

SAILS

American Cuisine with Caribbean Influences

Starters

Island Wings | Half Dozen 16 / Dozen 26

Choice of Guava BBQ, Buffalo or Jerk

Crispy Cauliflower | 19 (GF) (VG)

Cilantro Salsita

Quesadilla | 19 (V)

Pepper Jack & Cheddar, Scallions, Onions, Peppers

Prawns Cocktail 23 (GF)

Prawns, Mango Horseradish, Cocktail Sauce

Tortilla Chips & Dip (GF)

- House Salsa and Guacamole | 15

- Spinach Artichoke | 17

Local Conch Fritters | 21

Cilantro Lemon Aioli

Bam Bam Shrimp | 25

Crispy Jumbo Shrimp, Island Rum Buffalo

The Wellness Kitchen

Veggie Wrap | 20 (GF) (VG)

Hummus, Mixed Greens, Onions, Peppers, Tomato, Avocado

Greek Salad | 20 (GF) (V)

Mixed Greens, Olives, Feta Cheese, Cucumbers, Tomatoes, Red Onions, Lemon & Olive Oil Vinaigrette

Cobb Salad | 23 (GF)

Mixed Greens, Avocado, Bacon, Bleu Cheese, Tomato, Cucumber, Egg, Choice of Dressing

Classic Caesar Salad | 21 (V)

Crisp Romaine, Shaved Parmesan Cheese, Caesar Dressing

Poke Bowl

Avocado, Edamame, Cucumber, Pineapple, Scallions, Peppers

Tofu | 22 (VG)

Ahi Tuna | 29*

**Contains Sesame and Soy*

Additions: Jerk Chicken | 13 | Tofu | 9 | Grilled Salmon | 17 |

Grilled Shrimp | 18 | Marinated Tuna | 15 |

Seafood Selections

Ceviche | 22 (GF)

Snapper, Pineapple, Cilantro, Cucumber, Roasted Red

Island Snapper Wrap | 26

Ripe Plantain, Cajun Mayo, Tomato, Lettuce, Onion

Choice of French Fries or Tropical Fruit or Mixed Greens Salad

Catch of the Day Fish Tacos | 26

Pineapple Salsa, Chipotle Aioli, Pickled Onions

Shrimp Tacos | 31

Spicy Slaw, Fresh Tomato Salsa, Chipotle Aioli

Mahi-Mahi a la Plancha | 39 (GF)

Creole Sauce, Rice, Beans, Fried Plantains

Sails Signatures

Grilled Chicken Sandwich | 26

Grilled Chicken, Pepper Jack Cheese, Bacon, Cajun Mayo, Lettuce, Tomato, Onion

Choice of French Fries or Tropical Fruit or Mixed Greens Salad

Chicken Tenders | 19

Choice of French Fries or Tropical Fruit or Mixed Greens Salad

Angus Burger 8oz | 28

8 oz. Black Angus Beef Patty, Bacon, Cheddar Cheese, Grilled Onions, Lettuce, Tomato, Garlic Aioli, Pickles

Choice of French Fries, Tropical Fruit or Mixed Greens Salad

Double Burger 16oz | 35

Sweet Endings

Key Lime Tart | 13

Whipped Cream, Mango Chutney, Berries

Red Velvet Cake | 15

Cream Cheese Filling

Tropical Fruit Bowl | 15

Seasonal Tropical Fruit

***Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness**
20% gratuity will be included for parties of 7 or more guests.*

SAILS Libations

TROPICAL ORIGINALS | 15

- FROZEN WILDBERRY LEMONADE - Smirnoff Vodka, Lemonade, Wildberry
- FROZEN TROPICAL DELIGHT - Cruzan Pineapple Rum, Banana, Mango, Guava
- FROZEN ITALIAN ICE - Smirnoff Vodka, Lemonade, Peach Schnapps, Peach Pineapple
- HURRICANE - Bulleit, Southern Comfort, Amaretto, Orange, Pineapple, Cranberry
- CARIBBEAN BREEZE- Malibu Rum, Smirnoff Vodka, Orange, Pineapple, Midair Float
- FROZEN BAILEY'S BANANA COLADA- Bailey's Irish Cream, Cruzan 151, Pineapple Coconut Crème, Banana
- MAI TAI - Bacardi Light and Dark Rum, Grand Marnier, Orange Pineapple, Cranberry, Myer's Rum Float
- LIME IN DE COCONUT- Coconut Crème, Fresh Lime, Dark Rum, Coconut Rum, Fresh Lemon

BEERS

CARIBBEAN | 8

Tropical Mango Pale Ale, Island Summer Ale Island Hoppin IPA, Carib

PREMIUM | 8 Corona, Heineken

DOMESTIC | 6 Bud Light, Miller Lite, Coors Light, Michelob

TRULY SPIKED SELTZER | 7

Beer Buckets, Selection of Five Beers :

Domestic | 28 | Caribbean | 34 | Premium | 38 |

WHITE WINES & ROSE

121	Pighin, Pinot Grigio, Graves, Friuli, Italy	12	48	500
	Justin, Sauvignon Blanc, Central Coast, California	14	54	035
123				310
124	Justin, Rose, Central Coast, California	14	54	325
	Rombauer, Sauvignon Blanc, Napa, California	19	84	320
141				313
142	Mirabeau, Cotes de Provence, Rose, Provence, France	14	72	400
218	Louis Jadot, Poully-Fuisse, Burgundy, France	24	90	400
143	Steven Kent, Chardonnay, California	11	42	340
	Landmark, Chardonnay, Sonoma County, California		70	419
150				415
	Talbott, Chardonnay, Santa Lucia Highlands, California		72	212
155		18	68	
019	Sonoma Cutrer, Chardonnay, "Russian River Ranches", Sonoma Coast California			
	Kim Crawford, Sauvignon Blanc			
204	New Zealand	16	60	

LOCAL SPECIALTIES | 16

- CARIBBEAN RUM PUNCH - Cruzan Gold Rum, Local Fruit Juices
- COCONUT BELLINI - Cruzan Coconut, Peach Schnapps, Amaretto, Coconut Cream, Champagne
- FROZEN MANGO TANGO - Bacardi Rum, Mango, Raspberry Swirl, Myer's Float
- GREAT BAY PUNCH- Dark Rum, Pineapple Rum, Passion Fruit, Mango, Guava,, Orange
- CRUZAN CONFUSIAN - Mango Rum, Guava Rum, Pineapple Rum, Banana Rum, Passionfruit Rum, Coconut Rum, Cruzan 151, Mango, Pineapple Juice, Orange juice, Grenadine
- FROZEN BUSHWAKER - Amaretto, Kahlua, Irish Cream Smirnoff Bacardi Light Rum, Frangelico, Coconut Cream Nutmeg
- PAINKILLER- Pusser's Rum, Orange, Pineapple, Coconut Crème, Nutmeg

WINE

SPARKLING WINES & CHAMPAGNE

Ca'Vit Prosecco, Brut, "Lunetta", Trentino, Italy, NV	11	48
Domain St. Michelle, Brut,	19	
Chandon, Brut, California	14	56
Veuve Clicquot, Brut, "Yellow Label", Champagne,		130
Veuve Clicquot, Rose, Champagne, France, NV		140
Moet & Chandon, Brut, Champagne, France NV		142
Moet & Chandon, Rose, Champagne, France, NV		137

RED WINES

Root 1: Pinot Noir, Russian River Valley, California	14	
Meiomi, Sonoma Coast, California	24	86
Steven Kent, Cabernet Sauvignon, California	11	42
Joseph Carr, Napa Valley, California	18	72
Torres, Ribera del Duero, Crianza "Celeste", Spain	15	54
Justin Cabernet Sauvignon, Paso Robles, California	20	78
Edmeades, Mendocino County, California		70
Duckhorn, Merlot, Napa Valley, California		90
Orin Swift, "Machete", California		125
Stag's Leap Wine Cellars, Cabernet Sauvignon, California		130
Landmark, Pinot Noir, "Overlook", Monterey-Sonoma-Santa Barbara Counties, California		84