

lunch

small plates

“point judith” crispy calamari

roasted pepper and garlic aioli

11

heirloom tomato salad

buffalo mozzarella, baby arugula, extra virgin olive oil

9

jumbo lump crab cakes

napa cabbage slaw, cajun tartar

12

spinach and artichoke dip

crisp sea salt pita chips

8

soups

organic chicken and dumpling

farmers market vegetables

8

three cheese french onion soup

garlic crouton, fine sherry

8

organic greens

tradewinds salad

local greens, “winter park” blue cheese, shaved onion, cucumber, candied pecans, toy box tomatoes, citrus vinaigrette and butterbread croutons

9

blackened “gulf” shrimp chopped salad

zellwood corn, avocado, florida tomatoes
house-made ranch dressing, crispy onions

16

caesar salad

house dressing, parmesan, warm grilled crouton

10

your choice of,

organic chicken gulf shrimp wild salmon

16

Tradewinds sources our food from responsible growers and producers that practice sustainable methods of farming. We buy local and organic whenever possible.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food born illness.

If you have any concerns regarding food allergies, please alert your server prior to ordering.

chef crafted sandwiches

angus burger

aged cheddar, apple wood smoked bacon

15

cajun grouper sandwich

key lime tartar, house-made slaw

16

signature turkey blt

*florida farmed tomatoes, organic roasted turkey
apple-wood smoked bacon on artisan 9-grain bread*

14

“tanglewood farms” grilled chicken sandwich

baby swiss, avocado, oven roasted tomato

14

pecan-wood grilled vegetable wrap

whole wheat tortilla, piquillo pepper spread

12

french dip au jus

thinly sliced roast beef, horseradish aioli, toasted ciabatta

16

“palmetto creek” pulled pork panini

slow cooked pork, swiss, caramelized onion
brown ale mustard

14

large plates

fish and chips

day boat “wild” cod, crispy potatoes, cabbage slaw

16

“harris ranch” 14oz rib eye

garlic mashed potatoes, jumbo asparagus

28

penne pasta pomodoro

wild mushrooms, spinach, asparagus tips
shaved parmesan

15

children’s menu

for our guests 12 and under

organic turkey sandwich on wheat
grilled chicken breast
cheeseburger
chicken tenders
grilled cheese sandwich
macaroni and cheese

6

Choice of: fruit, fries or veggies

18% gratuity will be added to parties of six or more.