

# WELCOME TO MIDDLE GROUNDS GRILL

Our name was inspired by the famous Florida Middle Grounds, situated approximately 100 miles offshore of the Treasure Island coast. Like this prime angling spot, known for its abundant supply of quality fish, we provide our guests with only the finest, fresh catch our sea has to offer.



Denotes availability for **Gluten Free variations**. See server for details

## APPETIZERS

### Seared Tuna Sashimi \*Contains raw ingredients

Sesame seared Yellowfin tuna with soy sauce, pickled ginger, cusabi aioli, sriracha & wakame seaweed salad. 14

### Smoked Fish Spread

Mahi-Mahi, smoked in-house, blended with onions and spices. Served with crackers & crisp jalapeños. 10

### Stuffed Portobello Oscar

Blue crab, boursin cheese, zucchini, & carrots topped with grilled asparagus & hollandaise sauce. 13

### Tangy Ginger Calamari

Lightly fried, tossed in our pacific ginger sauce with scallions and roasted red peppers or traditional, with a side of marinara. 10

### Artichoke Smoked Gouda Fondue

Oven baked, served with warm grilled flatbread. 8

### Lemon Infused Crab Cake

Lump blue crab meat with lemon zest, fresh parsley, paired with our roasted red pepper tartar & key lime aioli. 11

### Herb-Truffle Escargot

Sautéed with crimini mushrooms in herb-truffle butter. 9

### Coconut Almond Crusted Shrimp

Deep fried until golden brown, served with a side of mango habanero aioli. 9

### Creole Egg Rolls

Blackened chicken, roasted corn, red onions, cheddar, and feta cheese, wrapped in wontons, lightly fried until golden brown. Served with avocado creme. 8

### Prince Edward Mussels

Sautéed in a garlic butter & white wine sauce with fresh diced tomatoes. 10

### Greek Sampler

Marinated olives, hearts of palm, herb crusted feta squares and red pepper hummus, served with fried pita. 10

## SOUPS & ENTRÉE SALADS

### Soup of the Day

See Server for feature menu. Cup 4 Bowl 6

### Key West Chowder

Shrimp, scallops, fresh fish and clams with a sweet potato vegetable medley, in a savory tomato broth.

Cup 4 Bowl 6

### Wedge Salad

A hearty wedge of iceberg lettuce topped with bleu cheese dressing, toasted walnuts, grape tomatoes, red onion, and crispy prosciutto, drizzled with balsamic reduction. 12 1/2-wedge 6

### Caesar Salad

Garnished with freshly grated Asiago and crispy home-style croutons. 8

w/ Grilled Chicken 13 w/ Shrimp 18 w/ Blackened or Grilled Salmon 15

### Grilled Asparagus Salad

Grilled asparagus, caramelized onions, toasted pumpkin seeds, oven roasted tomatoes, & feta cheese, drizzled with a sundried tomato rouille on a bed of mixed greens, tossed in a balsamic vinaigrette. 13

### Mandarin Salmon Salad

Grilled Salmon over a bed of Napa cabbage, mixed greens, mandarin oranges, and toasted macadamia nuts, tossed in a sesame vinaigrette with crispy wontons. 18

### Octopus Salad

Grilled Mediterranean octopus, served over grilled, marinated vegetables, drizzled with chimichurri. 12

## PASTAS

### Vegetarian

Fresh arugula, artichokes, tomatoes, roasted red peppers, edamame, asparagus, gouda cheese, and whole wheat penne pasta, tossed in a saffron vegetable broth. 16

w/ Grilled Chicken 21 w/ Grilled Shrimp 26

### Shrimp Pesto

Large shrimp sautéed in a creamy basil pesto sauce with tomatoes, tossed with bow tie pasta. 20

### Chicken Breast Alfredo

Grilled chicken breast over linguini tossed with our homemade Alfredo sauce. 18

### Seafood Fusilli

Scallops, shrimp, fresh fish, Prince Edward Mussels, and edamame with Fusilli pasta, tossed in a creamy lobster sauce. 20

### Mussels & Red Sauce

Prince Edward Island Mussels sautéed with tomatoes, basil, garlic, & extra virgin olive oil, over linguini. 18

# CERTIFIED ANGUS BEEF

We proudly serve wet aged Certified Angus Beef. All steaks are seared on cast iron skillet to trap in the natural juices and finished on the grill to perfection. Served with your choice of Roasted Baby Potatoes, Garlic Mashed Potatoes, Herb Rice or Basmati Rice.

**RARE**- COOL RED CENTER    **MEDIUM-RARE**- WARM RED CENTER    **MEDIUM**- HOT PINK CENTER

**MEDIUM WELL**- SLIGHT PINK CENTER    **WELL DONE**- NO PINK

\*Filets will be butterflied when ordered Medium Well to Well\*



**SIRLOIN 10oz. 21**

**NEW YORK STRIP 12oz. 28**

**FILET MIGNON 6oz. 26 9oz. 32**

**BONE-IN COWBOY RIBEYE 18oz. 34**

Topped with blackened onion straws

**OSCAR your STEAK with crab meat, asparagus & Hollandaise sauce 7**

**Blackened Onion Straws 4    6oz Lobster Tail 20**

**Sauteed Crimini Mushrooms 4    Carmelized Onions 3    Gorgonzola 3**

**STEAK SAUCES :    Bearnaise 4    Hollandaise 3    Au Poivre 4**

## SEAFOOD

All entrees include a side of our seasonal vegetable

### Mango Nut Crusted Grouper

Fresh Gulf Grouper crusted with macadamia, pistachio, and walnuts with a Mango Beurre Blanc and coconut basmati rice. Market Price

### Grilled Shrimp Skewers

Large shrimp, your choice of sweet & spicy Thai Chili or Caribbean Jerk sauce, over herb rice. 19

### Lemon Infused Crab Cakes

Lump blue crab meat infused with lemon zest, paired with saffron risotto, our roasted red pepper tartar, and key lime aioli. 27

### Wasabi Crusted Tuna

Fresh Yellowfin Tuna encrusted with zesty wasabi, served over house cucumber kimchi and basmati rice with ginger ponzu and grilled asparagus. 26 \*Contains raw ingredients\*

### Grilled Honey Ginger Glazed Salmon

Topped with a honey ginger glaze, served with herb rice. 19

### Fresh Gulf Grouper

Blackened, grilled, fried or sautéed, served with herb rice. Market Price

### Alaskan King Crab

A pound and a quarter King Crab legs, served with homemade roasted garlic mashed potatoes & drawn butter. 60

### Twin Lobster Tails

A pair of 6oz steamed warm water Lobster tails over a bed of herb orzo, served with drawn butter. 42

### Moscato Scallops

Fresh diver scallops seared with key lime pepper seasoning & drizzled with moscato glaze over a bed of coconut basmati rice. 26

### Coconut Almond Shrimp

Deep fried until golden brown, served over coconut basmati rice with a side of mango habanero aioli. 21

## HOUSE CREATIONS

### New Zealand All Natural 18-20oz Lamb Shank

Seared with garlic and rosemary then slow roasted with fresh vegetables in natural jus, served with oven roasted root vegetables and garlic mashed potatoes. 28

### Herb Crusted Pork Tenderloin

Grilled with a demi glaze, balsamic & burgundy reduction, served over garlic mashed potatoes. 18

### Panko Crusted Chicken Breast

Topped with a hearty Mediterranean sauce or lemon tarragon butter, served over herb rice. 18

### Breast of Duck

Pan seared duck breast drizzled with a cherry-malbec reduction, served over pistachio mashed potatoes 26

## A LA CARTE

**Sautéed Seasonal Vegetables 5**

**Blackened Onion Straws 6**

**Sauteed Edamame 6**

**Skewer of 4 Shrimp 6**

**1lb. King Crab 45**

**Salmon 5oz 6**

**Lobster Tail 6oz 22**

**Sautéed Spinach** in garlic butter 6

**Grilled Asparagus 6** w/ shaved Asiago 7

**Garden or Caesar Salad 3.50**

**Chicken Breast 6oz 5**

**Diver Scallops 6oz 16**

Consuming raw or uncooked meats, poultry, shellfish, seafood, or eggs may increase your risk of foodborne illnesses. If you have chronic illness of the liver, stomach or blood or have immune disorders, you are at greater risk of serious illness from raw oysters, and should eat oysters fully cooked.