

Tabica Grill

Menu



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Special Events

Catering

Beer

Wine

The Fine Print

Appetizers

Beef Tenderloin Bites

Lightly Blackened Pieces of Beef with Horseradish Dipping Sauce 7.99

Broiled Escargot

Golden Browned with Garlic-Pernod Butter and Toast Points 9.99

Our Signature Cajun Eggrolls

Blackened Chicken, Roast Corn, Goat & Cheddar Cheeses, Red Onion, & Avocado Crema 6.99

Coconut Shrimp

Natural Coconut Encrusted & Deep Fried with Plum-Horseradish Sauce 8.99

Louisiana BBQ Shrimp

Plump and Bursting with Flavor, Sauteed with Garlic & Shallots, White Wine & BBQ Butter 8.99

Black Bistro Mussels

Delicious PEI Mussels Steamed with White Wine, Shallots & Spicy Butter Sauce, Toast Points 8.99

Baked Goat Cheese

A Medallion of Warm, Browned Goat Cheese Adrift in a Marinara Pool with Grilled Toast Points 7.99

Chicken Quesadillas

Ancho Poached Chicken, Black Beans, Roast Corn, Smoked Gouda, Cilantro & Tomatillo Salsa 7.99

Asian Wings

Crunchy, Honey Marinated Chicken Wings Tossed with a Spicy Firecracker Sauce 8.99

Fried Calamari

Traditional with Marinara Sauce or Asian Style with Tangy Ginger Vinaigrette 6.99

Steamed Pot Stickers

Asian Pork & Ginger Filling Wrapped in Tender Won Ton Skins, Ponzu Dipping Sauce 8.99

Salads

Tomato & Mozzarella

Fire Grilled Red & Yellow Tomatoes Layered w/ Fresh Basil Stuffed Mozzarella, Arugula Greens and Balsamic Vinaigrette on the Side 8.99 with Grilled Chicken add 2.99
with Beef Tenderloin Bites add 6.99 with Coconut Shrimp add 4.99

Goat Cheese

Baby Field Greens, Sundried Cherries, Spicy Walnuts, Imported Fresh Goat Cheese, and Vanilla Bean Vinaigrette 9.99 with Pecan or Grilled Chicken add 2.99

Fantasia

Spinach, Arugula, Radicchio, Fennel & Endive Greens Tossed with Crumbled Blue Cheese, Sliced Apples and Pears, Spicy Walnuts and a Champagne Vinaigrette 8.99 with Pecan or Grilled Chicken add 2.99

Caesar

Crisp Hearts of Romaine, Parmesan Sourdough Croutons and Aged Reggiano Parmesan Cheese Tossed w/ the Classic Dressing 8.99 with Pecan or Grilled Chicken add 2.99 with Grilled or Blackened Salmon add 3.99 with Beef Tenderloin Bites add 6.99 with Coconut Shrimp add 4.99

Boston

Butter Soft Organically Grown Head of Boston Lettuce Cracked Open and Topped with Crumbled Blue Cheese, Blue Cheese Dressing and Diced Tomato 8.99 with Grilled Chicken add 2.99
with Beef Tenderloin Bites add 6.99 with Coconut Shrimp add 4.99

Lunch

Available Monday To Friday 11:30 to 2:30

French Dip Sandwich

Sliced Roast Beef on Hoagie Roll with Au Jus and Horseradish Sauces 10.99

Cuban Pork Sandwich

Grilled Pork Loin & Ham Pressed in a Citrus-Mustard Brushed Hoagie Roll with Provolone Cheese 9.99

Fish Wrap

Pan Roasted Tilapia w/ Ancho Black Beans, Herb Rice, Jack & Cilantro in a Soft Cheddar Tortilla 9.99

Bistro Burger

Worcestershire Grilled on Toasted Wholewheat Kaiser, Lettuce, Red Onion, Ripe Tomato, Chipotle Mayonnaise 8.99 Add Caramelized Onions, Bacon, Mushrooms, Cheddar, Jack or Blue Cheese .59 ea.

Chicken Salad Pita Wrap

Apples, Walnuts, Poached Chicken , Carrots, Raisins, Spinach, & Jack Cheese in Cinnamon -Mayo Dressing 8.99

Balsamic Chicken Wrap

Marinated Grilled Chicken Breast in Soft Tortilla with Goat Cheese, Roasted Red Peppers & Mixed Greens 8.99

Grilled Chicken Caesar Wrap

Chicken Breast & Crisp Romaine Hearts Tossed in The Classic Dressing Wrapped in a Soft Cheddar Tortilla 8.99

Chicken Sandwich

Grilled Chicken Breast with Melted Jack Cheese, Lettuce, Tomato, Red Onion and Honey-Mustard Sauce 8.99

Garden Sandwich

Warm Fresh Spinach, Mushrooms, French Brie Cheese, Apple Slices & Spicy Walnuts on Multi-Grain Bread 8.99

Mediterranean Veggie Wrap

Assorted Grilled Vegetables with Pesto Sauce & Provolone Cheese Wrapped in Pita Bread 8.99

Grilled Salmon BLT

Fresh Baked Baguette Spread with Tarragon-Aioli, Grilled Pacific Salmon, Applewood Smoked Bacon, Organic Boston Lettuce, and Sliced Vine Ripe Tomato 10.99

Fish and Chips

Golden Battered Filet of Tilapia with French Fries & Chilled Vegetables, House Made Tartar Sauce 10.99

Chicken Salad

A Generous Scoop of Our Chicken Salad Over Boston & Radicchio Lettuces with Cinnamon Pita Chips 8.99

Grilled Salmon

Sesame-Soy Marinated and Placed over Mixed Greens Tossed in Ginger Vinaigrette, Herb Rice 10.99

Meatloaf "Stack Style"

Garlic Mashed Potatoes, Grilled Meatloaf, Wild Mushroom Gravy and Tobacco Onion Rings 10.99

Vegetable Pasta

Assorted Grilled Vegetables Tossed in a Toasted Pine Nut Pesto Sauce with Penne Pasta Noodles 10.99

Add Five Plump Shrimp 4.99 Add Grilled Chicken Breast 2.99

Dinner

Cowboy Steak

Our Premier Grilled 18 oz. Bone In Certified Angus Beef Rib Steak Topped with Golden Brown Tobacco Onion Rings. Garlic Mashed Potatoes and House Vegetables 27.99

Filet Mignon

Hand Cut Grilled 7 oz. Beef Filet Mignon with Caramelized Shallots, Blue Cheese Butter & Veal Demi Glace Placed over Fresh Hydroponic Arugula Greens and Garlic Mashed Potatoes 24.99

Pork Schnitzel

Golden Brown with Shallot-Caper Butter, Sauerkraut & Roast Potatoes 15.99 with egg or anchovy add 1.00

Beef Short Rib

Richly Flavored Bone Out Certified Angus Beef Slow Cooked until Fork Tender, Veal Demi Glace, Cheddar Cheese Mashed Potatoes and House Vegetables 19.99

Pork Tenderloin

Ancho Chili Rubbed & Grilled to Order with Sweet Mashed Potatoes & Mango-Mustard Zip Zap 17.99

Slow Braised Pork Shank

Bone In "Osso Buco" Cut (20-24 oz.) Tenderly Braised in Veal Stock and Nestled in Garlic Mashed Potatoes with Daily Vegetables and Rosemary-Tomato Demi Glace 19.99

Grilled Meatloaf

Wrapped in Applewood Smoked Bacon and Baked Slowly, then Grilled and served with Wild Mushroom Gravy, Daily Vegetables and Garlic Mashed Potatoes 15.99

Bistro Roast Chicken

Half a Semi-Boneless Roast Garlic Rubbed Chicken served with Tossed Roast Potatoes , Steamed Vegetables and a Light Veal Demi Glace 14.99

Crispy Roast Duckling

Half a Golden Oven Roasted Bird with a Cranberry Demi Glace, Tossed Roast Potatoes & Vegetables 23.99

Jerked Chicken

All Natural Ashley Farms Chicken Breast Lightly Jerk Marinated and Grilled, Black Beans, Rice and Fried Plantains, Tomatillo Salsa 16.99

Vegetable Pasta

Assorted Steamed Vegetables Tossed in a Toasted Pine Nut Pesto Sauce with Penne Noodles 13.99

add Plump Shrimp 4.99 add Grilled Chicken 2.99 add Pan Roast Tilapia Filet 3.99

Bowtie Pasta

Grilled Chicken Breast, Shiitaki & Button Mushrooms, Reggiano Parmesan Cheese & Baby Spinach in a Wild Mushroom Cream Sauce 15.99

Blue Fin Crab Cakes

Corn Flour Dusted & Oven Brownd "North Eastern Style", Herb Rice and House Vegetables, Zip Zapped with Whole Grain Mustard Sauce 18.99

Grilled Fresh Salmon

On a Bed of Tossed Roast Potatoes and Vegetables with a Dijon-Dill Hollandaise Sauce, 18.99

Mango Nut Local Grouper

Oven Roasted Filet with a Crust of Hazelnuts, Pistachios & Walnuts , Warm Mango Coulis, Daily Vegetables & Coconut Basmati Rice 22.99

Cajun Seafood Etouffee

Jumbo Tempura Shrimp and Herb Rice with a Rich Seafood Stew of Crawfish Tails, Spicy Andouille Sausage, Peppers, Onions and Cajun Seasonings 16.99

Louisiana BBQ Shrimp

Tender Shrimp, Avocado, Cherry Tomatoes & Corn in a Spicy BBQ Herb Butter Sauce over Herb Rice 18.99

Early Dinner

Served everyday from 5 to 6:30 pm. Final orders must be in the kitchen by 6:45pm. Early Dinners include Our Fresh Bread Basket with Tabica Butter; Choice of Caesar Salad, Field Greens Salad with Tomato Vinaigrette, Baked Potato Soup or Soup of the Day; Choice of Fresh Brewed Coffee, Iced or Hot Tea, or Fountain Soda. Chef's Daily Vegetables will accompany most items.

Grilled Fresh Salmon

Asian Marinated, Grilled and Oven Finished, Herb Rice and House Made Tartar Sauce on the Side 14.99

Coconut Shrimp

Natural Coconut Encrusted & Deep Fried. Served with Horseradish-Plum Sauce and Herb Rice 13.99

Blue Fin Crab Cake

Corn Flour Dusted & Oven Brownd "North Eastern Style", Herb Rice and Daily Vegetables, Whole Grain Mustard Sauce 12.99

Blue Crab Crusted Tilapia

Pan Roasted Filet with a Topping of Blue Crab and Hollandaise Sauce, Herb Rice 13.99

Beef Short Rib

Richly Flavored Bone Out Certified Angus Beef Slow Cooked until Fork Tender, Veal Demi Glace, Garlic Mashed Potatoes and House Vegetables 14.99

Meatloaf

Applewood Smoked Bacon Wrapped & Grilled, Garlic Mashed Potatoes & Mushroom Gravy 13.99

Calf's Liver

Sauteed Mushrooms, Caramelized Onions and Applewood Smoked Bacon with Garlic Mashed Potatoes and Mushroom Gravy 13.99

Stuffed Chicken

Panko Crusted Chicken Breast Filled with Ham and Cheddar Cheese, Placed over Mashed Potatoes with a Roast Corn Sauce 13.99

Pecan Chicken

Golden Brownd Breast Crusted in Pecans and Panko, Mashed Sweet Potatoes and a Cranberry Demi Glace
Sauce 13.99

Shrimp & Vegetable Pasta

Assorted Steamed Vegetables Tossed in a Toasted Pine Nut Pesto Sauce with Plump Shrimp and Penne Pasta Noodles 13.99

Desserts

Chocolate Cake

Rich Molten Chocolate Cake w/ Whipped Cream,
Two Chocolate Sauces & Raspberry Coulis 6.99

Strawberry Shortcake

Warm Shortbread Biscuit Layered with Strawberries
& Whipped Cream, Velvety Strawberry Syrup 6.99

Apple Cobbler

Baked Warm in Ramekin with Walnut-Oat Crumb
Topping and Cinnamon Ice Cream 6.99

Fried Cheesecake

Creamy NY Style Cheesecake Rice Krispie Wrapped
and Served Warm Over Blueberry Sauce with
Vanilla Ice Cream 6.99

Keylime Dagwood

Keylime Custard Sandwiched Between Layers of
Graham Cracker Cookies, Whipped Cream Topped
& Drizzled with Simple Syrup 6.99

Creme Brulee

Flavor Changes Regularly 6.99

Sorbet or Ice Cream

Double Scoop of Lemon Sorbet , Chocolate,
Vanilla, or Cinnamon Ice Creams 3.99

Kids

Grilled Chicken Breast with Honey Mustard Herb Rice and Steamed Vegetables 7.99

Meatloaf w/ Mushroom Gravy. Mashed Potatoes and Steamed Vegetables 7.99

Oven Roast Crab Cake with Herb Rice & Steamed Vegetables 7.99

Penne Pasta with Butter or Marinara 3.99

Sides

Chef's Daily House Vegetables 1.99

Garlic Mashed Potatoes 1.99

Roast Red Potatoes 2.99

Mashed Sweet Potatoes 2.99

Wild Rice Blend w/ Herbs 1.99

Coconut Basmati Rice 2.99

French Fries 1.99

Pricing and Availability Subject to Change