

BREAKFAST

Saturdays & Sunday 8am-1 pm

All omelettes are made with three eggs and served with red potatoes (**sub fruit \$2.95**) and your choice of toast (sourdough, wheat, or english muffin) **Egg Whites \$1.25** or **Egg Beaters \$1.00** extra

Sports Breakfast- \$9.95

Grilled chicken breast with scrambled eggs.
Served with red potatoes
Add cheese \$0.75
Add avocado \$1.50

Hockey Puck Breakfast Sandwich- \$7.95

A soft fried egg topped with cheese and a choice of bacon or sausage on a toasted english muffin served with red potatoes

The Eye Opener- \$9.95

Two eggs any style with choice of two strips of bacon or two pieces of sausage. Served with red potatoes

Below the Belt Burrito- \$9.95

Stuffed with scrambled eggs, jack and cheddar cheese and your choice of bacon or sausage. Topped with our ranchero sauce. Served with red potatoes
Add avocado \$1.50

Huevos Rancheros- \$9.95

Two eggs with black beans on corn tortillas smothered in cheese, sour cream, and our original ranchero sauce. Served with red potatoes

Shark Attack Breakfast- \$12.95

Two pieces of French Toast with two eggs, and your choice of bacon or sausage served with red potatoes

Sharks Cove Omelette- \$9.95

Egg whites with turkey, spinach, tomatoes, and goat cheese. Served with red potatoes

The GOOOAAALL Omelette- \$9.95

Marinated steak, bell peppers, onions, sour cream, with jack and cheddar cheese. Served with red potatoes
Add guacamole \$1.50

Draft Your Own Team Omelette- \$8.95

Three eggs with jack and cheddar cheese
Add any item below \$0.75 for each
Turkey, bacon, sausage, ham, chicken, mushrooms, onions, bell peppers, tomato, spinach or goat cheese
Add avocado \$1.50

Fresh Fruit Plate- \$8.95

Pineapple, bananas, strawberries, cantaloupe and honeydew

From the Griddle-

Crepes- \$8.95

French pancakes made of a thin batter filled with fresh strawberries and sprinkled with powdered sugar

Pancakes-

Your choice of blueberry, whole wheat or buttermilk with whipped butter and syrup.

Short Kick (3) **\$4.95**

Long Kick (4) **\$6.95**

French Toast- \$7.95

Two pieces of Hawaiian sweet bread dipped in egg and cinnamon and topped with powdered sugar

Belgian Waffle- \$7.95

Strawberry, blueberry, bananas or plain. Topped with whipped cream on request

Sides-

Add two eggs- \$2.95

Side of Bacon or Sausage- \$2.95

Fresh Fruit Cup- \$4.95

Cup of Cottage Cheese- \$2.95

Side O' Potatoes- \$2.95

Oatmeal with Brown Sugar and raisins- \$4.95

Sat & Sun 8am-1pm

\$4 Mimosas and Bloody Marys
Free Muffins with your Order

APPETIZERS

Delicious Homemade Soup

Tortilla Soup

Soup of the Day (Monday- Thursday)

Cup \$4.25

Bowl \$5.95

Boneless Buffalo Bites- \$9.95

Boneless bites of chicken, breaded lightly fried and covered in your choice of sauce; Buffalo sauce, atomic, BBQ sauce, honey BBQ or teriyaki. Served with a side of ranch

West Wings- \$11.95

Crispy drumettes in your choice of buffalo sauce, atomic, BBQ sauce, honey BBQ or teriyaki

Chips & Salsa- \$5.25

Add guacamole \$1.50

Quesadilla- \$10.95

With your choice of cheese, chicken or steak, with diced tomatoes, sliced jalapenos, sour cream and salsa all on the side

Add Buffalo Chicken \$2.95

Add a side of guacamole \$1.50

Southwestern Nachos- \$10.75

A mountain of fresh corn tortilla chips topped with black beans, sauteed red and green peppers, Ortega chilies, diced tomatoes and melted jack and cheddar cheese. Topped with sour cream and a side of salsa

Add Chicken or Steak \$3.95

Add a side of guacamole \$1.50

Sliders- \$10.95

Your choice of;

- Angus Beef with grilled onions
- Chicken with a spicy chipotle sauce
- Tri-Tip steak with grilled onions and mushrooms with au jus and horseradish sauce on the side

Add Cheese \$.75

Homemade Onion Rings- \$7.95

Fried in a light bread batter, served with your choice of ranch, blue cheese, BBQ or honey mustard

Regular or Curly Fries- \$6.95

Chicken Breast Tenders- \$9.95

Tasty marinated chicken, breaded and fried. Served with our homemade ranch dressing and your choice of regular sharks fries or curly fries

Calamari Rings- \$9.95

Calamari rings lightly fried and served with cocktail sauce

Ocean Steamers- \$12.95

One pound of succulent clams steamed in white wine garlic herb broth. Served with rustic french garlic bread

Chicken Pot Stickers- \$9.95

Steamed or lightly fried, served with a mix of our tangy sweet & sour sauce and hot mustard

Jalapeno Poppers- \$9.95

Spicy jalapeno peppers stuffed with cream cheese, dipped in a light batter and fried. Served with homemade ranch dressing

Fresh Artichoke (Seasonal)- \$10.50

Grilled and brushed with a garlic butter sauce.

Served with melted butter and green herb aioli sauce

Bruschetta- \$7.95

French garlic bread topped with goat cheese and served with sauteed tomatoes, garlic and balsamic vinegar, topped with oil and basil

The Shark Attack Wrap- \$10.95

Flour tortilla with zesty pesto cream cheese, choice of **iceberg lettuce** or **spinach**, tomatoes, avocado, and cajun chicken

Add shrimp or salmon \$4.95

Snack Attack Combo Platter- \$13.95

Buffalo bites, jalapeno popper, pot stickers and wings all over nachos with a side of ranch, salsa, and sweet and sour sauce

Fruit Plate- \$8.95

Pineapple, bananas, strawberries, cantaloupe and honeydew

SALADS

Choose from our homemade dressings: Italian, Ranch, Blue Cheese, Caesar, Honey Mustard, 1000 Island, Balsamic Vinaigrette, Fat-Free Tomato Vinaigrette, Dijon Vinaigrette, Champagne Vinaigrette, Pan-Asian Dressing. Available on the side. Extra dressing add \$0.75

Mixed Garden Salad - \$8.95

Romaine and green leaf lettuce with cucumbers, tomatoes, red onions, corn, and grated cheese topped with crispy deli style croutons and your choice of dressing

Add grilled chicken \$3.95

Add tuna \$2.95

Caesar Salad- \$11.95

Romaine lettuce and seasoned croutons tossed in our homemade Caesar dressing, topped with fresh parmesan cheese

Add grilled chicken \$3.95

Add shrimp or salmon \$4.95

Spinach Salad- \$11.95

Spinach with tomatoes, mushrooms, bacon and goat cheese tossed in our Dijon vinaigrette

Add grilled chicken \$3.95

Add shrimp or salmon \$4.95

Euro Harvest Salad- \$11.95

Romaine and green leaf lettuce, Danish blue cheese, diced pears and candied walnuts tossed in our champagne vinaigrette dressing

Add grilled chicken \$3.95

Add shrimp or salmon \$4.95

Island Cove Special Salad- \$12.95

Grilled chicken breast, candied walnuts and sun-dried tomatoes on a bed of fresh romaine lettuce, topped with goat cheese and your choice of dressing

BBQ Chicken Salad- \$12.95

Lightly battered chicken tossed in barbecue sauce, served over fresh romaine and green leaf lettuce, cucumbers, tomatoes, red onions, corn, jack and cheddar cheese with your choice of dressing

Manhattan Beach Cobb Salad- \$12.95

Fresh romaine and green leaf lettuce, charbroiled chicken, bacon, blue cheese crumbles, diced tomatoes and avocado with your choice of dressing

Chicken Apple Goat Cheese Salad- \$12.95

Mixed greens, grilled chicken, goat cheese, toasted almonds, apples and red onions with our champagne vinaigrette

Santa Fe Chicken Salad- \$12.95

Cajun chicken on romaine and green leaf lettuce with tomatoes, cucumbers, red onions, avocado, corn, jack and cheddar cheese and crispy tortilla strips tossed in our salsa vinaigrette

Chinese Chicken Salad- \$12.95

Shredded chicken with crispy wontons, toasted almonds, tossed with iceberg lettuce, mandarin orange slices tossed in our tangy Pan-Asian dressing

The Manhattan Beach Surf Salad- \$13.95

Your choice of cajun salmon, sauteed shrimp, fried calamari or shrimp tempura, on romaine and green leaf lettuce with tomatoes, cucumbers, red onions, and avocado. Tossed with Dijon vinaigrette

Shrimp Bruschetta Salad- \$13.95

Romaine lettuce with sauteed shrimp, tomatoes, basil, olive oil, garlic and balsamic vinegar. Topped with grilled bread and goat cheese. Dijon vinaigrette on the side

Tri-Tip Steak Salad- \$13.95

8 oz. of sliced Tri-Tip steak served with sauteed onions, bell peppers and mushrooms. Served over fresh romaine and green leaf lettuce. With Dijon vinaigrette on the side

Chicken Parmesan Salad- \$12.95

Breaded chicken breast with marinara sauce and melted mozzarella cheese. Served on fresh romaine and green leaf lettuce with tomatoes, cucumbers and red onions. With Dijon vinaigrette on the side

BURGERS

Served with your choice of Regular Sharks fries or Curly fries, and a juicy kosher pickle on the side. Substitute homemade onion rings or fruit for \$2.95. Substitute a side salad for \$3.95. Extra dressing \$0.75

Grand Slam Half Pound Burger- \$9.95

Half- pound of premium Angus beef, lettuce, tomato and white onion on a french white or wheat bun

Add cheese: jack, swiss or cheddar \$0.75

Grilled onions or mushrooms \$0.75

Bacon or sliced avocado \$1.50

One- Pound Enforcer Burger- \$13.95

(Excludes 2-4-1 Burgers, Dine-In Only)

Double the Grand Slam and that's the Enforcer burger on a french white bun or wheat bun

Sharks Cove Burger- \$10.95

A half-pound of premium Angus beef, a grilled pineapple, lettuce, tomato served with Teriyaki sauce or a french white or wheat bun

Cajun Blue Cheese Burger-\$10.95

A half-pound of premium Angus beef, coated with Cajun spices, grilled then topped with a creamy blue cheese sauce. With lettuce, tomato and white onion, on a french white or a wheat bun

Texas Burger- \$10.95

A half-pound of premium Angus beef, barbecue sauce and cheddar cheese with bacon, lettuce, tomato and white onion. On french white or wheat bun

The Turkey Burger- \$10.95

Half-pound of turkey breast seasoned and topped with lettuce, tomato and white onion. On french white or wheat bun

Add Cheese: jack, swiss or cheddar \$0.75

Grilled onions or mushrooms \$0.75

Bacon or sliced avocado \$1.50

Garden Veggie Burger- \$9.95

The alternative to beef! Served with lettuce, tomato and white onion. On french white or wheat bun

Add Cheese: jack, swiss or cheddar \$0.75

Grilled onions or mushrooms \$0.75

Bacon or sliced avocado \$1.50

Chicken Breast Wrap- \$10.95

Grilled chicken breast with grilled onions, avocado, lettuce and tomato, wrapped in a flour tortilla with ranch dressing and your choice of sauce on the side; Spicy chipotle, honey mustard, buffalo sauce or BBQ sauce

Add cheese: jack, swiss or cheddar \$0.75

SANDWICHES

Grilled Chicken Breast Sandwich- \$10.95

Served on french alpine roll with jack cheese, lettuce, tomato and white onion

Cajun Chicken Sandwich- \$10.95

Grilled chicken coated in cajun spices and topped with a zesty blue cheese sauce, lettuce and tomatoes. Served on a french alpine roll

L.A. Kings Sandwich- \$10.95

Charbroiled chicken breast with goat cheese, caramelized onions and lettuce. Served on whole wheat bread with a sun-dried tomato sauce

Chicken Parmesan Sandwich- \$10.95

Breaded chicken breast with marinara sauce and melted mozzarella cheese. Served on french alpine roll

Fiesta Fajita Sandwich- \$10.95

Grilled chicken breast with tomatoes, bell peppers and onions, with sour cream, guacamole and jack and cheddar cheeses. Served on french alpine roll

Grilled Honey Mustard Sandwich- \$10.95

Grilled chicken with sweet honey mustard, jack cheese, lettuce and tomatoes served on french baguette

Tri-Tip Steak Sandwich- \$11.95

A half-pound of angus Tri-tip steak served with grilled onions, mushroom and jack cheese on a french alpine roll with au jus and horseradish sauce on the side

Island Club Sandwich- \$13.25

Our oven-roasted, thinly sliced turkey breast, bacon, avocado, jack cheese, lettuce, tomato and onion. On wheat or sourdough bread, with mayo and mustard on request

Salmon Steak Sandwich- \$13.95

Grilled salmon topped with goat cheese, caramelized onions, lettuce and tomato served on a french alpine roll

Ocean Melt- \$10.95

White albacore tuna tossed with a light dill mayo and topped with melted jack cheese, lettuce, tomato and white onion. Choice of sourdough, wheat bread or on a french alpine roll

PIZZAS (8 slices)

PASTAS

Add a side salad for \$3.95

Extra dressing \$0.75

The Green Bay Packer- \$9.95

Tomato basil sauce and mozzarella cheese

The Dallas Cowboy- \$11.95

Tomato basil sauce with pepperoni and mozzarella cheese

The S.F. 49er- \$12.95

Chicken sauteed with garlic, tomatoes, onions, mushrooms over melted cheddar and jack cheese

The Boston Red Sox- \$12.95

Sausage and onions with tomato basil sauce and mozzarella cheese

The New England Patriot- \$12.95

Sauteed chicken breast with bell peppers, fresh tomatoes, onions and mozzarella cheese

The Laker Pizza- \$12.95

Sauteed chicken breast, red onions and cilantro, over BBQ sauce and mozzarella cheese

Los Angeles Kings- \$12.95

Ham, pineapple and jalapenos with a tomato basil sauce and mozzarella cheese

The L.A. Dodger- \$12.95

Artichoke hearts, sun-dried tomatoes, goat cheese, fresh basil and a splash of mozzarella with lemon, garlic and olive oil

Four Cheese Ravioli- \$11.95

Jumbo ravioli stuffed with ricotta cheese in our tomato basil and garlic sauce

Lemon Garlic Chicken- \$13.95

Sauteed chicken with lemon, garlic, capers and a white wine sauce. Served over angel hair pasta

Chicken Penne- \$13.95

Sauteed chicken with mushrooms and onions. With your choice of a light creamy white sauce or red sauce

California Chicken- \$13.95

Sauteed chicken with artichoke hearts, capers, fresh basil and sun-dried tomatoes in a lemon wine garlic sauce. Served over linguini pasta

Spicy Sausage Penne- \$13.95

Spicy sausage in a tomato basil garlic sauce, topped with parmesan cheese. Served over penne pasta

Pesto Chicken Penne- \$13.95

Grilled chicken tossed with mushrooms, sun-dried tomatoes, fresh basil in our homemade pesto sauce. Topped with parmesan cheese

Penne Alfredo with Broccoli- \$9.95

Served with garlic bread, a parmesan cream sauce over penne pasta

Add grilled chicken \$3.95

Spicy Shrimp Chipotle- \$13.95

Six jumbo shrimp sauteed with tomatoes, onions, mushrooms and corn with creamy chipotle sauce. Tossed with linguini pasta

Frutti de Mare- \$15.95

Shrimp, grilled salmon, and clams with a spicy lemon garlic sauce. Served over a bead of angel hair pasta

MEXICAN

Tacos- \$12.95

Three soft shelled tacos, corn or flour tortilla your choice of chicken, cajun chicken or steak. With sour cream and guacamole, lettuce, fresh tomatoes, mixed jack and cheddar cheese, rice and beans on the side

Add guacamole \$1.50

Power Play Fajitas- \$15.95

A huge sizzling plate of chicken or steak, sauteed bell peppers and onions. Served with a plate of sour cream and guacamole, lettuce, fresh tomatoes, mixed jack and cheddar cheese, rice and beans and your choice of corn or flour tortilla

Burrito- \$12.95

Huge flour tortilla stuffed with grilled chicken or steak, rice and beans, lettuce, jack and cheddar cheese. Sour cream, salsa and guacamole on the side. Topped with our ranchero sauce and melted cheese

Quesadilla- \$10.95

With your choice of cheese, chicken or steak, with diced tomatoes, sliced jalapenos, sour cream and salsa on the side

Add Buffalo Chicken \$2.95

Add a side of guacamole \$1.50

OFF THE GRILL

N.Y. Angus Reserve Steak- \$18.95

8oz. of prime cut New York angus reserve steak, with grilled onions and mushrooms. Your choice of two sides; Soup, dinner salad, fries, rice pilaf, sauteed veggies (spinach, broccoli and carrots) or garlic mashed potatoes (after 5pm)

Fresh Atlantic Salmon- \$16.95

Grilled salmon served with rice and vegetables topped with your choice of;

- A lemon garlic sauce,
- An avocado salsa
- A teriyaki pineapple sauce

Chicken Parmesan Dinner- \$15.95

Breaded chicken breasts with marinara sauce and melted mozzarella cheese. Served with sauteed spinach and penne pasta with tomato basil sauce

Chicken Piccata- \$15.95

Tender chicken breast in a lemon garlic sauce topped with capers on a bed of mashed potatoes and veggies

Fish & Fries (4)- \$13.95

Lightly fried halibut served up with lemon wedges and our crispy regular or curly fries. Served with tartar sauce

Live Music
Acoustic Tuesday & Wednesday
Live Bands
Thursday 9pm
Friday- Saturday 10pm

***PARTIES of 5 or MORE ARE SUBJECT TO AN
AUTOMATIC 18% GRATUITY***

Desserts

Homemade Brownie \$6.95

Chocolate brownie topped with rich vanilla ice cream and hot fudge.

Grandma's Apple Pie \$6.95

Served warm with a scoop of our vanilla ice cream

Cheesecake \$6.95

Amazing cheesecake that melts in your mouth with a graham cracker crust and drizzled with a strawberry glaze.

Cup of French Vanilla Ice Cream \$2.95

Beverages

Bottle Water \$3

Pellegrino \$4

Fountain Drinks (Free Refill) \$2

**Coke, Diet Coke, Sprite, Cranberry Juice,
Lemonade, Iced Tea, Raspberry Iced Tea**

Orange Juice \$3

Pineapple Juice \$3

Grapefruit Juice \$3

Milk \$2

Tea and Coffee \$2

Red Bull or Sugar Free Red Bull (Can) \$4

Wine List

BUBBLY

Piper Sonoma Brut, Sonoma

Fresh, vibrant, with a crisp citrus flavors

Glass Bottle

8 28

J.Roget

Our house champagne

6

WHITES

Pepi Pinot Grigio, Italy

A food friendly wine, with crisp acidity and flavors of citrus and green apple

7 25

Kenwood Sauvignon Blanc, Sonoma

Lively aromas of grass, fresh citrus and herbs with a slight taste of melon

8 28

Sonoma-Cutrer Chardonnay, Sonoma

Flavors of lemon, apple, pear, pineapple and cantaloup join a nutty, spicy, lightly oak profile

10 40

Kendall Jackson Chardonnay, California

Bursting with tropical flavors of pineapple, mango and papaya

7 25

Brownstone Chardonnay, California

Our house chardonnay. A clean and bright wine; fruit-flavored style with a subtle touch of oak. A delicate combination of pineapple, pear and citrus aromas

6 20

REDS

Blackstone Merlot, Napa

Dark cherry and berry aromas with a touch of spicy clove. The palate is supple with flavors of cherry and spice

8 25

Brownstone Merlot, California

Our house Merlot. A Merlot which includes flavors of dark fruit, smoky oak, a touch of spice, full bodied and mouth-filling, easy drinking.

6 20

La Crema Pinot Noir, Sonoma

Aromas of black cherry, licorice and anise. Cherry and plum flavors with a hint of spice

10 38

Five Rivers Pinot Noir, Santa Barbara

Refreshing wild berries with hints of vanilla and spice

7 25

Brownstone Cabernet, California

Our house Cabernet. A clean and bright wine; fruit-flavored style with a subtle touch of oak. A delicate combination of pineapple, pear and citrus aromas

6 20

Menage a Trios, by Folie a Duew, a Merlot/Cab/Zin blend, Napa

Scents of black berries and plums with flavors of cherry and mince, finish of red licorice and chocolate

7 25

7 Deadly Zins, Lodi

Supple pepper and licorice notes, merge into a sinful marriage of blackberries and lustful cherries. Hints of rich vanilla and cocoa on the finish

10 35

Sharks Cove Cocktails

MARTINIS

Alexander the Grape

Named after your favorite Otter Pop. Three Olives Grape Vodka, Curacao and cranberry Juice

Pear Martini

Grey Goose Pear, splash of Disaronno Amaretto and sweet and sour

Orange Cosmo

Grey Goose L'Orange, Cointreau, fresh lime juice and cranberry juice

Pomegranate Martini

Vodka, Pama Pomegranate Liqueur, grapefruit juice and a splash of sweet and sour

COCKTAILS

Sweet Tea Sipper

Jeremiah Weed Sweet Tea Vodka, water and a splash of lemonade

Manhattan Beach Sunsplash

Smirnoff Orange Vodka, Sprite, cranberry juice, orange juice and a splash of pineapple juice

Captain's Paradise

Captain Morgan Spiced Rum, Malibu Coconut Rum, orange juice and soda water

Beach Bum

Bacardi Limon, orange juice and Sprite

SHOTS

M-80

Chilled Smirnoff Orange Vodka dropped in Monster Orange Energy Drink

The Bear Fight

A car bomb directly followed by a jager bomb. Once you're done, you will know why!

Grape Bomb

Chilled Three Olives Grape Vodka dropped in Sugar Free Red Bull