

Capt. Groovy's

GRILL & RAW BAR



Starters

SHE CRAB SOUP

cream, crab & sherry

cup 5.99
bowl 10.99

BUCKET OF CLAMS

clams, garlic, butter, white wine, basil and rustic bread

14.99

FRIED PICKLES

crispy panko fried s/w joe's mustard sauce

7.99

CHIPS & QUESO

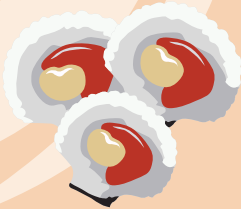
house fried chips, chorizo queso

8.99

CALAMARI

lightly fried s/w honey wasabi and lemon

13.99



GROOVY BASKET

13.13

choice of shrimp, oyster or calamari, lightly fried, bajan tartar, cocktail, honey wasabi sauce.

VOODOO WINGS

(6) 9.99 (12) 18.99

hot or mild, ranch or blue cheese, celery

GROOVY DADDY NACHOS

9.99

white corn chips, jack cheese, smoked chicken, lettuce, salsa, jalapenos, guacamole, sour cream.

PSYCHEDELIC MUSHROOMS

12.99

grilled portobello, stuffed with crabmeat t/w coconut dill sauce.

Raw Bar

OYSTERS OR CLAMS*

raw or steamed

2.00 each (minimum 6)

MUSSELS PICANTE

butter, white wine, tomato, jalapeno, s/w rustic bread

12.99

BAYOU SHRIMP

1/2 lb. USA wild shrimp, veggies, cajun spices

14.99

AB STEAKHOUSE OYSTERS ROCKAFELLER

12.99

our signature recipe since 1966

ROUTE 60 OYSTER STEW

11.11

oysters, andouille, trinity, cilantro cream sauce s/w grilled focaccia.

Salads

THAI CHICKEN

grilled marinated chicken served over romaine, cabbage, cucumber, carrots, tomato, sesame seeds, fried wontons, soy-lime dressing.

13.13

COBB

mixed greens, turkey, egg, tomato, blue cheese crumble, bacon, avocado, blue cheese dressing.

13.13

CAESAR

romaine, crouton, parm cheese, house-made caesar dressing.

9.99

GREEK

11.11

romaine, kalamata olive, pepperoncini, red onion, tomato, cucumber, feta cheese, greek dressing.

FARMHOUSE

11.11

mixed greens, apples, blue cheese, almonds, red onion, dijon vinaigrette.

Sides

CRABBIE MAC

9.99

COLLARD GREENS

7.77

FRIED GREEN TOMATOES

7.77

MESS O' RINGS

8.88

AB STEAKHOUSE FIRE ROASTED CORN POBLANO PEPPER

4.79

CAROLINA SLAW

3.99

FRESH FRIES

4.79

RED POTATO SALAD

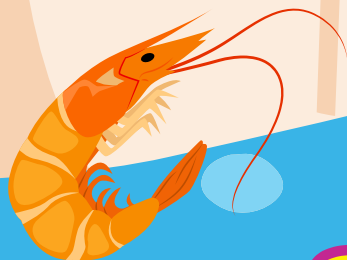
4.49

BLACK BEANS & RICE

4.79

PASTA SALAD

4.49



18% gratuity added to parties of 6 or more. Water served upon request.
As a courtesy to others waiting, please limit your dining time to 2 hours.

*Consuming raw or undercooked meats, seafood, shellfish or eggs can increase the risk of foodborne illness.

Birthday Reward Club

RECEIVE A \$30 GIFT CERTIFICATE TO AB STEAKHOUSE WHEN DINING AT CAPTAIN GROOVYS OR DINING AT OUR STEAKHOUSE ON YOUR BIRTHDAY. OUR THANK YOU TO YOU FOR CELEBRATING WITH US.

Groovy Sandwiches

All sandwiches served with your choice of fresh fries, carolina slaw, or potato salad.

SANIBEL fresh catch of the day blackened, bronzed, broiled, grilled or fried, remoulade, brioche bun.	Market Price
MARINA CRAB CAKE broiled or fried crab cake, bajan tartar, brioche bun.	17.99
CHESAPEAKE BAY GRILLED CHEESE lump crabmeat, cheddar, old bay mayo, multi-grain bread.	14.99
CAPT’S CHICKEN fried, bacon, pimento cheese, hot honey, pickles, remoulade, brioche bun.	13.13
THE GROOVY CLUBHOUSE* house smoked turkey, virginia ham, cheddar, swiss, lettuce, tomato, mayo, crispy bacon on artisan multi-grain wheat.	14.99

RIB & SWISS sliced ribeye, swiss, caramelized onions, horseradish aioli, au jus, focaccia bun.	13.99
GWYNN’S ISLAND PO’ BOY fried shrimp or oysters, shredded cabbage, tomato, remoulade, toasty baguette.	14.99
PANINI CUBAN smoked pork, ham, swiss cheese, dill pickle, creole mustard, toasty baguette, smashed and griddled.	11.99
GROOVY TURKEY turkey, cheddar, bacon, cranberry mayo, mixed greens, multi-grain bread.	11.99

Groovy Burgers

All burgers are 100% angus beef, handmade daily, served on brioche bun with your choice of fresh fries, carolina slaw, or potato salad.
Add choice of cheddar, provolone or pepper jack cheese to any burger for \$1.00

GROOVY DADDY BURGER* bacon, grilled onion & mushroom, cheddar cheese	11.11
INTRACOASTAL BURGER* house-made pimento cheese, jalapeno, bacon	11.11

HOUSE BURGER* lettuce, tomato, red onion	9.99
NO WAKE BURGER* t/w sautéed crab meat	15.99



GUARANTEED FRESH
SUSTAINABLE SEAFOOD

Groovy Entrees

CAPT’S BURRITO smoked pork, chicken or tuna, peppers, onion, pepper jack cheese, rice & black beans, whole wheat tortilla, salsa, sour crema.	16.99
GROOVY TACOS your choice of either baja fish, bronzed tuna, s/w cabbage, pico, pickled onion, rice, black beans, habanero crema and flour tortillas.	14.99
CHICKEN & SHRIMP ÉTOUFFÉE chicken, shrimp, andouille sausage, trinity, cajun gravy, rice.	18.99
SEAFOOD CREOLE shrimp, crab meat, scallops, andouille simmered in a creole sauce, black beans & rice.	25.99
PASTA ALLA VODKA cavatappi, tossed in olive oil, house cured bacon, shallot, vodka, marinara, cream.	17.99

SALMON CAPRI t/w thai coconut dill sauce s/w rice and veggies	19.99
SEAFOOD PLATTER flounder, shrimp, scallops & crabcake broiled with white wine butter sauce s/w red potato salad, cole slaw.	33.99
SANDY POINT SHRIMP OR OYSTERS lightly fried, slaw, fresh fries, remoulade sauce.	18.99
CRAB CAKES broiled, s/o fried green tomato t/w crispy onions & grilled corn green tomato relish.	32.99
CAPTAIN’S CATCH Fresh fish prepared either broiled, fried, grilled, blackened or bronzed/ of 2 sides, ask your server for today’s choices.	Market Price

Kids

served with applesauce

CHICKEN FINGERS s/w fries & ranch	7.77
CHEESE BURGER s/w fries	7.77

FISH FINGERS fresh fish fried s/w fries & tartar sauce	7.77
PENNE MARINARA t/w parmesan cheese	7.77

Groovy Desserts

NEW ORLEANS STYLE BREAD PUDDING finished with a bourbon sauce	8.99
CHEESE CAKE ask your server for today’s selection	9.99
CHOCOLATE MOUSSE PIE dark chocolate mousse in an oreo cookie crumb crust.	9.99

SEASONAL FRUIT COBBLER t/w house-made ice cream	9.99
HUMMINGBIRD CAKE banana, pineapple & pecan cake t/w buttercream frosting	11.11

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