
SOUPS

She Crab Soup Rich and creamy soup made with crabmeat, roasted red peppers, onions, garlic and finished with a dash of sherry	15.75	Florida Gumbo A stew like soup with shrimp, crab, crawfish, okra, garlic, onion, tomatoes, peppers, celery and file gumbo	13.75
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DINNER SALADS

Chopped Pesto Caesar Chopped romaine, cherry tomatoes, croutons, Parmesan cheese. Pesto Caesar dressing.			17.50
Chopped Kale Salad Kale, onions, parsley, peanuts, cabbage, parmesan, cranberries and a Parm crisp Jalapeno apricot dressing.			18.95
Chopped Harvest Salad Artisan lettuce, arugula, romaine, cherry tomatoes, avocado, roasted red peppers, toasted pecans, mint, green onion. Italian dressing.			16.75
Seasonal Salad A salad special inspired by seasonal ingredients			market

APPETIZERS

Appetizer Platter Smoked salmon with all the trimmings, Brillat Savarin Triple Brie with local honey, Parmesan olive tomato tapenade, Iberico chorizo, grapes, pickles, Marconas. Romaine and toast points.			39.75
Cheese plate Four artisan cheeses, fig almond cake, crackers, walnuts, Dijon and local honey			25.25
Tuna Tartare Fresh tuna, mango and avocado, soy, wasabi cream, siracha, blue tortilla chips			23.65
Oysters on the half shell White Stones, farmed at the mouth of the Rappahannock river in Chesapeake Bay, Md. Mignonette, cocktail sauce, horseradish, crackers			market
Smoked Salmon Bruschetta Arugula, tomato jam, capers, Parmesan dill sauce on toasted baguette			19.65
Smoked Fish Dip Homemade pickles, onions, capers, roasted red peppers, pita points			17.25
Southern Crab Dip All crab meat marinated in oil, vinegar, yellow onion and a lil sugar! Southern and Refreshing! Captain Wafers			19.75
Beef Tips Grilled, marinated, hanger steak tips topped with sesame seeds, crunchy wontons, ponzu			23.25
Grilled Octopus Crispy grilled octopus, arugula, roasted tomatoes, almonds, olive oil, balsamic			24.55
Calamari Vilano Fried calamari tossed in spicy garlic sauce, olives and Parmesan, fried spinach			19.75
Dungeness Crab Cluster One steamed cluster per order, drawn butter, cocktail sauce			29.95
Oysters Rockefeller Six oysters baked in creamy spinach with garlic, bacon, bread crumbs and fresh Parmesan.			21.95
Garlic Oysters Six oysters baked in a creamy Boursin garlic cheese with Parmesan			20.75
Parmesan Crab Cake Served with dressed spring mix and smoked pepper aioli			20.75
Peel & Eat Shrimp Our local Royal Reds steamed (shell-on) shrimp. Served with melted butter, Old Bay Seasoning and cocktail sauce. Half Pound			20.95
Garlic Shrimp Royal reds sautéed in garlic butter and red pepper flakes. Toast points for dipping			19.85
Truffle Parmesan Fries Fries tossed in truffle oil and grated Parmesan with black garlic mayo			15.85
Belgian Fries Twice fried, thicker fry. Choice of ketchup, datil ketchup, garlic mayo or peanut sauce			14.65
Pear Ravioli Hand made raviolis stuffed with pear, toasted pine nuts, parsley and ricotta. Parmesan sauce			21.25
Gator Tail Tender pieces of breaded gator with orange marmalade cream sauce			20.75
Fish Nuggets Fried breaded catch pieces tossed in kibbeling spices (Dutch street food seasoning)			18.95

CATCH PREPARATIONS

Gf	Blackened Catch Over rice in a sweet curry sauce with onions, diced plantains, small shrimp and lemon grass. Pickled vegetables	market
U	Crusted Catch Herb panko crusted, mashed potatoes, asparagus in a lemon caper beurre blanc	market
Gf	Seared Catch Mashed potatoes and roasted carrots in a Parmesan beurre blanc	market

FRIED AND DELICIOUS

	Vanilla Grouper Fried, horseradish crusted grouper, mashed potatoes, fried spinach in a vanilla rum sauce. We do not use local grouper for this dish, but a wild caught grouper from the Indian ocean, which fries well.	31.25
	Fish and Chips Fried cod strips, fries and hushpuppies with tartar sauce	28.55
	Fried Shrimp Dinner Fresh local, classically breaded, shrimp. Hushpuppies, coleslaw, cocktail and tartar sauce	29.95
	Seafood Trio A Parmesan crab cake, cod strips, fried shrimp, coleslaw and hush puppies, cocktail and tartar sauce	37.95

CAP'S CLASSICS

Gf	Roasted Vegetables Parmesan asparagus, Broccoli, balsamic carrots, roasted tomatoes, La Spinetta olive oil, chilled bean salad	19.65
	Eggplant Stack Fried eggplant, herbed goat cheese, tomato, arugula, Parmesan olive tapenade. Balsamic glaze	23.75
U	Steak Frites Aged Ribeye (16 oz) topped with garlic butter, fries and roasted tomatoes.	44.65
	Chicken Gnocchi Breaded chicken, gnocchi, onions, edamame, pancetta and mushrooms in a rich Madeira sauce	28.85
	Jambalaya Shrimp, crawfish, andouille sausage and chicken. Served over rice with home made corn muffins	20.85
	Crab Cake Dinner Two of our famous Parmesan crab cakes, side salad, grilled asparagus, smoked pepper aioli	40.95
U	Sesame Seared Tuna Fried spinach, plantains, sweet & sour cucumbers, teriyaki sauce, wasabi, pickled ginger	market
Gf U	Honey Rosemary Salmon Baked (honey, rosemary and Dijon mustard marinated) salmon with asparagus, port cranberry reduction, topped with toasted almonds	34.45
U	Shrimp & Scallop Sauté Local shrimp and scallop pieces, tossed in linguini with onions, garlic, peppers, heavy cream, white wine and red pepper flakes, topped with Parmesan. Toasted bread slices	36.25
	Rockefeller Pasta Penne tossed in a creamy garlicky spinach sauce, bell pepper, bread crumbs, tomatoes, bacon and Parmesan.	24.75

Many people have eliminated gluten from their diet and do not eat bread any longer. As a result of this trend, the bread we gave away was often not or hardly used, resulting in waste. Since we charge for our bread service, we have reduced the amount of bread we throw away.! Instead of raising menu prices overall, we charge \$5.99 for our bread service. Our bread basket consists of fresh baked Sourdough and French baguettes and your choice of either home made with our famous honey butter, garlic butter or vintage olive oil & balsamic vinegar.

SIDES

Truffle Parmesan Fries 9.25	Gf Chilled Bean Salad 6.25	U Grilled Asparagus 8.45
French Fries 7.25	Gf Wilted Garlic Spinach 7.35	Gf Sweet & Sour Cukes 5.85
Belgian Fries 7.25	Gf Mashed Potatoes 5.85	Gf Coleslaw 4.45
Fried Plantains 6.85	Gf Steamed Broccoli 5.25	Gf Side Green Salad 7.75
Hushpuppies 5.75	Gf Balsamic Carrots 5.75	U U Side Caesar Salad 7.45
Gf = gluten free	U = gf version available	U = contains nuts