

Specialties

Cajun Neighbor

Tiger shrimp, crawfish and chicken sautéed with fresh mushrooms, green onions, peppers, tomatoes and andouille sausage tossed in a Creole cream sauce. Served over seasoned rice or choice of pasta. \$18

Stir-Crazy Neighbor

Steak, chicken or shrimp stir-fried in our house teriyaki sauce with fresh vegetables. Served over seasoned rice. One Item \$15 • Two Items \$17 • Three Items \$18

Chargrilled Chicken

An 8-oz. boneless chicken breast, chargrilled and topped with sweet chili glaze. Choice of two sides. \$14

Santa Fe Blackened Chicken

An 8-oz. boneless chicken breast blackened and served on a bed of black bean and corn salsa, topped with pico de gallo. Choice of two sides. \$16

Blackened Chicken Pasta

Pan seared chicken breast with a creamy garlic Alfredo sauce on a choice of pasta. \$14

Chicken Marsala

Chicken breast pan-fried in panko bread crumbs and topped with a mushroom Marsala cream sauce. Choice of two sides. \$16

Chicken Parmesan

Panko breaded chicken breast topped with capicola ham, fresh mushrooms, marinara and mozzarella cheese. Served over pasta with a choice of marinara rose or Alfredo sauce. \$16

Smoked Gouda BBQ Pork Mac & Cheese

Pulled pork in a BBQ Gouda cheese sauce tossed in penne pasta and topped with fried onion straws. \$18

entrée additions

Lobster Tail \$11

Sautéed Spinach \$4

Crab-Stuffed Lobster Tail \$18

Crab Cake \$9

Sautéed Mushrooms \$4

Grilled Tiger Shrimp (6) \$6

Sides

À la carte \$4

Garlic Smashed Potatoes

Baked Potato

Sweet Potato Casserole

Fries

Pasta

Hushpuppies

Seasoned Rice Pilaf

Sautéed Garden Vegetables

Spinach Risotto

Mushroom Risotto

Asparagus

Steamed Vegetables

Steamed Broccoli

Sautéed Green Beans

Coleslaw

Smoked Gouda Mac & Cheese

Firehouse Filet* 8-oz.

Center cut, wet aged tenderloin, grilled and topped with asparagus and vermouth cream sauce. Choice of two sides. \$25

Spiced Ribeye* 12-oz.

Hand cut USDA Choice ribeye, seasoned and chargrilled, topped with fresh sautéed mushrooms. Choice of two sides. \$22

Cajun Sirloin* 10-oz.

Hand-cut sirloin, seasoned and seared to order, topped with shrimp, andouille sausage, crawfish, onions, peppers, mushrooms and tomatoes in a Creole cream sauce. Choice of two sides. \$22

Romesco Shrimp Sirloin* 10-oz.

Hand-cut sirloin, grilled to order, topped with sautéed shrimp, onions and peppers in a house-made Romesco sauce. Choice of two sides. \$22

Chipotle Skirt Steak* 12-oz.

A 24-hour marinated cut, grilled to order, served with pico de gallo and onion crisps. Choice of two sides. \$19

Port Lamb Chops*

New Zealand rack of lamb, sliced and pan seared with port wine sauce. Choice of two sides. \$26

BBQ Trio

A 6-oz. grilled chicken breast, grilled tiger shrimp and pulled pork BBQ glazed with our house BBQ sauce and served with coleslaw and hushpuppies. \$19

Pork Chops*

Two grilled chops served over roasted cinnamon apples. Choice of two sides. \$16

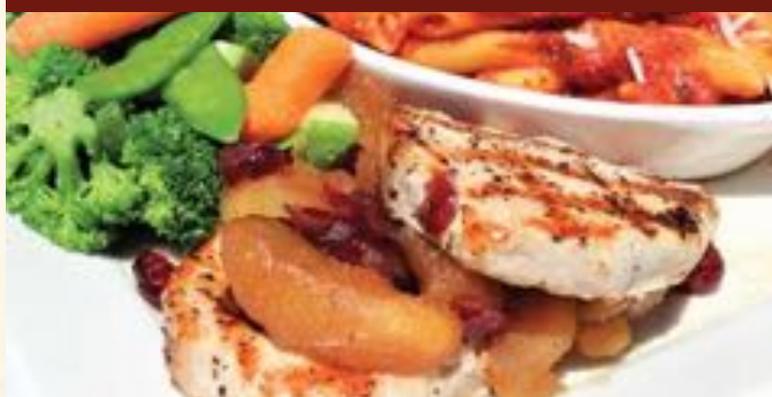
Neighbors Surf & Turf*

A 6-oz. sirloin grilled to order and served with a choice of grilled shrimp, a crab cake or a lobster tail. Choice of two sides. \$25

Triple Threat Fajitas*

Beef, chicken and shrimp sautéed with onions, peppers and select seasonings. Served with flour tortillas, rice, lettuce, pico de gallo and sour cream. \$18

pork chops

**HEALTH ADVISORY***

Consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Seafood

pesto shrimp tortellini



California Scampi

Shrimp, scallops and mussels sautéed with garlic, mushrooms, diced tomatoes, baby spinach and lemon butter. Served on a bed of creamy garlic pasta Alfredo. \$20

Tuscan Shrimp Pasta

Jumbo shrimp, capicola ham, bacon, peppers, asparagus, onions and fresh mushrooms tossed in your choice of pasta Alfredo. \$19

Pesto Shrimp Tortellini

A fresh house-made basil pesto sauce with sautéed shrimp tossed with tomatoes and cheese tortellini. \$18

Smoked Gouda Seafood Mac

Shrimp, scallops, tomatoes and penne pasta tossed in a smoked Gouda cheese sauce, finished with scallions. \$22

Capicola Shrimp and Cheddar Grits

Sautéed shrimp, capicola ham, red onions, tomatoes and garlic tossed in a lemon butter sauce, served on a bed of creamy cheddar grits topped with green onions. \$17

Seafood Fajitas

Shrimp, scallops and tilapia sautéed with onions, peppers and select seasonings. Served with flour tortillas, rice, lettuce, pico de gallo and sour cream. \$20

capicola shrimp and cheddar grits



Trident's Trio*

A pan sautéed lump crab cake, grilled tiger shrimp and choice of a lobster tail, blackened tuna or pan-seared scallops. Choice of two sides. \$25

Twin Lobster Tails

Two cold water lobster tails pan-steamed and served with drawn butter. Choice of two sides. \$28
Substitute crab-stuffed lobster tails. \$38

Chesapeake Bay Crab Cakes

Two crab cakes of seasoned lump crabmeat, panko breaded and pan-seared, served with Creole remoulade. Choice of two sides. \$19

Blackened Ahi Tuna*

Served with Creole remoulade sauce. Choice of two sides. \$19

Grilled Mahi*

An 8-oz. portion of mahi grilled and topped with pico de gallo. Choice of two sides. \$20

Amaretto Salmon*

Hand-cut North Atlantic salmon fillet char-grilled and topped with a sweet amaretto almond glaze. Choice of two sides. \$20

Creole Glazed Salmon*

A hand-cut North Atlantic salmon fillet char-grilled, glazed with a honey Creole sauce. Choice of two sides. \$20

Cajun Catfish

An 8-oz. blackened catfish fillet served on a bed of rice pilaf topped with gulf shrimp, crawfish, mushrooms, green onions, peppers, tomatoes, and andouille sausage in a Creole cream sauce. \$20

Pan Seared Sea Scallops

Lightly seasoned and sautéed. Served on a bed of sautéed spinach. Choice of two sides. \$23

Fried Shrimp

Beer battered tiger shrimp with coleslaw and cocktail sauce. Choice of one side. \$16

Fish & Chips

Beer battered tilapia fillets on a bed of waffle fries with remoulade. Choice of one side. \$17

Shrimp and Broccoli Alfredo

Sautéed shrimp tossed with broccoli and our creamy garlic Alfredo sauce in your choice of pasta. \$17

off the
hook

Daily Seafood Special!

Ask your server for today's special. *Market Price*

HEALTH ADVISORY*

Consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

pan seared sea scallops



Healthy Alternatives

fried green tomato parmesan



Fried Green Tomato Parmesan

Panko crusted fried green tomatoes topped with marinara and mozzarella cheese. Served over whole wheat pasta with choice of sauce. \$15

Pasta Primavera

A variety of fresh veggies sautéed and tossed in our romesco sauce. Served over whole wheat pasta. \$14

Vegetable Plate

Choose any four items from our Sides Menu. \$12

Sesame Salmon Szechwan

Grilled salmon over sautéed veggies in a Szechwan sauce on a bed of white rice. \$20

Southwestern Vegetarian Pasta

Sautéed vegetables, corn and black bean salsa with chickpeas and grape tomatoes in a creamy garlic Alfredo sauce with whole wheat pasta. \$14

Vegetable Curry

Sautéed vegetables in a coconut and yellow curry Thai sauce over white rice. \$14

Hummus "Cheesesteak"

Our house-made roasted garlic hummus topped with sautéed bell peppers and onions with melted Swiss cheese on a fresh hoagie. Served with choice of one side. \$9

sesame salmon szechwan



Sandwiches

grilled chicken & avocado



Born to Build Burger

An 8-oz. burger, tomato, lettuce, onion and choice of cheese. \$9.5

Cajun Chicken Sandwich

Blackened chicken breast, lettuce, tomato, red onion, applewood smoked bacon, melted Swiss cheese and honey mustard. \$10

Po Boy

Choice of crawfish or shrimp flash fried and tossed in Buffalo sauce. Served with Jack & cheddar cheeses, lettuce, tomato, red onion & Creole remoulade on a toasted ciabatta bread or wrapped in a flour tortilla. \$11

Yellowfin Tuna Salad Sandwich

A house-made tuna salad served with lettuce, tomato and red onion on whole grain bread. \$10

Market Duo

A scoop of our chicken or tuna salad paired with a bowl of soup. \$9

Southern Fried Green Tomato Sandwich

Pimento cheese, bacon, fried green tomatoes, red onions and lettuce. Served on Texas toast. \$9

Crunch Wrap

A grilled flour tortilla stuffed with corn chips, melted Jack and cheddar cheeses, seasoned rice and choice of grilled steak, grilled chicken, BBQ chicken or Buffalo tenders. \$10

Blackened Mahi Sandwich

An 8-oz. cut of mahi blackened and served on a brioche bun with lettuce, tomato, onion and remoulade. \$14

Grilled Chicken & Avocado

A grilled chicken breast, with bacon, Swiss cheese, avocado, tomato & mayo on a toasted bun or wrapped in a flour tortilla. \$10

Crab Cake Sandwich

Lump crab meat seasoned and pan sautéed with Creole remoulade. Served on a bun with lettuce, tomato and red onion. \$10

Southwest Chicken Wrap

Chicken, avocado, pico de gallo, lettuce, Jack and cheddar cheeses, corn and black bean salsa and jalapeños in a flour tortilla. \$9.5

Chicken Salad Sandwich

House-made chicken salad served with lettuce, tomato and red onion on whole grain bread or wrapped in a flour tortilla. \$9

Chicken Parmesan Sandwich

Grilled chicken, capicola ham, mushrooms, marinara & mozzarella cheese. \$10

Pulled Pork Sandwich

Slow-cooked pulled pork BBQ piled on a toasted bun; coleslaw on the side. \$9.5

Sandwiches served with a choice of side.