

## VEGETARIAN LUNCH MENU ★

Baked Spinach & Artichoke Dip.....	12
feta, parmesan, and cheddar cheeses with tortilla chips	
Fleet Landing’s House Salad.....	9
choice of balsamic vinaigrette, blue cheese dressing, or creamy pepper parmesan	
Iceberg Wedge Salad (without bacon) .....	10
balsamic tomatoes, crumbled blue cheese, red onion, carrot curls with blue cheese dressing	
Baby Spinach Salad (without bacon).....	9
grilled shiitake mushrooms, grape tomatoes, goat cheese, red onion, carrot curls with balsamic vinaigrette	
Fried Green Tomato “LT” (without bacon) .....	14
smoked gouda, arugula, and roasted red pepper remoulade	
Pasta with Vegetables.....	16
sauteed seasonal vegetables, angel hair pasta, asiago, and basil pesto	
Black Bean Burger .....	12
lettuce, tomato, and pepper Jack cheese on roll with avocado aioli	
Sides Platter (choice of 3).....	10
Sides Platter (choice of 4).....	12

### ★ SIDES ★

Southern Slaw

Green Beans

Cucumber & Tomato Salad

Six Hushpuppies

French Fries

Lowcountry Grits

Pasta Salad

Seasonal Mixed Vegetables



## GLUTEN-FREE LUNCH MENU ★

Chilled Oysters on the Half Shell* .....	20/38
single select oysters with housemade cocktail sauce, mignonette (substitute sweet potato chips for crackers)	
Crab Claw Cocktail .....	18
chilled snow crab claws, housemade cocktail sauce, Fleet's mustard sauce	
Shrimp Cocktail.....	18
chilled large, south-Atlantic white shrimp	
Seafood Tower .....	MKT serves 2 or 4
split cold-water lobster tail, snow crab claws, oysters*, shrimp cocktail (substitute sweet potato chips for crackers)	
choice of smoked fish dip or crab dip	
choice of ceviche or tartare	
Chilled Crab Dip (substitute sweet potato chips for crackers).....	12
Smoked Fish Dip (substitute sweet potato chips for crackers, without fried capers garnish) .....	12
Smoked local fish	
Tartare* (substitute sweet potato chips for crackers).....	18
Chef's seasonal preparation	
Ceviche* .....	18
Citrus, cilantro, jalapeño, sweet potato chips	
Baked Spinach & Artichoke Dip.....	12
feta, parmesan, and cheddar cheeses (substitute gluten-free chips)	
Grilled Chicken Sandwich (substitute gluten-free bread, if available) .....	14
smoked gouda, applewood-smoked bacon, red onion, tomato, arugula with honey mustard	
Classic 8 oz. Black Angus Hamburger* (substitute gluten-free bread, if available) .....	14
lettuce, tomato, red onion	
<b>Add:</b> pimento cheese, pepper jack, American, or cheddar (1.00)	
<b>Add:</b> applewood-smoked bacon (2.00)	
Blackened Triggerfish Sandwich (substitute gluten-free bread, if available) .....	16
avocado aioli, pepper Jack cheese, lettuce, tomato	
Seared Salmon* (without red rice) .....	18
served with green beans and lemon dill shallot butter	
Chef's Fresh Catch* (with the exception of encrusted, check sauce, without red rice).....	Priced Daily
served with vegetable of the day	
All Salads (with the exception of Steak Salad and protein additions of crab cake or fried oysters, no croutons)	
Charleston Shrimp and Grits (without Tasso ham gravy) .....	18/27

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.