

G&W

Grinds and Wines

appetizers

Hummus Dip

A generous helping of our signature roasted red pepper hummus topped with feta cheese, served with grilled pita quarters 11

Mediterranean Sampler

Homemade meatballs, crab stuffed mushrooms, brushetta and spanikopita, served with marinara and herb infused olive oil with balsamic vinegar 14

Dip Sampler

Our signature roasted red pepper hummus, warm artichoke crab dip, and spinach dip. Served with grilled flatbread and sautéed vegetables 14

Lettuce Wraps

Asian marinated chicken and vegetables stir fried and served with iceberg lettuce cups and teriyaki sauce 13

Georgia Crab Cakes

Fresh lump crab meat in our signature blend, pan fried golden brown, drizzled with remoulade sauce 14

Coconut Shrimp

Half a dozen jumbo shrimp coated in roasted coconut, flash fried until golden brown. Served with augustine sauce 11

Southwestern Chicken Rolls

Blackened chicken, roasted corn, cheese, pico de gallo and black beans, wrapped in a flour tortilla and fried until golden brown. Topped with a sweet and sour sauce 11

Flounder Pita Bites

Pita pockets quartered and filled with a blend of flounder filets, feta cheese and a lemon pepper sauce 11

Crab Stuffed Mushrooms

Mushroom caps filled with our signature crab blend, lightly seasoned and toasted golden brown. Served in a light garlic butter sauce 13

Bruschetta

Classic Italian style with homemade tomato topping 10

Spinach Dip

Our homemade spinach artichoke dip served with warm pita bread 10

Crab Dip

Homemade crab dip made with Blue Crab and artichoke hearts served with warm pita bread 14

salads

All salads come with grilled pita quarters.
Add Chicken +2 • Mahi +3 • Shrimp +4 • Salmon +4

Classic Caesar

Crisp romaine lettuce, homemade croutons and shredded parmesan cheese in a rich and creamy caesar dressing 10

Crab Cake Salad

Baby field greens topped with a golden brown crab cake, roma tomatoes, artichoke hearts, capers, red onion and our special house remoulade 14

G&W House Salad

Baby field greens topped with tomato, red onion and bleu cheese crumbles with your choice of dressing 10

House Spinach

Baby spinach, homemade cinnamon pecans, red onions, crumbled bleu cheese and caramelized peaches accompanied with a citrus vinaigrette 11

Kale Slaw Salad

Baby field greens topped with a blend of shaved kale mix, served with Vidalia onion dressing 11

Augustine Salad

Baby field greens topped with coconut shrimp, cinnamon pecans and crispy rice noodles tossed in our own Augustine dressing with a citrus accompaniment 14

Cobb Salad

The original favorite with grilled chicken, bacon, avocado, bleu cheese crumbles, tomato and diced hard boiled egg 14
substitute salmon or shrimp 16

Hummus & Feta

Baby field greens topped with our red pepper hummus, feta cheese, roma tomatoes and red onion. Served with balsamic dressing 12

Seafood Salad

Spring mixed greens tossed with mahi, shrimp and topped with mixed cheese, sliced avocado and pico 15

dressings

Peppercorn Ranch • Augustine • Bleu Cheese • Pesto Vinaigrette
Red Wine Vinaigrette • Citrus Vinaigrette • Balsamic • Vidalia Onion Vinaigrette

soups of the day

Bowl 5 • Cup 3

gourmet pizza

Made on twelve inch flatbread

Southwest Chicken

Grilled chicken, avocado, diced tomato and roasted red peppers. Topped with monterey jack and cheddar cheese with a light coating of herb-infused oil 15

Veggie Delight

Spinach, artichoke hearts, diced tomato, red onion, mozzarella and parmesan cheese with Italian seasoning 14

Add chicken 2

Pepperoni

Everybody's favorite classic pepperoni pizza 14

Margherita

Roma tomatoes, fresh basil and roasted garlic oil topped with mozzarella and provolone cheese 14

*This establishment has items that may be cooked to order. Consuming raw or undercooked meat, eggs, poultry, seafood, or shellfish may increase your risk of foodborne illness.



www.grindsandwines.com

sandwiches

All sandwiches and wraps served with your choice of side. Substitute a salad for a side +1 or a soup for a side +2.

Any sandwich available as a wrap: Choice of Tomato Basil or Spinach wrap

Classic Grinds Cheeseburger

Our incredible half pound burger with your choice of cheese, with lettuce, tomato, and onion 12

Make it Blue:

blue cheese crumbles and bacon 14

Make it Alpine:

sautéed mushrooms and Swiss cheese 14

Salmon BLT

Grilled salmon filet, served on a hoagie roll with bacon, avocado, lettuce, tomato, bleu cheese crumbles and mayonnaise 13

Georgian Chicken

Grilled chicken breast with peaches, provolone cheese, smoked bacon, lettuce and tomato served on a kaiser roll 11

Crab Cake Sandwich

Homemade crab cake cooked golden brown and served on a kaiser roll with lettuce, tomato and remoulade sauce 13

Tuscan Chicken

Grilled chicken breast with roasted red peppers and provolone cheese served on focaccia bread with lettuce, tomato and pesto aioli 11

California Wrap

Roasted turkey breast, avocado, American cheese, lettuce, tomato, and buttermilk ranch rolled into your choice of wrap 11

Shrimp Tacos

Charbroiled shrimp with lettuce, cheese, pico de gallo and our jalapeño white sauce 11

three taco plate 14

San Francisco Crab Melt

Lump crab meat, remoulade sauce, avocado and American cheese, on thick grilled sourdough bread 13

Veggie Wrap

Seasonal vegetables, avocado and provolone cheese. Served in a spinach wrap with lettuce, tomato and pesto aioli 11

Chicken Salad

Classic chicken salad served on thick cut sourdough with lettuce and tomato 11

Mahi Mahi Fish Tacos

Charbroiled Mahi with lettuce, cheese, pico de gallo and our jalapeño white sauce 11

three taco plate 14

sides

Add side +4

Sweet Potato Fries

Regular Fries

Fresh Fruit

Coleslaw

Rice & Beans

Black Bean Cake

Steamed Vegetables

Zucchini Cake

Chips & Salsa

Side Salad

Kaleslaw

Brussels Sprouts

entrées

Add side salad +4

Steak Medallions

Tender hand cut marinated beef with a red wine reduction sauce. Served with your choice of rice pilaf or garlic mash potatoes, and steamed vegetables 22

Filet

A six ounce Angus filet cooked to order and served with your choice of rice pilaf or garlic mashed potatoes, and steamed vegetables 27

Make it Au Bleu: Bacon wrapped & topped with Bleu cheese 28

Make it Oscar: Topped with crab, asparagus, and our house Hollandaise sauce 29

Tomato Basil Chicken

Grilled chicken breast topped with a fresh tomato basil cream sauce on a bed of spinach. Served with rice pilaf and steamed vegetables 18

Chicken Parmesan

Chicken parmesan served over fettuccini noodles with marinara sauce 19

Pork Chop

Grilled bone in pork chop topped with a spinach and mushroom cream sauce, served with garlic mashed potatoes and steamed vegetables 20

Lemon Basil Pasta with Salmon

Our most popular special now available. A base of fettuccini in a lemon basil cream sauce with red onion, red bell peppers, and asparagus topped with a seared salmon filet and fresh basil 20

Broccoli & Cheese Stuffed Chicken

Chicken breast stuffed with broccoli and cheese and topped with a roasted red pepper sauce. Served with rice pilaf and steamed vegetables 19

Chicken & Vegetable Alfredo

Grilled chicken breast, broccoli and tomatoes with fettuccini in a homemade alfredo sauce 18

Substitute shrimp 19 | Substitute salmon 20

Seared Lamb Chops

6 ounces of lamb, seared and smothered in a garlic herb butter, served with brussels sprouts and mashed potatoes 25

Teriyaki Salmon

Our fresh salmon filet glazed with our teriyaki marinade served with rice pilaf and fresh steamed vegetables 20

Shrimp & Grits

Jalapeño cheddar grits topped with steamed shrimp and a bacon tomato beurre blanc 19

Blackened Flounder

Grilled and Blackened Flounder filet, served with rice pilaf and steamed vegetables 19

Gourmet Meatloaf

Prime cuts of beef make this meatloaf unique. Served with homemade gravy, garlic mashed potatoes and steamed vegetables 17

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