

## APPETIZERS

### Jumbo Shrimp Cocktail

Local's favorite! Hand selected succulent shrimp from our deepest waters, served chilled to perfection with our own zesty cocktail sauce and lemon wedge (5 pieces) ... 15

### Shrimp Scampi

4 jumbo shrimp sauteed in our own special blend of fresh garlic herbs. The juices a must for dipping with our fresh bread! ... 15

### Fresh Mozzarella & Tomato Salad

Think slices of fresh mozzarella and Jersey tomatoes topped with fresh basil and drizzled with our homemade balsamic vinaigrette ... 12

### Oysters on the ½ Shell

The finest selection of oysters brought in daily from the market and served with our famous zesty cocktail sauce ... 13

### Fresh Maine Steamers

"A Four Winds Staple" Delivered daily, your choice of a half or full pot (approximately 30 to a full pot) ... \$ Market Price

### Buffalo or Boneless Wings

Try 'em flamed grilled or fried. Specify hot, mild, BBQ, teriyaki, smoked chipotle BBQ or sesame garlic ... 11

### Fried Calamari

A generous portion of lightly fried, tender calamari served with our homemade marinara sauce ... 12

### Four Winds Nacho Platter

Piled HIGH with beef chili, cheddar & mozzarella cheeses, lettuce, tomato, guacomle, black olives, jalapenos, salsa and sour cream served on a sizzling platter ... 13 (add chicken 4)

### Chicken Fingers

Complemented with our special honey mustard sauce ... 9

### Clams Casino

Our own recipe with veggies, spices and topped with bacon. Best at the shore! ... 11

### Potato Skins

Cooked golden brown. Available with bacon & cheddar or broccoli & cheddar ... 9

### Fried Mushrooms

Served with horseradish dipping sauce ... 9

### Roasted Red Pepper Salad

Served with aged provolone, fresh mozzarella or both cheeses, paired with balsamic vinaigrette ... 13

### Grilled Portabella Mushroom

Grilled then topped with our homemade marinara & fresh melted mozzarella ... 10

### Coconut Shrimp

4 jumbo shrimp encrusted in our tasty coconut batter and drizzled with homemade Grand Marnier orange sauce ... 15

### Shrimp Parmigiana

4 jumbo shrimp nestled in a bed of marinara and mozzarella cheese ... 15

### Shrimp Casino

4 jumbo shrimp with our signature veggies and spices, topped with bacon. **Dip those juices!** ... 15

### Baked Oysters Casino

Four Winds recipe with veggies, spices and topped with bacon ... 14

### Linguini with Clam Sauce

Choose red or white. A "shore" pleasure! ... 12

### Prince Edward Island Mussels

Available hot or mild marinara, served with garlic toast points ... 13

### Homemade Mini Crab Cakes

3 of our secret recipe spicy crab cakes served over a lobster basil cream sauce ... 13

### Wasabi Firecracker Calamari

A generous portion tossed with an orange ginger dressing and garnished with fresh wasabi sauce ... 14

### Clams on the ½ Shell

6 clams served with our zesty cocktail sauce & lemon ... 10

### Roasted Clams

One dozen sizzled to perfection on our grill, served with drawn butter and lemon wedge ... 13

### Mozzarella Sticks

A half dozen golden brown, paired with our homemade marinara ... 9

### Clams Oreganato

Try our new blend of fresh clams combined with parmesan cheese, garlic, basil and butter ... 11

### Clam Lovers Combo

3 Casino and 3 Oreganato ... 11

### Fried Zucchini

Served with horseradish dipping sauce ... 9

### Fried Combo

**The crowd pleaser!** Mozzarella sticks, mushrooms and zucchini slices served with marinara and horseradish sauce ... 11

## SOUPS

### Crock of French Onion Soup

Our own signature blend of savory sweet onions & spices, topped with mozzarella cheese. A Four Winds Experience! ... 7

### Manhattan Clam Chowder

Homemade Daily Cup... 4 Bowl... 7

### Chili

Topped with melted cheese & chopped onions ... 6.5

### Soup du Jour

Cup... 4 Bowl... 7

**\*\*All clams, mussels and steamers may naturally contain sand\*\***

## ENTREES

Please be patient. All of our food is cooked to order.

All dinners are served with your choice of baked potato, rice, mashed potatoes, french fries, broccoli or linguini marinara and choice of crisp house salad or cup of soup

### FRESH SEAFOOD

All of our seafood is bought fresh daily and prepared to order. Please check our daily specials for our "Fresh Catch of the Day"

#### Fried Oysters

Delivered daily. These select oysters will satisfy the Captain! ... 23

#### Fresh Sea Scallops

Fresh from the Jersey Shore. Prepared your way. Choose either fried, broiled, francaise or scampi ... 27

#### Jumbo Shrimp

Jumbo succulent shrimp prepared your way. Choose either fried, broiled, francaise or scampi. ... 27

#### Shrimp Fra Diablo

Jumbo shrimp sauteed in our spicy marnara sauce, specify hot or mild, served over linguini. Order if you have spicy on your mind! ... 28

#### Shrimp Parmigiana

Jumbo shrimp breaded & topped with our homemade marinara sauce and mozzarella cheese ... 28

#### Filet Mignon & Shrimp Scampi

Where the sea meets the shore! Enjoy our finest filet with 4 jumbo shrimp scampi, seasoned to perfection ... 39

#### Fresh Fluke

A Jersey Shore favorite! Delivered daily to ensure full flavor. Choose either broiled, fried or francaise ... 24

#### Stuffed Fluke

Our fresh fluke creates a perfect marriage with our fresh Maryland crabmeat. Served over a lobster basil cream sauce ... 29

#### Linguini in Clam Sauce

Choose Red or White. A delicious serving of fresh clams and pasta ... 20

#### Filet Mignon & Lobster Tail

Filet mignon grilled to perfection served with a jumbo Brazilian lobster tail ... MP

### Boneless Chicken Breast

#### Chicken Parmigiana

Breaded breast of chicken smothered in marinara sauce and mozzarella cheese. Served over linguini ... 1 Pc 18 ... 2 Pc 23

#### Chicken Marsala

Tender bread of chicken sauteed with fresh mushrooms in our brown Marsala wine sauce ... 1 Pc 18 ... 2 Pc 23

#### Chicken Scampi

Tender chicken breast sauteed in our own special blend of garlic and herbs ... 1 Pc 18 ... 2 Pc 23

#### Captains Seafood Combo

Enjoy this feast broiled or fried. Includes 4 oz fluke, 3 oz scallops, 3 jumbo shrimp, 3 oysters and 2 stuffed clams. Served with cocktail and tartar sauce.

Save room for this dish! ... 32

#### Stuffed Shrimp

Jumbo shrimp stuffed with our Maryland crabmeat stuffing served over a lobster basil cream sauce. ... 29

#### Chicken Francaise

Our tender breast of chicken gently seasoned and egg battered then sauteed in a lemon butter wine sauce. Delightfully served over linguini or a bed of rice ... 1 Pc 18 ... 2 Pc 23

## Steaks

We proudly serve only Sterling Silver Premium Beef which is the top 12% of all beef. Hand selected, it has a strict aging requirement of 21 days

### 12 oz. Choice New York Sirloin Steak

Cooked to your preference on our charcoal grill, garnished with an onion ring and a mushroom cap, served on a sizzling plate ... 26

### 16 oz. Choice New York Sirloin Steak

Cooked to your preference ... 29

### 16 oz Steak Au Poive

Our finest sirloin sauteed with peppercorns, fresh mushrooms, brandy, brown sauce and a touch of heavy cream ... 30

### Cajun Sirloin

Our choice 16 oz sirloin dredged in Cajun spices, blackened and cook to your preference. Try it with Au Jus and horseradish sauce! ... 30

### 16 oz. Steak Diane

Our finest sirloin sauteed in a blend of Dijon mustard, brandy, Worcestershire sauce, fresh mushrooms, brown sauce and a touch of heavy cream. A rich, savory delight! ... 30

### 16 oz Sterling Silver Rib Eye

Heavily marbled, however very tender!  
Regular ... 30 Cajun Style ... 31

### Roast Prime Rib Au Jus

The finest at the Jersey Shore! Try our thick generous cut of heavy steer prime rib slowly roasted fresh daily. Served with its own savory natural juices and a side of horseradish sauce ... 20oz 26 Cowboy Cut ... 39

### Filet Mignon

Our finest Sterling choice beef, garnished with an onion ring and a mushroom cap ... 32  
Add Lump Crabmeat ... 39

### Pot Roast

Tender pot roast topped with brown gravy and served with mashed potatoes and broccoli florets ... 21

### Four Winds Liver

Fresh calves liver thinly sliced then coated with caramelized onions and topped with smoked bacon ... 19

### BBQ Baby Back Ribs

Guaranteed to make you come back for more!  
Tender ribs slow roasted in our own special blend of seasonings to make your mouth water.  
Falls right of the bone! ... Half Rack 19  
Full Rack 25

## Combos from our Grill

### BBQ Mixed Grill

Combines 1/2 rack of our Southern style baby back ribs paired with 1 BBQ chicken breast and 3 BBQ shrimp ... 27

### Ribs & Shrimp Combo

1/2 rack of Southern style baby ribs paired with 4 jumbo roasted garlic shrimp ... 26

### Prime Rib & Shrimp Scampi Combo

Our famous prime rib sliced at 12 oz and paired with 4 jumbo garlic roasted shrimp ... 39

### Filet Mignon & Scallops Casino

Our finest filet mignon grilled to your preference paired with scallops casino and garlic mashed potatoes! ... 41

## Side Dishes

French Fries ... 3.50

Mashed Potato ... 2.95

Baked Potato ... 2.50

Onion Rings ... 6.95

Sauteed Spinach ... 4.95

Cole Slaw ... 2.95

Sweet Potato Fries ... 3.95

Loaded Baked Potato ... 3.95

Rice ... 2.95

Garlic Bread with Mozzarella Cheese ... 5.95

Broccoli ... 3.95

Linguini or Penne Marinara ... 3.95

## Children's Menu

Comes with one free soda

Cheeseburger & Fries ... 7.95

Pork Roll & Cheese ... 6.95

Grilled Cheese ... 6.95

Chicken Fingers & Fries ... 7.95

Fried Shrimp & Fries ... 12.95

Macaroni & Cheese ... 5.95

Grilled Chicken & Broccoli ... 8.95

BBQ Ribs & Fries ... 10.95

Spaghetti & Meatballs ... 6.95

Fried Fluke & Fries ... 10.95

Rare - Center is bright red, pinkish toward the exterior and warm throughout

Medium Rare - Center is very pink, slightly brown toward the exterior, slightly hot

Medium - Center is light pink, outer portion is brown and hot throughout

Medium Well - Mostly gray, brown throughout with a hint of pink in the center

Well Done - Steak is uniformly brown or gray throughout

## Handcrafted Burgers

10 oz of freshly ground sirloin grilled to your preference and served on a fresh hard roll complemented by a jumbo onion ring and a pickle wedge

### Hamburger

Our 10 oz burger on a fresh hard roll ... 10

### Mini Burgers

Four mini burgers made from our fresh ground beef served on mini potato rolls ... 10

### Black N' Bleu Burger

Cajun burger topped with melted bleu cheese ... 12

### California Burger

Served with lettuce, tomato onion and a side of mayo ... 12

### South Jersey Burger

The Jersey Classic but with a southern twist. Topped with pepper jack cheese and jalapenos ... 13

### Veggie Burger

Vegetable connoisseur? Enjoy our special blend of carrots, lentils, onions and peppers, topped with lettuce and tomato ... 13

### SoCal Turkey Burger

Fresh turkey burger topped with lettuce, tomato, bacon, avocado and chipotle mayo ... 13

### Crab Burger

Fresh Maryland jumbo lump crabmeat topped with our chipotle tartar sauce, lettuce and tomato on a fresh brioche bun ... 14

### Cowboy Burger

Topped with cheddar cheese, sauteed onions, bacon and BBQ sauce ... 12

### Peppercorn Burger

A Winds Favorite! Pepper encrusted and topped with frizzled onions, bacon, mozzarella cheese and ranch dressing ... 14

Add: Cheese, Mushrooms, Lettuce, Tomato, Mayo, Fried Onions, Frizzled Onions for \$.50 each  
Add: bacon \$1

## Sandwiches

Comes with homemade potato chips (unless specified) and a pickle

### Prime Rib Dip

12 oz of fresh thing sliced prime rib served on an Italian roll paired with fries and au jus for dipping ... 14  
Try adding cheese! ... 50

### Sizzling Sirloin

10 oz Sterling Silver sirloin grilled to your liking served over toast points, topped with garlic butter and paired with french fries served on a sizzling platter ... 24

### Four Winds Shrimp Po 'Boy

Panko breaded jumbo shrimp topped with homemade slaw and drizzled with a sesame garlic sauce ... 16

### Sirloin Cheesesteak

Fresh NY sirloin strips topped with your choice of cheese on a fresh roll ... 13

Try engulfing with mushrooms, onions or peppers! ... 50 each

### Fish Tacos

3 freshly breaded cod tacos, topped with pico de gallo, avocado, lettuce, cheese, herbed mayo in a soft flour tortilla or hard shell ... 14.95

### Turkey Club

Fresh roasted turkey with lettuce, tomato, bacon and mayo on 3 slices of bread, choose either white, wheat or rye ... 12

### Chicken Ciabatta

Available grilled or fired and topped with lettuce, tomato, bacon and Swiss cheese on a French ciabatta ... 12

### Fried Fluke Sandwich

Fresh fluke topped with lettuce, tomato and a side of tartar sauce ... 14

### Classic Reuben

Served open faced and piled high with corned beet, sauerkraut, Russian dressing and melted Swiss cheese ... 13

## Salads

Dressing Choices: Balsamic, Honey Mustard, Bleu Cheese, Ranch, Creamy Italian, Light Italian, Russian and French

### House Salad

Iceberg lettuce, onions, carrots, cucumbers and a cherry tomato ... 6

### Chicken Caesar Salad

Available grilled or cajun and served over crispy romaine lettuce with croutons and homemade caesar dressing ... 15

### Grilled Steak Salad

Fresh grilled sirloin cooked to your liking. Served over mixed greens, avocado, bacon and tomatoes paired with ranch dressing ... 21

### Blackened Scallop Salad

Fresh spinach topped with bacon, avocado, chopped egg and diced tomatoes with your choice of dressing ... 21

### Chopped Beet Salad

Fresh chopped beets, Belgian endive, caramelized onions, crumbed bleu cheese and pistachio nuts served over mixed greens and tossed in balsamic ... 12

### Coconut Shrimp Salad

Served over crispy green and topped with oriental noodles, walnuts, cherry tomatoes, sundried cranberries and mandarin oranges drizzled with a sesame orange ginger dressing ... 22

### Cobb Salad

Grilled chicken, black olives, crumbled bleu cheese, bacon, tomato, boiled egg, onions, avocado and croutons served over crispy romaine lettuce with your choice of dressing ... 17

Add chicken 5    Add shrimp 2.75 each    Add scallops 5 oz for 10