

The Chefs at Catablu Grille want to keep our customers engaged, by creating foods that ignite the senses. It's no secret; use great ingredients and in turn create great tasting food. Our Simply Pure Preparation (SP) creations are made with no dairy or gluten and are simply grilled or roasted. The idea is to have healthy options that truly taste great. Enjoy your experience with us.

Wines by the Glass

Whites

Mashio, Prosecco, Italy **Split** / 8-

Stella, Moscato, Italy 2015 / 9-

Pacific Rim, Riesling, Columbia Valley 2015 / 8-

Villa Wolf, Pinot Noir Rose, Pfalz 2016 / 9-/32-

Caposaldo, Pinot Grigio, Italy 2015/9-

Marlborough, Sauvignon Blanc, Marlborough 2014 / 9-

Benziger "Organic", Chardonnay, Sonoma 2013 / 10-

Reds

Meiomi, Pinot Noir, Sonoma-Santa Barbara 2015 / 13-

60 Souls, Pinot Noir, Willamette 2014 / 14-

Coppola, Merlot, Sonoma 2014 / 9-

Boomtown, Cabernet Sauvignon, Washington St. 2014 / 9-

BR Cohn, Cabernet Sauvignon, Sonoma County 2012 / 13-

Simi, Cabernet Sauvignon, Alexander Valley 2014 / 15-

Mountain Door, Malbec, Mendoza 2015 / 8-

Martini List

Pineapple Martini

Pineapple-Vanilla Bean Infused Vodka Martini with a Splash of Pineapple Juice / 11-

Pomegranate Martini

Pomegranate Infused Vodka and Pomegranate Liqueur Blended with a Splash of Fruit Juice / 11-

Raspberry Truffle

Vanilla Vodka, Godiva Chocolate Liqueur, Chambord and Cream / 11-

Caffeinitini

Vanilla Vodka, White Chocolate Liqueur, Kahlua, Cointreau, Espresso, Cream / 11-

Blueberry Lemon Drop

Blueberry Vodka, Absolute Citron and a Dash of Sour / 10-

Hemingway

Tanqueray Rangpur, Fresh Lemon and Basil / 11-

Sweet Heat

Tanteo Jalapeno Tequila, Peach Schnapps, Agave, Fresh OJ, Fresh Lime / 11-

X Rated

X Passion Fruit Infused Vodka and X Liqueur Kissed with a Splash of Pineapple / 11-

Cold Pressed Pineapple Apple Mint Mojito

Rum, Fresh Mint, Cold Pressed Pineapple and Apple, Fresh Lime / 11-

Leon Phelps

Courvoisier, Fresh Lemon, Fresh Mint, Rose Water, Fennel Syrup / 11-

Small Plates and Flatbreads

Honey Lime Smoked Fish Tostadas / red cabbage / avocado / pickled tomatillos / cilantro lime crema / 14- GF

Rice Fried Jumbo Firecracker Shrimp / sweet hot chili sauce / green onion / 12-

Crispy Brussels Sprouts / caramelized onions / carrots / scallions / nuoc cham vinaigrette / 10- GF

Roasted Tomato Flatbread / fresh mozzarella / sweet basil oil / 10-

Smoked Duck Flatbread / fresh spinach / cilantro sour cream / roasted mushrooms / balsamic vinaigrette / 12-

Uncle Antonio's Flatbread / avocado puree / refried beans / sour cream / tomatoes / cheddar cheese / jalapeno slices / 11-

(Gluten Free Flatbread Available +\$3-)

Salads

Half Salad with Soup or Half Sandwich

Chop Chop Salad / romaine / vegetables / provolone cheese / balsamic vinaigrette / 10- GF

Apple Salad / romaine / spiced candied walnuts / gorgonzola / red grapes / maple sherry vinaigrette / 11- GF

Raw Salad / frisse / romaine / white cabbage / avocado / red bell pepper / dried cranberries / hemp seeds / raw walnuts / walnut ginger dressing / 11- GF SP

Roasted Beets / watercress / hearts of palm / pickled dried apricots / crumbled goat cheese / walnut vinaigrette / 13- GF

Frisse / raddichio / goat cheese / croutons / candied bacon / fried egg / champagne mustard vinaigrette / 12-
grilled chicken +5- / shrimp +8- / salmon +7- / beef skewers +7-

Brown Rice Bowl

Brown Rice / edamame / steamed rice / baby bok choy / shiitake mushrooms / miso mustard glaze
grilled chicken 12- / shrimp 14- / salmon 14- / Mahi 14- / double vegetable 12- / beef skewers 14-

Burgers / Sandwiches

add an egg to a burger / +1.50-

Cheeseburger / all natural beef patty / lettuce / tomato / onion / hand cut fries / 10-

B.B.Q. Ranch Burger / all natural beef patty / apple smoked bacon / cheddar cheese / Tabasco onion rings / hand cut fries / 13-

Bison Burger / melted leeks / dill Havarti / black truffle aioli / frisee / hand cut fries / 18-

Shaved Chicken Sandwich / white BBQ sauce / bacon / smoked cheddar / sliced avocado / tomato / arugula / sweet fries / wheatberry bread / 12 -

Blackened Mahi Mahi Sandwich / tomato / tangy slaw / house tartar sauce / sweet potato fries / 13-

Main Plates

Cauliflower Stir Fry / peppers / bok choy / mushrooms / sunburst squash / red onions / toasted sesame seeds / cashews / honey chile drizzle / 16- GF SP
grilled chicken +5- / shrimp +8- / salmon +7-

Italian Chicken Meatloaf with Smoked Provolone / crushed marble potatoes / broccolini / roasted mushrooms / nectarine agrodolce / 16-

Pistachio Crusted Salmon / shallots / sweet corn / mushrooms / swiss chard / rosemary sweet corn cream / 17-

Mediterranean Grilled Filet Mignon Skewers / pita / smoked hummus / cucumber / radish / toy box tomatoes / herb feta drizzle / 13-

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness