

## STARTERS

Shrimp Cocktail, Classic Cocktail and Remoulade Sauces	9
Crispy Calamari, Horseradish Aioli, Meyer Lemon and Cilantro	10
Spinach & Artichoke Dip, Goat Cheese & Baked Pita Chips	7
Wagyu Kobe Beef Carpaccio, Tangy Mustard, Olive Oil & Parmigiano Reggiano	11

## FROM OUR CEVICHE MASTER

Mediterranean Mix, Shrimp, Calamari, Octopus, Cilantro, Olive Oil & Meyer Lemon	9
Lobster, Coconut and Crab, Jalapenos, Ginger, Cilantro & Fresh Squeezed Key Lime	12
Ahi Tuna, Sliced Avocado, Florida Orange Juice, Soy and Wasabi Drizzle	13
Flight of All Three	14

## SOUPS

Classic Black Bean Soup	5
Soup du Jour	6

## SALADS

### Fresh Ingredients from Regional Farmers

Osceola Organic Farms Spring Greens, Micro Shoots, Goat Cheese & Balsamic Vinaigrette	9
B&W Growers Hearts of Romaine Caesar, Parmigiano Reggiano & Caesar Infused Crouton	9

### Additions to your Salad

7

Marinated Amish Free Range Chicken Breast  
Grilled Center Cut Filet Mignon

Simply Grilled Atlantic Salmon  
Blackened Tiger Shrimp

Seared Ahi Tuna

## Main Plates and Sandwiches

Simply Grilled Today's Catch, Avocado-Mango Salsa, with Salad or Pasta of the Day	14
Grilled Mahi-Mahi, Tartar Dressing, with Salad or Pasta of the Day May be ordered as a sandwich – presented on warm Focaccia Bread	14
Grilled Natural Chicken Sandwich, Provolone Cheese, Red Tomato Sauce & Sweet Potato Fries	12
Paradise Angus Burger, 8 oz burger, Swiss Cheese, Ripe Tomatoes, Romaine & Sweet Potato Fries	10
Cuban Sandwich, Smoked Ham, Roasted Pork, Swiss Cheese, Mustard, Pickles & Yucca Fries	10
Palomilla Sliders, Thin Sliced, Seared Sirloin Medallions, Sautéed Onions & Plantain Chips	12
Turkey Club Sandwich, Provolone Cheese, Bacon, Tomato, Watercress & Yucca Fries	10
Salmon B.L.T., Smoked Applewood Bacon, Bib Lettuce, Tomato, Lemon Aioli & Plantain Chips	13

## Chef Ray's Pizza of the Day

All Natural Ingredients – Chef's Creation	12
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### Pasta of the day

Regular Semolina, Whole Wheat or Quinoa (a high-protein, lower Carbohydrate alternative)	10
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## Specialties

### Traditional Home Style Cuban Favorites from the "Estefan Kitchen"

Served with White Rice, Black Beans and Sweet Plantains

13

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

Cuban Style Steak (*Bistec de Palomilla*), Thin Steak seasoned with Garlic Salt, Onions & Parsley (p 75)\*

Costa's Marinated & Grilled Skirt Steak (*Bistec de Churrasco*), Mojo Marinated, topped with Onions (p 79)\*

Herb Marinated Free Range Chicken Breast (*Pollo de Churrasco*) topped with Onions (recipe not available)\*

Gloria's Favorite Cuban Style Roasted Chicken (*Pollo Asado*), Half Chicken marinated in *Naranja Agria* (sour orange juice), Olive Oil, White Wine and Light Tomato Cuban Creole Sauce (p 111)\*

\* 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. We believe in products that are natural and pesticide free from local farms & our menu features ingredients from: 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 42711**