

# THE CAPTAIN'S DEN

12368 WARWICK BLVD

757-240-4650

## LUNCH & DINNER

### SANDWICHES

Gluten Free Bread available upon request

#### CAPTAIN'S BLT

All-American classic sandwich of crispy bacon, lettuce, tomato & mayo served on toasted white bread with a pickle. \$9.00 (OR BBLT...Double Bacon!) +\$2

#### CNU TUNA MELT

Tuna salad w/ melted cheddar on a warm croissant with lettuce & tomato served with goldfish \$9.00

#### TURKEY & CHEDDAR

Roasted turkey on wheat with cheddar, lettuce, tomato & chipotle mayo \$9.00

#### ROAST BEEF ON CIABATTA

Oven roasted beef on ciabatta bread with melted provolone cheese, horseradish sauce, lettuce & tomato \$10.00

#### TURKEY ON FOCCACIA

Toasted with melted cheddar, red onions, lettuce, tomato & mayo \$10.00

#### CAPTAIN'S "CLUB"

A hearty sandwich of roasted turkey breast, smoked ham, bacon, swiss and provolone. One slice of wheat and one rye slice with tomato, lettuce, mayo & dijon mustard. \$13.00

#### CAPTAIN'S HAM & CHEESE

Sliced hickory smoked ham with swiss cheese, lettuce, tomato, mayo & dijon mustard on marble rye \$9.00

#### GRILLED CHEESE

Captain's gourmet grilled cheese on fresh croissant with fries \$10.00 (Add a cup of soup of the day \$4.00)

#### SUPER HOT DOG

Loaded hot dog with relish, onions, chili, mustard and the Captain's Special Sauce with fries \$9.00

#### TOMMY'S CLASSIC REUBEN

Corn beef, Sauerkraut, Grilled Marble Rye, Russian Dressing, Melted Swiss Cheese \$13.00

### BURGERS

Choice: Beef, Veggie Patty + 1.25 or Chicken Breast +\$1

Served with Hand Cut Fries & House made Pickle

- \*CHEDDAR & ONION SMASHED BURGER  
Fried onion straws, sharp cheddar, lettuce & tomato \$15

- \*SECOND BREAKFAST BURGER  
Fried or sunny side up egg with bacon & cheddar \$15

- \*"HIT THE ROAD JACK" WHISKEY BURGER  
Provolone cheese, candied bacon, fried onion strings, tomato, lettuce & homemade whisky bbq sauce \$15

- \*CAPTAIN'S BURGER  
Cheese, lettuce, tomato, captain's signature sauce \$12

- \*BLACK'N BLUE BURGER  
Bleu cheese crumbles, tomato, lettuce & captain's signature sauce \$14

- \*PORTOBELLO BURGER  
Grilled portobello mushroom, balsamic vinaigrette, provolone cheese, caramelized red onion, tomato, lettuce & garlic aioli \$14

Upgrade Fries: Sweet Potato Fries \$2, Crispy Truffle Fries \$4, Fried Zucchini \$1

### SIDES

Sweet Potato Fries w/ Sea Salt \$8.00  
Hand Cut Fries \$6.00  
Crispy Truffle Fries \$10.00  
Chili Cheese Fries \$7.00  
Nachos w/ Cheese & Chili \$7.00

Fried Zucchini \$7.00  
Ultimate Pretzel w/ \$10.00  
Mustard or Cheese Sauce +\$3.00  
Mozzarella Sticks (6) \$7.00

### CAPTAIN'S WRAPS

Served with Tortilla Chips

#### SOUTHWEST CHICKEN WRAP

Chili-marinated chicken breast, exotic grains & fire roasted vegetables, w/ cheddar & jack cheese, salsa, lettuce, buttermilk ranch dressing in a toasted flour wrap \$11

#### THAI VEGETARIAN WRAP

Crisp, thin sliced napa cabbage/red cabbage blend, quinoa, shredded carrots, cucumber, julienne red peppers, mango salsa, cilantro leaves and crushed peanuts tossed w/ our homemade thai peanut sauce in a flour tortilla wrap. Served with a side of Thai peanut sauce to dip with \$11

#### MEDITERRANEAN WRAP

hummus, red onion baby spinach, cucumber, grape tomatoes, feta cheese & basil pesto in a flour tortilla wrap served with homemade tzatziki sauce \$11

### SALADS

Dressings: House Vinaigrette, Bleu Cheese, Ranch, Honey Mustard, Sesame Ginger Dressing

#### THAI SALAD

crisp, thin sliced napa cabbage/red cabbage, quinoa, shredded carrots, cucumber, julienne red peppers, mango salsa topped w. cilantro leaves and crushed peanuts served w/ homemade thai peanut sauce \$12.00

#### \*OPEN SESAME GINGER CHICKEN SALAD

Mixed greens, pan-seared chicken, almonds & chow mein noodles with sesame ginger dressing \$12.00

#### OLD-FASHIONED COBB

Turkey, ham, bacon, bleu cheese crumbles over mixed greens, with cucumbers, carrots, tomatoes, onions & egg \$12.00

#### CAPTAIN'S HOUSE SALAD

Mixed greens, candied pecans, tomatoes, onions, cucumbers with blue cheese crumbles & cider vinaigrette \$10.00

#### FRESH FRUIT BOWL

Colorful blend of seasonal fruits served on a bed of lettuce \$8.00

#### SMALL SIDE SALAD \$5

### SOUPS

Our homemade soups are prepared daily and are served with a parmesan crostini \$5.00 (Pints for take-out only \$7.00)

#### BROCCOLI CHEESE

#### LOBSTER BISQUE

#### CAPTAIN'S CHILI

House made beef chili

Add: Sour cream .50, Cheese \$1, Onion .50 or Loaded \$1.75

### CAPTAIN'S SPECIAL ITEMS

#### CHICKEN TENDERS

Six Chicken Tenders served with a side of fries \$12

#### CHEESE QUESADILLA

Served with Tortilla Chips \$8.00 Add Chicken \$2.00

#### CAPTAIN'S CHICKEN SANDWICH

Captain's Signature Sauce, Tomato, Lettuce \$12 Choice Grilled or Fried

### SKIPPER MEAL \$6.99



10 and under

Chicken Tenders (3)  
Kid's Burger  
Kid's Grilled Cheese  
Kid's Ham & Cheese

### NIGHTINGALE ICE CREAM SANDWICHES

- FAT ELVIS Peanut Butter Cookie, Banana Ice Cream, Dipped in Chocolate
- COOKIE MONSTER Cookies & Cream Ice Cream in between Chocolate Chip Cookies
- CHOCOLATE BLACKOUT Chocolate Brownie Cookie, Chocolate Ice Cream w/ Chocolate Cake Pieces
- SALTED CARAMEL Brown Sugar Cookie & Salted Caramel Ice Cream. Smooth & Sweet!

THE VIRGINIA DEPT OF HEALTH WOULD LIKE US TO REMIND YOU THAT CONSUMING RAW OR UNDERCOOKED MEALS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE THE RISK OF FOOD-BORNE ILLNESS.

\*THE FOLLOWING ITEMS MAY BE SERVED RAW OR UNDERCOOKED