




## APPETIZERS

**CRISPY BRUSSELS SPROUTS 14**   
sprouts, honey vinaigrette

**ROASTED SHISHITO PEPPERS 13**  
olive oil, sea salt, lemon

**BURRATA 18**  
tomatoes, basil, avocado, grilled sourdough, balsamic vinaigrette

**FRIED CALAMARI 19**  
sweet peppers, romesco sauce, lemon

**MUSSELS\* 24**   
Prince Edward Island mussels, white wine, butter, shallots, garlic, grilled sourdough

**SMOKED FISH DIP 19**  
pickled red onion, lavash chips, jalapeño, carrots

**YOT ROCK SHRIMP 21**  
tempura shrimp, sesame aioli, chili threads

**AHI TUNA TOWER\* 19**  
ahi tuna, mango cucumber salsa, yuzu guacamole, sriracha aioli, corn chips

**CHIPS & GUAC 16**  
pico de gallo, tomatillo salsa, tortilla chips

**YOT WINGS 19**   
korean, garlic parmesan, or buffalo blue cheese dressing

## FLATBREADS

**PEPPERONI 16**  
pepperoni, mozzarella, san marzano tomato sauce

**CAPRESE 16**  
tomato, basil, fresh mozzarella, balsamic reduction

**FIG & TRUFFLE 17**  
fig-rosemary spread, gorgonzola, pear, arugula, truffle honey


**THE CAPTAIN 17**   
soppressata, mozzarella, sausage, san marzano tomato sauce

## SOUPS

**TOMATO BISQUE 7**  
**SOUP OF THE DAY MRKT**

## SALADS


**WEDGE 18**  
iceberg lettuce, cherry tomatoes, bacon, pickled red onion, chives, blue cheese dressing

**KALE 22**   
shredded rotisserie chicken, caramelized onions, manchego, pine nuts, dried sour cherries, lemon vinaigrette

**POWER BOWL**  
**Chicken 18 | Shrimp 20 | Salmon 23**  
toasted quinoa, jalapeños, roasted corn, red peppers, spinach, avocado cilantro crema, lemon vinaigrette

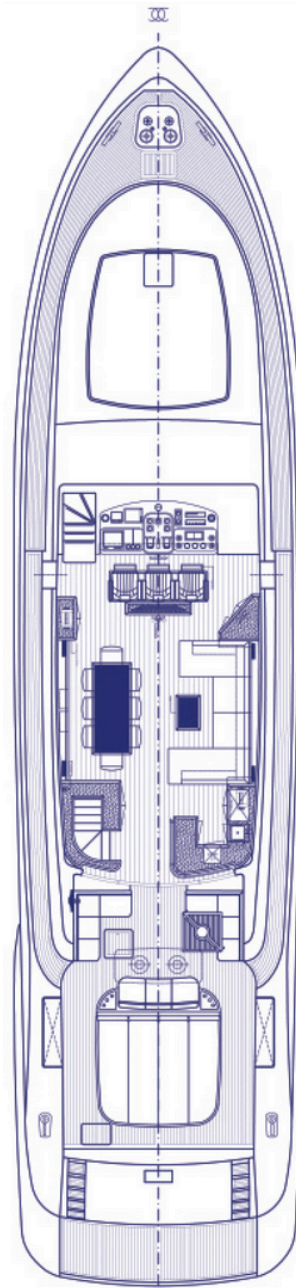
**WASABI SHRIMP CAESAR 22**  
wild gulf shrimp, romaine, sourdough croutons, parmesan, wasabi caesar

**SALMON & HARICOT VERTS 27**   
grilled faroe island salmon, haricot verts, romaine, roasted corn, cherry tomato, almond vinaigrette

**SILVER LINING 23**   
grilled chicken, mixed greens, cherry tomatoes, mandarin oranges, walnuts, blue cheese crumbles, cranberries, balsamic vinaigrette

## TIPS-SEA HAPPY HOUR

**WEEKDAYS  
3PM - 7PM  
AT THE BAR**




**SFL**


SERVICE . FOOD . LOCATION  
- hospitality group -

## SANDWICHES


**GRILLED CHEESE & SOUP 17**  
country sourdough, sharp cheddar, havarti, caramelized onion, tomato soup

**CRISPY SHRIMP 22**  
tempura shrimp, cajun aioli, brioche roll, iceberg lettuce, tomato, herb fries

**YOT BURGER\* 19**   
house short rib blend, brioche bun, iceberg lettuce, tomato, sharp cheddar, onion, pickles, fancy sauce, herb fries

**B-LMC-T 18**   
grilled chicken breast, country sourdough, bacon, lettuce, tomato, mayo, mixed green salad

**LOBSTER ROLL MRKT**   
buttered split-top roll, chives, lemon aioli, mixed greens with lemon vinaigrette

**BLACKENED MAHI 26**   
brioche bun, iceberg lettuce, red onion, tomato, pickles, avocado cilantro crema, herb fries

**QUINOA CHICKEN WRAP 17**  
wheat wrap, shredded rotisserie chicken, tomato, goat cheese, onion, quinoa, cucumber, avocado, mixed green salad


**SEAFOOD TACOS 19**  
**choice of: shrimp or mahi**  
flour tortillas, pico de gallo, napa cabbage, avocado cilantro crema, lime, tomatillo salsa

## SIDES

**HERB FRENCH FRIES 7**  
**HARICOT VERTS**  
**MARCONA ALMONDS 8**  
**QUINOA 6**  
**WILD MUSHROOMS 11**  
**HOUSE SALAD 6**  
**CAESAR SALAD 6**

## LARGE PLATES

**STEAK & FRITES\* MRKT**  
6 oz filet mignon, maitre d' butter, herb tossed fries, mixed green salad

**MISO SALMON\* 33**   
Faroe Island salmon, quinoa, napa cabbage, shiitake mushrooms, shishito peppers, red peppers, ponzu vinaigrette

**BONE-IN CURRY CHICKEN BREAST 27**  
curry butter basted airline chicken breast, roasted cauliflower, fingerling potatoes, goat cheese crème, crispy shallots

**MARKET FISH\* MRKT**   
catch-of-the-day, presented chef's way

## DESSERTS

**KEY LIME PIE 12**  
graham cracker crust, vanilla whipped cream

**PEANUT BUTTER PIE 12**  
creamy peanut butter, chocolate, fresh whipped cream

**CINNAMON BUN BREAD PUDDING 14**  
house baked cinnamon buns, vanilla ice cream, powdered sugar

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

Please notify us of any food allergies.  
20% gratuity added to parties of 5 or more.