



SEA BREEZE
LOUNGE

AL LA CARTE LUNCH MENU

SEABREEZE LUNCH

STARTERS

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| FRESH CLAMS | 22.00 |
| Sautéed in white wine and tomato sauce | |
| MUSSELS | 22.00 |
| garlic, white wine, parsley, black pepper | |
| CALAMARI "LUCIANA" | 18.00 |
| Stewed in a spicy tomato sauce | |
| FRIED CALAMARI | 18.00 |
| marinara sauce | |
| PROSCIUTTO E MELONE | 18.00 |
| BERMUDA FISH CHOWDER (GF) | 12.00 |
| black rum & sherry pepper | |
| SOUP OF THE DAY | 12.00 |

PASTA

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| SPAGHETTI | 26.00 |
| Sautéed pumpkin, bresaola, white wine sauce | |
| FETTUCCHINE BOLOGNESE | 26.00 |
| traditional beef ragu & parmesan cheese | |
| PENNE PRIMAVERA (V) | 26.00 |
| Mix of seasonal vegetables | |
| ORECCHIETTE "PUGLIA" | 26.00 |
| Italian sausage and broccoli rabe | |

SIDES

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| Mixed green salad | 8.00 |
| French fries | 6.00 |

FOR THE TABLE

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| Grilled Ciabatta 6 | Garlic Bread 6 | Bruschetta 6 |
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BIG SALADS

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| LIDO'S CAPRESE (GF) | 24.00 |
| diced mozzarella, cherry tomatoes, avocado, balsamic vinaigrette, wonton basket | |
| CHICKEN & MANGO SALAD (GF) | 26.00 |
| grilled chicken, fresh fruit, avocado, spinach, light curry dressing | |
| CAESAR | 19.00 |
| Romaine lettuce, aioli dressing, parmesan cheese, garlic croutons | |
| Add Grilled Chicken or Shrimp | 8.00 |
| LIDO BOWL (VG) | 20.00 |
| sautéed vegetables, kale, quinoa, avocado, pickled ginger, GF soy sauce | |
| choice of dressing – Caesar, Curry or Vinaigrette | |
| Add Grilled Chicken or Shrimp | 8.00 |

Prices are subject to a 17% gratuity charge.

V= Vegetarian GF= Gluten Free

VG=Vegan

SANDWICHES

all served with French fries or salad

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| HOUSEMADE C.A.B BURGER | 20.00 |
| Cheddar cheese, tomato, lettuce, brioche bun | |
| Additional Toppings | |
| Bacon, Mushrooms, Sautéed Onion | 1.00 each |
| GRILLED FISH SANDWICH | 26.00 |
| Avocado, Tomato, Tartar Sauce, ciabatta | |
| PULLED CHICKEN | 20.00 |
| Vegetable Scapece, lettuce, tomato, brioche bun | |
| VEGGIE BURGER | 20.00 |
| Lentils, Zucchini & Carrot patty, guacamole, fried leeks | |

MAINS

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| PAN SEARED CATCH OF THE DAY | 39.00 |
| white wine & caper sauce, roasted vegetables | |
| 12 OZ PRIME RIB EYE | 52.00 |
| Roasted vegetables, french fries | |
| LAMB CHOPS "SCOTTADITO" | 49.00 |
| Roasted vegetables and potatoes, mint & lemon emulsion | |
| CHICKEN "SALTINBOCCA" | 35.00 |
| Chicken breast topped with prosciutto & sage white wine sauce, sautéed spinach, roasted potatoes | |
| THREE EGG OMELET | 19.00 |
| Choice of Filling – Ham, Onion, Mushroom, Tomato, Peppers, Cheddar Cheese | |