



Shark Bites 9.5

Straight from Woody's in St. John – a plank of blackened Mahi served with pico over a bed of mixed greens

Giant Buffalo Shrimp 11

Grilled or Blackened served with our House Hot sauce on the side

House Salad 7.5/Lg 3.75/Sm

Mixed Greens, romaine & iceberg with cucumbers, carrots, tomatoes, red onions and Romano cheese

Spinach Salad 8

Baby Spinach, egg, a touch of applewood bacon, red onions dry roasted pecans and balsamic vinaigrette on the side

Sashimi Salad 14

Sashimi tuna, sliced avocado, black sesame seeds, cucumber, wonton strips over mixed greens with sesame ginger dressing on the side

--- Add grilled or blackened chicken breast (3), shrimp (5) or Mahi (6) to any salad ---

Ruckus Chili - 4.75 – Its the best you have ever had

All of our Sandwich, Wrap and Burger selections are served on lettuce cups or plain on a plate

Side options are side salad, fresh fruit or grilled veggies

Turkey Avocado BLT 8

Fresh sliced turkey breast, applewood bacon, avocado, lettuce & tomato

Chicken Randello 8

Grilled chicken breast, applewood bacon, and lettuce with honey mustard on the side

Ruckus Philly 8.5

Grilled chicken or steak w/ onions and mushrooms, lettuce and tomato & a touch of cheese served over a small house salad

End All Burger 8.75

Bacon, lettuce, tomatoes and onion

California Burger 8.75

Artichokes, roasted red peppers and avocado

Carolina Classic 8.75

Chili onions and slaw

Veggie Delicious Wrap 8.25

Fresh Greens, Roma tomatoes, cucumber slices, and avocado with grilled chicken and drizzled with balsamic vinaigrette

Buffalo Chicken Wrap 8.25

Grilled chicken, crisp lettuce, tomatoes, mild sauce & cheese with blue cheese on the side

Ranch Bacon Chicken Wrap 8.25

Grilled chicken, crisp lettuce, tomato, a touch of cheese and applewood bacon w/ ranch on the side

Mediterranean Wrap 8.25

Grapes, grilled chicken, feta, spinach and tomato with balsamic vinaigrette on the side

Spicy Black Bean Wrap 8.25

A black bean burger, artichokes, roasted red peppers, avocado, caramelized onions and lettuce

Surf and Surf 18

Blackened or grilled Mahi and shrimp w/ sauteed spinach and veggies

Olivia 11

Feta, sun-dried tomatoes, chopped garlic, fresh herbs & spinach in a white wine sauce over zucchini and squash "pasta" add chicken (3), shrimp (5) or Mahi (6)

Mango Jerk Mahi 17

Blackened Mahi and mango salsa over zucchini and squash "pasta" with roasted red peppers in jerk broth w/ mango salsa

Ruckus Tacos

Cabbage and carrot slaw, honey cilantro salsa and avocado In lettuce cups or corn tortillas - pick veggies or chicken (13), shrimp or Mahi (16)

Pick your Dish 10

Served over a bed of zucchini and squash "pasta"

Sauce – Pick one

Homemade Marinara – Vodka Sauce – Pesto

Main Ingredients – Pick Two Free – Addl 1

Artichoke Hearts, Canadian Bacon, Capers, Caramelized Onions, Chopped Garlic, Diced Tomatoes, Fresh Basil, Fresh Baby Spinach, Green Peppers, Olives, Portabellos, Prosciutto, Red Onion, Roasted Garlic, Roasted Red Peppers, Seasonal Veggies, Sliced Mushrooms, Sun-dried Tomatoes & White Onion

Protein

Chicken (3), Beef (3), Mahi (6) or Shrimp (5)

Our bariatric friendly menu has been designed using as little oil, butter and cheese as possible. If you would like to modify anything, please feel free to ask