

STARTERS

Shrimp Cocktail , Classic Cocktail & Remoulade Sauces	11
Buffalo Mozzarella , Heirloom Tomatoes, Basil, Olive Oil & Balsamic Vinegar	10
Ahi Tuna Tartar , Capers, Cilantro, Sweet Onions & Shot of Port	12
Crispy Calamari , Horseradish Aioli, Lemon & Cilantro	12
Spinach & Artichoke Dip , Goat Cheese & Grilled Pita Chips	8
Fragrant Mussels , Onion, Garlic & White Wine Broth	11
Conch Fritters , Habanero Pepper infused Remoulade Sauce	11
Wagyu Kobe Beef Carpaccio , Tangy Mustard, Olive Oil & Parmigiano Reggiano	12

FROM OUR CEVICHE MASTER

Mediterranean Mix , Shrimp, Calamari, Octopus, Cilantro, Olive Oil & Meyer Lemon	10
Lobster, Coconut and Crab , Jalapeños, Ginger, Cilantro & Key Lime Juice	14
Ahi Tuna , Sliced Avocado, Florida Orange Juice, Soy Sauce & Wasabi Drizzle	13
Flight of All Three	14

SOUPS

Classic Black Bean Soup	5
Soup du Jour	7

SALADS

All Fresh Ingredients from Regional Farms

12

- Osceola Organic Farms Spring Greens**, Micro Shoots, Goat Cheese, & Balsamic Vinaigrette
- B&W Growers Hearts of Romaine Caesar**, Shaved Parmigiano Reggiano, Caesar Infused Crouton
- Panzanella Salad**, French Bread, Ripe Heirloom Tomatoes, Cucumber, Onion, Basil, Capers & Garlic-Mustard Champagne Vinaigrette
- Crispy Wedge Salad**, Fresh Bacon & Maytag Blue Cheese

Main Plates From Our Fisherman

Your Choice of Fish

(Your server will recite today's Fresh Catch & Seasonal Specials)

Seared Grouper 28	Grilled Mahi-Mahi 28	Blackened Pompano 28
Poached Salmon 26	Seared American Snapper 26	Cumin Dusted Tuna 28
Pan Seared Alaskan Halibut 32	Broiled Speckled Trout 26	Broiled Florida Lobster Tail 35

(Chef Ray is presenting the best way to prepare the particular seafood item you select.
Your choice of a sauce below will compliment your selection)

Add Your Choice of Sauce

- Spanish Sofrito of Tomato, Olives, Onion & Garlic
- White Wine, Butter & Capers Sauce
- Mango-Avocado Salsa with Cilantro

Served with Fingerling Potatoes & Seasonal Vegetables

Chops

Grilled NY Strip, Sauce Espagnole (Brown Sauce, Onion, Carrot, Garlic, Herbs & Sherry)	26
Center Cut Filet Mignon, Sauce Béarnaise	27
Braised Short Ribs, Tomato, Red Wine Sauce	19
Pork Tenderloin, Natural au Jus with Port Wine & Sultana Raisins	19
Australian Lamb Chops, Rosemary Demi Glace & Spearmint Jelly	32
Veal Chop, Rosemary Demi-Glace	32

Served with Roasted Garlic, Parmesan Brulé Roma Tomato & Herb Whipped Potatoes

For the Table

5

Creamed Spinach	Sweet Potato Fries
Black Beans & Rice	Parmesan Fries with Parsley
Grilled Asparagus, Hollandaise Sauce	Seasonal Sautéed Vegetables

Truffled Parmigiano Reggiano Yucca Fries

Pasta of the day

Regular Semolina, Whole Wheat or Quinoa (high-protein, lower Carbohydrate alternative)

12

Specialties

Traditional Home Style Cuban Favorites from the “Estefan Kitchen”

Served with
White Rice, Black Beans and Sweet Plantains

Shredded Beef (*Ropa Vieja*), Light Tomato Cuban Creole Sauce with Onions & Peppers - (p 91)*

Cuban Style Steak (*Bistec de Palomilla*), Thin Steak, Seasoned Garlic Salt, Onions & Parsley- (p 75)*

Costa’s Marinated & Grilled Skirt Steak (*Bistec de Churrasco*), Mojo Marinated, Onions - (p 79)*

Gloria’s Favorite Cuban Style Roasted Chicken (*Pollo Asado*), Half Chicken Marinated in *Naranja Agria* (sour orange juice), Olive Oil, White Wine & Light Tomato Cuban Creole Sauce - (p 111)*

24

Paella a la Costa, Clams, Chicken, Mussels, Shrimp, Scallops, Calamari, Chorizo, Calasparra Rice, Green Peppers & Fresh Peas [preparation time 23 minutes] (recipe not available)

For One	26
For Two	38

* Recipes from Emilio and Gloria Estefan’s Cook Book “Estefan Kitchen”

Commitment by The Wave – Kitchen & Bar

*Our aim is to use local ingredients with respect to seasonal harvests
as the produce achieves its full culmination of flavors.*

We believe in products that are natural and pesticide free from local farms such as;

Osceola Organic Farms - Vero Beach, Sealed Sweet - Vero Beach, K&M Treasure Coast - Fort Pierce, B&W Growers - Belle Glade, Alderman Farms - Boynton Beach, Winter Park Dairy - Winter Park, Green Sky Growers - Winter Garden, Pero Farms - Clewiston, & Devil’s Garden.

*Executive Chef, **Raymond Mumford and Team***