



Starters

fit. BlueFire Shrimp- 3 Jumbo Tiger Prawns with Cocktail Sauce and Fresh Lemon <i>Low Fat</i>	10
Pan Seared Crabcake- Over Baby Lettuces with Red Pepper Aioli	12
fit. Thai Chicken Sate- Grilled Chicken Breast Skewers with Housemade Peanut Sauce <i>Carb Conscious</i>	9
Pan Seared Ahi – Bosc Pear, Fresh Strawberry, Baby Greens, Ginger Soy Reduction	11

Soups and Salads

French Onion- Rich Beef Broth, Caramelized Onion, Sourdough Crouton, and Melted Swiss	5
Soup du Jour- Our Chef's Daily Selection of Housemade Soup, Stew, or Chili	5
fit. House Salad- Organic Baby Lettuces with English Cucumber and Cherry Tomato <i>Low Cholesterol</i>	4
Caesar Salad- Hearts of Romaine, Garlic Crouton, Parmesan, and Anchovies	5
Waterford Wedge- Crisp Iceberg Lettuce, Cucumber, Tomato, and Red Onion	5

Dinner Salads

fit. Grilled Steak and Portobello - Over Field Greens, with Crumbled Bleu and Raspberry Vin <i>Carb Conscious</i>	15
Caesar Salad – Hearts of Romaine, Garlic Crouton, Parmesan, and Anchovies <i>And Grilled Chicken 3, Grilled Ahi 5, or Grilled Shrimp 9</i>	10
Tomato Mozzarella- Fresh Mozzarella and Ripe Tomato over Baby Greens with Balsamic	10
Chef's Salad – Ham, Bacon, Turkey, Cheddar, Chopped Egg, Bleu Cheese, and Ripe Olives	11

^Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness.

Shellfish and Finfare

Cedar Planked Salmon- Grilled Vegetables with Preserved Lemon and Red Onion Sauté	22
Snapper Vera Cruz- Over Baked Rice with Spinach, Tomato, and Lemon Caper Butter	25
Cast Iron Scallops and Shrimp- Blue Crab Risotto, Grilled Asparagus, Sriracha Cream	28
Grilled Ahi Tuna- Parmesan Risotto, Sauté Broccoli, Melon Sweet Chili	24
Sole Oscar- Baked Rice, Blue Crabmeat, Fresh Asparagus, Rich Hollandaise	24

The Chop House

*All Chop House Entrees Come With Choice of Baked Potato, Whipped New Potatoes, or Baked Rice.
Accompanied With Chef's Selection of Seasonal Vegetable.*

10oz Hand Cut Filet- Red Wine Demi Glace	37
12oz OKC Strip- Bourbon Mushroom Demi Glace	32
16oz Hand Cut Ribeye- Barbecue Demi Glace and "Tobacco Onion"	34
16oz Bone-In Pork Chop- Split-Cut, Caramelized Apple and Cinnamon Demi Glace	23
Pan Roasted Chicken Breast- Smoked Tomato Jus	24

Other Delights


 Pasta Fresco- Penne Pasta, Fresh Spinach, Shaved Parmesan, Green Olive-Tomato Relish	15
<i>And Grilled Chicken 3, Grilled Ahi 5, or Grilled Shrimp 9</i>	

**Sub whole wheat pasta and take out the carbs*

 20oz Grilled Porterhouse- Red Wine Demi Glace with Mushroom and Onion Hash	35
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Carb Conscious

Occasionally we run out of items on our menu. Please accept our apology should this occur.
All of our food is cooked to order, if you are in a rush, please notify your server.

 "Fit For You" items have been selected to meet the diverse dietary needs of our guests.