with Balsamic Vinaigrette*

### \*Half-Pound Sirloin Burger

*Lettuce, Tomato and Onion (Add American, Swiss or Provolone Cheese, Mushrooms, Smoked Bacon or Sauteéd Onion - add'l charge)*

### \*Ahi Tuna Wrap

*Rare Ahi Tuna, Asian Slaw and Wasabi Aioli*

### Buffalo Chicken Wrap

*Boneless Buffalo Chicken, Mixed Greens, Tomatoes, Crumbled Blue Cheese and Chipotle Ranch Dressing*

### Grilled Chicken Club

*Apple Wood Smoked Bacon, Lettuce, Tomato, Onion, Swiss Cheese and Honey Dijon Mayo*

### Pulled Pork Sandwich

*Moist & Tender Pulled Pork, Coleslaw, Mango BBQ Sauce*

## Chef’s Specialties

### Herb Crusted Chicken Chop

*Served with Mashed Potatoes, House Vegetables and Natural Au Jus*

### \*Grilled Salmon

*Served with Mashed Potatoes, House Vegetables and Lemon Herb Sauce*

### Orecchiette Pasta

*Baby Shrimp, Artichoke Hearts, Spinach, Onions, Tomatoes, Lemon Garlic Sauce*

### Penne Pasta

*Chicken, Mushrooms, Tomatoes, Caramelized Onions, Pomodoro Sauce and Parmesan Cheese*

### Ocean One Fish & Chips

*Golden, Crunchy and Fried to Perfection. Served with French Fries, Coleslaw and Tartar Sauce*

### Mango Barbecue Chicken

*Barbecued Chicken Breast served over Black Beans and Rice and Tropical Fruit Salsa*

### Pork Tenderloin

*Honey Dijon Herb Seared, Served with Mashed Potatoes, House Vegetables, Granny Smith Apple Demi Sauce.*

**No Substitutions on Lunch Items No Discounts are available on Lunch Items -- No Sharing of Lunch Items**

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

**Ocean One prides itself on using the freshest ingredients and making all our sauces and dressings in house**

## Spirits \$10

### Always ‘Three for One’

per person

Ketel One Vodka  
Ketel Citroen  
Ketel Oranje  
Tito’s Vodka  
Skyy Vodka  
Seagram’s Sweet Tea Vodka  
Smirnoff Pineapple  
Smirnoff Vanilla  
Beefeater Gin  
Bombay Sapphire Gin  
Tanqueray Gin  
Captain Morgan Rum  
Malibu Coconut Rum  
Bacardi Rum  
Exotico Tequila  
Sauza Tequila  
Seagram’s 7 Whiskey  
Canadian Club Whisky  
Jack Daniels Whiskey  
Jack Honey Whiskey  
Jim Beam Whiskey  
Dewar’s  
Christian Brothers Brandy

## All Beer \$3

### DRAFT

Bass  
Blue Moon  
Coors Light  
Stella Artois

### BY THE BOTTLE

Amstel Light  
Bud Light  
Budweiser  
Corona  
Goose Island IPA  
Guinness  
Heineken  
Heineken Light  
Michelob Ultra  
Miller Lite  
Modelo  
New Castle  
Sam Adams  
Sierra Nevada  
O’Douls (Non-Alcoholic)

## Wine By the Glass (3) \$10

### Always ‘Three for One’

per person

### White Wines

Pinot Grigio  
Sauvignon Blanc  
Chardonnay

### Sparkling Wines

J Roget Champagne

### Sweet Wines

White Zinfandel

### Red Wines

Pinot Noir  
Cabernet Sauvignon  
Merlot

**Absolutely No Sharing of Any**

**Alcoholic Beverages**

**Feel Free to Mix and Match!**

**Executive Chef Dave Stein**

**Enjoy Complimentary WIFI**

**Desserts \$4.99**

**New York Cheesecake**

Served with Strawberry Coulis, Fresh Strawberries and Whip Cream

**Bittersweet Chocolate Lava Cake**

A Rich Molten Center served with Vanilla Ice Cream

**Vanilla Crème Brulee**

A Creamy Custard Dessert with the perfect Caramelized Crunch

**Tiramisu**

Classic Tiramisu served with Chocolate Sauce, Strawberries and Whipped Cream

**Soft Drinks \$2.99**

Includes Free Refills

Coke  
Diet Coke  
Sprite  
Lemonade  
Raspberry Iced Tea  
Fresh Brewed Unsweetened Iced Tea  
Coffee/Decaffeinated Coffee

**Juice \$2.99**

Apple  
Cranberry  
Grapefruit  
Orange  
Pineapple  
Tomato  
2% Milk

Hot Chocolate \$5  
Espresso \$2

**Bottle Water**

Panna (Flat)  
Small \$3.50 / Large \$8.95

San Pellegrino (Sparkling)  
Small \$3.50 / Large \$8.95

**Most Top Shelf Spirits Available**

**Always 'Three for One'**

**'Three for \$12 or \$14'**

**Ocean One Martinis and Cocktails \$10**

**Always 'Three for One'**

Per Person

**Mimosa**

J Roget Champagne and OJ  
(Alternative Fruit Juices Available Upon Request)

**Cosmopolitan**

Skyy Vodka, Triple Sec, Cranberry and a Splash of Lime

**Blue Hawaiian**

Skyy Vodka, Malibu Coconut Rum, Blue Curacao, Pineapple Juice, Splash of Sour

**Sour Apple**

Ketel One Citroen, Sour Apple Pucker, Triple Sec, Simple Syrup, Lemonade, Splash of Sour

**Hawaiian Cosmopolitan**

Smirnoff Pineapple Vodka, Triple Sec, Pineapple Juice, Splash of Cranberry and Lime

**Paradise Punch**

Ketel One Oranje, Peach Schnapps, Mango Puree, Orange Juice, Dash of Grenadine

**Almond Joy**

Malibu Coconut Rum, Frangelico, Amaretto, White Crème de Cacao, Ice Cream Milk Mix, Chocolate Sauce

**Strawberry Gin Lemon Drop**

Beefeater Gin, Triple Sec, Strawberry Puree, Simple Syrup, Lemonade, Fresh Squeezed Lemon with a Sugar Rim

**Long Island Iced Tea**

Skyy Vodka, Bacardi, Beefeater, Exotico, Triple Sec, Sour, Splash of Coke

**Whiskey Smash**

Seagram's 7, Blackberry Brandy, Muddled Mint, Simple Syrup and Fresh Lemon, topped off with Club Soda

**Twisted Palmer**

Seagram's Sweet Tea Vodka and Lemonade

**Moscow Mule**

Skyy Vodka, Ginger Beer and Fresh Lime

**Watermelon Jolly Rancher**

Ketel One Citroen, Watermelon Pucker, Lemonade, Soda, Simple Syrup, Dash of Grenadine

**Tequila Sunrise**

Exotico Tequila, Orange Juice, and Grenadine

**Purple Hooter**

Ketel One Citroen, Raspberry Liqueur, Lemonade, Soda, Splash of Sour, Simple Syrup and Fresh Squeezed Lemon

**Infused Old Fashioned**

Jim Beam Whiskey, Licor 43, Orange Bitters, Soda, Splash of OJ, Muddled Cherry and Orange

**BLOODY MARY \$7**

House Made

