

LUNCH

M E N U

Soups

GULF SHRIMP CHOWDER

Spicy corn cream, roasted red peppers

– 6 –

GUMBO Z'HERB

Braised greens, Conecuh sausage, ham hocks, beef brisket, chicken and smoky pot liquor

– 6 –

Salads

SOUP & SALAD

Your choice of house-made soup paired with a side house salad

– 9 –

HOUSE SALAD

Mixed greens, dried cranberries, diced mango, sweet and spicy roasted local pecans, lemongrass vinaigrette

GF

SIDE • 4

ENTRÉE • 8

CAESAR SALAD

Romaine lettuce, herbed croutons, shaved parmesan cheese

SIDE • 4

ENTRÉE • 8

BABY SPINACH SALAD

Fresh strawberries, sweet and spicy roasted local pecans, goat cheese, balsamic vinaigrette

GF

SIDE • 4

ENTRÉE • 8

MONTEGO BAY

CHICKEN SALAD

Pineapple curry chicken salad, sweet and spicy roasted local pecans, fresh fruit, Wickles pickles

GF

– 12 –

SALAD ADDITIONS • 6

Grilled Chicken Breast

Seared Tuna

Broiled Gulf Shrimp

Bowls • 14

BAHAMA BOWL

Grilled Mojo chicken breast, saffron rice, black beans, mango, avocado, diced tomato, cilantro lime sour cream

PAELLA BOWL

Broiled Gulf shrimp, grilled Mojo chicken breast, Conecuh sausage, saffron rice, sweet peas, sautéed mushrooms and onions

POKE BOWL*

Yellowfin tuna, jasmine rice, house-pickled ginger and cucumber, sweet and spicy roasted local pecans, edamame

GF

GF GLUTEN FREE

107 St. Francis Street, Suite 3400, 34th Floor
GoDauphins.com

Handhelds

Served with your choice of one side item

SEAFOOD PO'BOYS

Fried Gulf shrimp or fried flounder,
shredded lettuce, tomato, onion,
pickle, remoulade

– 14 –

KINGSTON ROOSTER

Grilled or fried mojo-marinated
chicken breast, bacon, white cheddar,
brioche bun, and honey mustard

– 11 –

CHICKEN SALAD WRAP

Pineapple curry chicken salad, lettuce,
tomato, Wickles pickles

– 11 –

BAUMHOWER'S BURGER *

Always fresh, 100% USDA Choice
custom grind burger, lettuce, tomato,
onion, pickle, brioche bun

– 12 –

SHRIMP OR FISH TACOS *

Gulf shrimp or fresh catch, monterey
jack and cheddar cheeses, broccoli slaw,
diced tomato, green onions, mango
salsa, and cilantro lime sour cream

– 14 –

Lunch Express • 13

Pick any main dish along with two sides, unless otherwise stated

MAIN DISHES

Catch of the Day

Fried or Broiled Gulf Shrimp

Fried Flounder

Shrimp & Grits with Conecuh Cream Sauce

Select one side

Pork Barbacoa

Southern Pot Roast

Grilled Mojo Chicken Breast

Four Vegetable Plate

SIDES

Black Beans & Saffron Rice

White Rice

Sidewinder Fries

Cheese Grits

Garlic Mashed Potatoes

Gumbo Greens

Smothered Squash

Broccoli Slaw

Corn Maque Choux

Please inform your server of any food allergies or dietary restrictions – our kitchen is happy to accommodate when possible.

**The consumption of raw and undercooked foods such as meat, poultry, seafood, shellfish and eggs may increase your risk of food-borne illness, especially if you have a medical condition.*

GENERAL MANAGER Tom Young
EXECUTIVE CHEF Allie Henderson