

## APPETIZERS

- Monterey Nachos** ~ House Made Corn Tortillas with Monterey Jack and Cheddar Cheese. Served with Salsa & Sour Cream 6.19  
Add Grilled Chicken 1.99 Add Guacamole 1.79
- Quesadilla** ~ Grilled Flour Tortilla with Monterey Jack and Cheddar. Available Upon request Salsa, Sour Cream at n/c 5.69  
Add Grilled chicken 1.99 Add Guacamole 1.79
- Steak Quesadilla** ~ Grilled Flour Tortilla with Shaved Rib Eye, Peppers, Caramelized Onions, Mushrooms, Cilantro, Monterey Jack & Cheddar, Available Upon request Salsa, Sour Cream and Jalapeños at n/c 6.99  
Add Guacamole 1.79
- Mushroom Basket** ~ Lightly Breaded with your Choice of Sauce 5.19
- Hummus** ~ Our Own Recipe Served with Carrots, Celery and Pita 5.49
- Coconut Shrimp** ~ Served with Sweet Chili Dipping Sauce 6.19
- Seared Ahi Tuna** ~ Rare, Lightly Seared. Garnished with Wasabi, Pickled Ginger and Sesame Seeds 7.99
- Artichoke Dip** ~ Artichoke Hearts, Garlic and Parmesan, Served Bubbly Hot With Rustic Bread 6.89
- Chicken Tender Strips** ~ White Chicken, Lightly Breaded with choice Of Dipping Sauce (Honey Dijon, Ranch, BBQ, Sweet Chili, Plum) 6.29
- Mozzarella Sticks** ~ Served with Marinara Sauce 5.39
- Basket of Monterey Chips** ~ House Favorite—Deep Fried Potato Chip Served with a Side of Ranch 3.79
- Basket of French Fries** 3.59

## TRADITIONAL HOUSE SALADS

Salads served with Multi Grain Bread

### DRESSINGS

- Italian Balsamic, Sesame Ginger, Honey Dijon,  
Wasabi Dijon Ginger Vinaigrette, Ranch, Blue Cheese, 1000 Island, French,  
Light Italian, Poppy Seed, Spicy Peanut, Oil and Vinegar,  
Greek and Caesar  
(Extra Dressing .39)  
Extra Basil Pesto Vinaigrette and Warm Bacon Dressing .59

**Tuna Salad** ~ Traditional White Tuna with Celery, Onion and Lightly Mayonnaise. Served with Fresh Mixed Organic Greens and Seasonal Fruit. Your Choice of Dressing. 7.49

**Chicken Salad** ~ Mom's Recipe—White Chicken, Grapes, Scallions, \*Walnuts and That Special Ingredient, Ginger. Lightly Mayonnaise and Served with Fresh Mixed Organic Greens and Seasonal Fruit. Your Choice of Dressing 7.00

## SPECIALITY SALADS

All Salads Served with Multi Grain Bread

Add Protein to Any Salad	
Grilled ~ Jerked ~ Cajun	
2.79 ~ Chicken Breast	6.99 ~ Wild Salmon
4.59 ~ Garden Burger	6.99 ~ Wild Mahi
4.59 ~ Spicy Black Bean Burger	5.99 ~ Tiger Shrimp
1.79 ~ Scoop of Brown Rice	6.99 ~ Ahi Tuna

- Monterey House Salad** ~ Mixed Greens, Assorted Meats and Cheeses, Tomato Cucumber, Kalamata Olives, Sprouts, Onion, Pepperoncini and Croutons 7.29
- Classic Caesar** ~ Romaine, Parmesan Cheese, House Made Croutons and Classic Caesar Dressing 6.29
- Greek Salad** ~ Romaine, Feta, Tomato, Kalamata, Pepperoncini, Red Onion, and Cucumber. Served with our House Made Greek Dressing & Pita Bread 6.89
- Spinach Salad** ~ Fresh Spinach, Mushrooms, Red Onion and Hard Boiled Egg, Served with our House Made Warm Bacon Dressing 6.59
- S.B.R.** ~ Our Most Popular Specialty Salad. Fresh Mixed Greens, Garbanzo Beans, Shredded Carrots, Artichoke Hearts, Sprouts, Tomato, Cucumber, Cranraisins, Sun Flower Seeds and Avocado. 7.29
- Monterey Bread Salad** ~ Tasty Salad! Mixed Greens with Grilled Rosemary Panini Croutons, Parmesan, Tomato and Cucumber. Tossed with our House Made \*Walnut Pesto Vinaigrette and Garnished with Capicola 6.99
- Steak Salad** ~ Grilled Sirloin, Fresh Mixed Greens with Spinach, Tomato, Red Onion, Croutons and Mozzarella. Drizzled in our Italian Balsamic Dressing 10.99
- Wild Salmon with Smoked Paprika Salad** ~ Fresh Mixed Greens with Spinach, Grilled Seasonal Vegetables, Cherry Tomatoes, Artichoke Hearts, Cucumber and Shredded Carrots. 11.49
- Shrimp Salad** ~ Grilled Tiger Shrimp, Fresh Mixed Greens, Snap Peas, Water Chestnuts, Tomato, Cucumber and Pickled Ginger and Sesame Seeds 10.49
- Pacific Salad** ~ Fresh Mixed Greens, Water Chestnuts, Mandarin Oranges, Snap Peas, Broccoli, Tomato, Cucumber, Shredded Carrots and Garnished with Chinese Crunchy Noodles 7.19



## MONTEREY'S EXTRAORDINARY SANDWICHES

Choose Monterey Chips, FF, \*Broccoli Slaw, Fruit or Potato Salad  
Substitute~ Side Soup, Small Garden or Caesar Salad 1.29

- Big Sur** ~ Our Most Popular Sandwich made with Turkey, Ham, Swiss Cucumber, Tomato and our Signature Monterey Mustard Sauce. Your Choice of Bread 7.49
- Presidio** ~ Monterey's Version of The Italian with Salami, Capicola, Provolone, Pepperoncini, Onion Lettuce, Tomato with our House Dressing. Your Choice of Rosemary Panini or Baguette 7.49
- Sequoia** ~ Roast Beef, Provolone, House Made Horse Radish Sauce, Tomato and Red Onion, Served on Marble Rye Bread 7.69
- Salinas** ~ A Classic BLT with a Pacific Twist. Fresh Avocado, Apple Wood Bacon, Lettuce, Tomato and Monterey Mustard Sauce. Your Choice of Bread 7.29
- Monterey Veggie** ~ Hummus, Tomato, Cucumber, Sprouts, Shredded Carrots And Onion. Your Choice of Bread 6.99

Sorry No Halves on our Exclusive Sandwiches

If you like our tasty breads we can pre-order for you.

All orders require 24 hours notice and must be paid in advance.

## CREATE YOUR OWN

Full Sandwich 6.29

Half Sandwich 4.29

All Sandwiches include Cheese, Lettuce, Tomato and Onion

Add a Side of Monterey Chips, FF, \*Broccoli Slaw, Fruit or Potato Salad for 1.29  
Extra Sauces .39

**Daily Baked Breads** ~ White, Wheat, Marble Rye, Sour Dough, Rye, Baguette, Bun, Rosemary Panini or Multi Grain.

**Meats** ~ Turkey, Ham, Roast Beef, Genoa Salami, Capicola, Pastrami, Corned Beef, Apple Wood Bacon, White Tuna Salad, \*Chicken Salad  
(Limit of two meat choices, 3rd choice .89)

**Cheese** ~ American, Cheddar, Feta, Monterey Jack, Provolone and Swiss

**Veggies** ~ Lettuce, Tomato, Onion, Carrots, Cucumber, Sprouts, Banana Peppers, Pepperoncini, Pickles.  
Add Avocado, Artichoke Spread, Hummus or \*Pesto Spread .79  
Kalamata Olives—.49

**Sauces** ~ Monterey Mustard Sauce, Mayonnaise, American Mustard, Spicy Brown Dijon, Honey Dijon, Ketchup, BBQ or Horseradish Sauce

\*Contains Nuts

## GRILLED SANDWICHES and BURGERS

Choose Monterey Chips, FF, Broccoli Slaw, Fruit or Potato Salad

Substitute ~ Side Soup, Small Garden or Caesar Salad 1.29

**Monterey Reuben** ~ Our Famous Reuben on Marble Rye Bread w/Turkey, Cole Slaw, 1000 Island Dressing, Monterey Jack Cheese 7.59 **Original Reuben** 8.29

**Wild Mahi Reuben** ~ Grilled, Jerked or Cajun, Remoulade Sauce, Swiss, Cole Slaw & Tomato Served on Marble Rye 8.99 **Wild Mahi Sandwich** Served on a Bun 8.49

**Monterey Tuna Melt** ~ White Tuna Salad, Avocado, Tomato, Monterey Jack Cheese 7.69

**The Golden Gate** ~ Pastrami, Corned Beef, Monterey Jack Cheese, Coleslaw, French Dressing, Grilled on Sour Dough 8.29

**Chicken Sandwich** ~ Grilled, Cajun or Jerked Chicken Breast w/Caramelized Onions, Monterey Jack Cheese Served with Lettuce and Tomato on a Bun 7.69

**Steak Sandwich** ~ Shaved Rib Eye w/Grilled Peppers, Onions, Mushrooms and Melted Provolone. Served on a Panini 8.49

**Monterey Pesto Italiano** ~ Grilled Chicken Breast, Capicola, Provolone, Pesto Spread Served with Tomato, Onion and Peppercorn. Served on a Panini 8.49

### BURGERS

**Salinas Burger** ~ Apple Wood Bacon, Avocado, Monterey Jack Cheese, Served with Lettuce, Tomato and Onion on a Bun 7.99

**Philly Burger** ~ Sautéed Mushrooms, Grilled Onion, Peppers and American Cheese with Lettuce, and Tomato on a Bun 7.99

**Monterey Black Bean or Garden Patty** ~ Artichoke Spread, Hummus, Tomato, Carrots, Sprouts, Cucumber and Onion. Served on a Bun 7.49

**Create Your Own Burger** ~ 8 oz. Lean Ground Beef Grilled to Perfection with Lettuce, Tomato, Onion and Cheese Served on a Bun 6.99  
Additional Charges for Extra Toppings .29

### HOUSE SPECIALITIES

Choose Japanese Brown Rice or White Basmati

**Spicy Tuna Bowl** ~ Rare & Lightly Seared Ahi Marinated with Soy and Spices, Snap Peas and Garnished with Scallions, Avocado, Sesame Seeds, Pickled Ginger and Wasabi 12.99

**Hawaiian Bowl** ~ Grilled Mahi Mahi, Served with Choice of Rice in our Hawaiian Sauce with Fresh Pineapple, Snap Peas, Cashews and Garnished with our Famous Broccoli Slaw 11.99

**Jamaican Bowl** ~ Our House Favorite! Jerked Chicken, Red Beans Cooked with Onion and Cilantro, Served with your Choice of Rice and Garnished with Plantains 8.99

**Wild Salmon Bowl** ~ Grilled Wild Salmon Served with Steamed Seasonal Vegetables Over Our Oriental Sesame Rice 11.99

**Shrimp Bowl** ~ Grilled Tiger Shrimp with House Fried Vegetable Rice and Sesame Sauce. Garnished with Sesame Seeds, Pickled Ginger, and Chinese Crunchy Peas 10.99

**Steak Bowl** ~ Juicy Sirloin with Grilled Asparagus, Cherry Tomatoes, Artichoke Hearts, Capers, Mushrooms and Garnished with Gorgonzola. 12.99

### DAILY SOUPS

Please Check our Menu Boards and Servers for Daily Soup Selections  
Cup/10 oz 3.29 Bowl/12 oz 3.59

### SOUP, SALAD & SANDWICH COMBINATIONS 6.59

10 oz Soup with Half Sandwich  
10 oz Soup with Small Garden Salad or Caesar  
Half Sandwich and Small Garden Salad or Caesar  
(Extra Charges Apply for Additional Meats & Toppings)

### EXTRA SIDES

	Small Garden or Small Caesar Salad	2.89	
Red Beans and Rice	2.99	Steamed Vegetable	1.99
Fresh Seasonal Fruit	1.89	* Broccoli Slaw	1.49
Potato Salad	1.49	French Fries	1.59
Monterey Chips	1.49	Guacamole	1.79
Extra Bread/Pita	.59	Raw Veggies	1.49
Extra Pickle	.39		

### BEVERAGES

Coca Cola Products	1.89
Coke, Diet Coke, Bargs, Sprite	
Iced Tea/Hot Tea	1.89
Lemonade (no refills)	1.89
Bottled Water	1.19
Perrier 10 oz.	1.79
San Pellegrino 23.5 oz	2.39
Hot Chocolate	1.69
Shakes ~ Chocolate, Vanilla, Strawberry	4.29
Root Beer Float	3.59

### BEER AND WINE

Amstel Light, Bass Ale, Bud, Bud Light, Corona, Fire Rock, Flying Dog, Guinness Draft, Harp, Heinekin, Kalik, Long Board, Mic Ultra, Mic Light, Miller Light, Moosehead, New Castle, Sierra Nevada, Red Stripe, Sam Adams, Sapporo, Stella, Strongbow Cider, Yuengling and many more to come!

### DESSERTS

#### PLEASE CHECK WITH YOUR SERVER FOR SEASONAL DESSERTS

The Big Cookies ~ Chocolate Chip, White Chocolate Macadamia Nut	1.39
Brownie Sundae ~ Served warm with vanilla ice cream, chocolate syrup & Whipped cream	4.99
Key Lime Pie ~ A Southern Favorite	3.59

Please be aware that there is an increased risk of food borne illness when consuming Raw or under cooked animal products

PRICES SUBJECT TO CHANGE WITHOUT NOTICE 06/08



"A GREAT PLACE TO HANG OUT OR TAKE OUT"

941-366-0729 ~ 941-366-0489 Fax

montereygrill@gmail.com

Local and Evening Delivery

Beach Delivery Too!

Minimum Required for Out of Area



3800 South Tamiami Trail

9 Paradise Plaza/North Side of Plaza

Across from South Gate Mall/Behind Publix

Sarasota, Florida 34239

Daily Emails and Faxed Specials

Not Available

Monday ~ Friday 10:30—9:00 pm

Saturday 11:00—9:00 pm or later