

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



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 48.50
Cowboy Cut...70.50

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...39

16 OZ. CHOICE NEW YORK SIRLOIN STEAK

Cooked to your preference...44

16 OZ. STEAK AU POIVE

Our finest sirloin sautéed with peppercorns, fresh mushrooms, brandy, brown sauce and a touch of heavy cream...49.50

CAJUN SIRLOIN

Our choice 16 oz sirloin dredged in Cajun spices, blackened and cooked to your preference.
Try it with Au Jus and horseradish sauce!...48

16 OZ. STEAK DIANE

Our finest sirloin sautéed in a blend of Dijon mustard, brandy, Worcestershire sauce, fresh mushrooms, brown sauce and a touch of heavy cream. A rich, savory delight!...49.50

16 OZ. STERLING SILVER RIB EYE

Heavily marbled, however very tender!
Regular or Cajun Style...47.50

FILET MIGNON

Our finest Sterling choice beef, garnished with an onion ring and a mushroom cap...48
Add Lump Crabmeat...52.5

POT ROAST

Tender pot roast topped with brown gravy and served with mashed potatoes and broccoli florets...31.50

FOUR WINDS LIVER

Fresh calves liver thinly sliced then coated with caramelized onions and topped with smoked bacon...31.50

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 off the bone!...Half Rack 30.50 | Full Rack...39.50

STEAK ADD ONS

Sauteed Mushrooms & Onions, Frizzled Onions +4 | Homemade Sauce: Diane, Au Poive +5 | Melted Blue Cheese +2.50

COMBOS FROM OUR GRILL

BBQ MIXED GRILL

Combines ½ rack of our Southern style baby back ribs paired with 1 BBQ chicken breast and 3 BBQ shrimp...42

PRIME RIB & SHRIMP SCAMPI COMBO

Our famous prime rib paired with 4 jumbo garlic roasted shrimp...56

RIBS & SHRIMP COMBO

½ rack of Southern style baby ribs paired with 4 jumbo roasted garlic shrimp...41.50

FILET MIGNON & SCALLOPS CASINO

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

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

SIDE DISHES

FRENCH FRIES...5

MASHED POTATO...5.50

BAKED POTATO...4.50

ONION RINGS...13

SAUTÉED SPINACH...9

COLE SLAW...5

RICE...4.50

BROCCOLI...8

SWEET POTATO FRIES...7

LOADED BAKED POTATO...8.50

GARLIC BREAD with Mozzarella Cheese...8

LINGUINI OR PENNE MARINARA...8.50

CHILDREN’S MENU

Comes with One Free Soda

CHEESEBURGER & FRIES...13.50

PORK ROLL & CHEESE...12

GRILLED CHEESE...10

CHICKEN FINGERS & FRIES...13.50

MACARONI & CHEESE...8.50

GRILLED CHICKEN & BROCCOLI...13.50

BBQ RIBS & FRIES...17

SPAGHETTI & MEATBALLS...13

HANDCRAFTED BURGERS

10 ounces 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. | Add Fries \$3.50

HAMBURGER

Our 10 oz burger on a fresh hard roll... 16

MINI BURGERS

Four mini burgers made from our fresh ground beef served on mini potato rolls... 15.5

BLACK N' BLEU BURGER

Cajun burger topped with melted crumbled bleu cheese... 19.50

CALIFORNIA BURGER

Served with lettuce, tomato, onion and a side of mayo... 18.50

SOUTH JERSEY BURGER

The Jersey classic but with a Southern twist. Topped with pork roll, Pepper Jack cheese and jalapeños... 18.50

VEGGIE BURGER

Vegetable connoisseur? Enjoy our special blend of carrots, lentils, onions and peppers topped with lettuce and tomato... 16.50

SOCAL TURKEY BURGER

Fresh Turkey Burger topped with lettuce, tomato, bacon, avocado and chipotle mayo... 18.50

CRAB BURGER

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

COWBOY BURGER

Topped with cheddar cheese, sautéed onions, bacon and BBQ sauce... 20.50

PEPPERCORN BURGER

A Winds Favorite! Pepper encrusted and topped with frizzled onions, bacon, mozzarella cheese and ranch dressing... 20.50

ADD ONS

Bacon +3 | Sautéed Mushrooms +4
Sautéed Onions +4 | Frizzled Onions +4

SANDWICHES

Comes with homemade potato chips and a pickle

PRIME RIB DIP

12oz of fresh thin sliced prime rib served on an Italian roll paired with fries and au jus for dipping... 20.50
Try adding cheese!... +2

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... 28.50

FOUR WINDS SHRIMP PO 'BOY

Panko breaded jumbo shrimp topped with homemade slaw and drizzled with a sesame garlic sauce... 20.50

SIRLOIN CHEESESTEAK

Fresh NY sirloin strips topped with your choice of cheese on a fresh roll... 19.50
Try engulfing with Mushrooms, Onions or Peppers! +2 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... 21

TURKEY CLUB

Fresh roasted turkey with lettuce, tomato, bacon and mayo on 3 slices of bread. Choose either white, wheat or rye... 16.50

CHICKEN CIABATTA

Available grilled or fried and topped with lettuce, tomato, bacon and Swiss cheese on a French ciabatta... 17.50

FRIED FLUKE SANDWICH

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

CLASSIC REUBEN

Served open faced and piled high with corned beef, sauerkraut, Russian dressing and melted Swiss cheese... 22

SALADS

Dressing Choices: Balsamic, Honey Dijon Vinaigrette, Bleu Cheese, Ranch, Creamy Italian, Light Italian, Russian, French

HOUSE SALAD

Iceberg lettuce, onions, carrots, cucumbers and a cherry tomato... 8.50

CHICKEN CAESAR SALAD

Available grilled or Cajun and served over crispy Romaine lettuce with croutons and homemade Caesar dressing... 21.50

GRILLED STEAK SALAD

Grilled to your liking and served sliced over Mesclun greens with goat cheese bruschetta, caramelized onions, carrots, tomatoes, cucumbers, black olives and sliced avocado... 26

BLACKENED SCALLOP SALAD

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

CHOPPED BEET SALAD

Fresh chopped beets, belgian endive, caramelized onions, crumbled bleu cheese and pistachio nuts served over mixed greens and tossed in balsamic... 18

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... 24.50

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... 24

WEDGE SALAD

Cold wedge of Iceberg lettuce topped with creamy homemade bleu cheese dressing, bacon crumbles and diced tomatoes 16

Add Chicken +6 Add Shrimp +9 Add Salmon +12

FOUR WINDS WINE

REDS

CABERNET SAUVIGNON

Hess	California	12.5	46
J Lohr	California	11.5	42
Ferrari Carano	California		56

MERLOT

Kendall Jackson	California	12.5	46
-----------------	------------	------	----

MALBEC

Calia	Argentina	9.5	34
-------	-----------	-----	----

PINOT NOIR

Meiomi	California	14.5	54
Seaglass	California	10	36
Joel Gott	California	14.5	54

CHIANTI

Ruffino	Italy	11.5	42
---------	-------	------	----

RED BLEND

19 Crimes	Australia	9.5	34
-----------	-----------	-----	----

WHITES

PINOT GRIGIO

Santa Margherita	California	15.5	61
Mezzacorona	Italy	10.5	38

CHARDONNAY

Hess	California	10.5	38
Kendall Jackson	California	12.5	46
Simi	California	12.5	46

SAUVIGNON BLANC

Oyster Bay	New Zealand	10.5	38
Joel Gott	California	12	44

ROSE

Santa Margherita	California	13.5	50
------------------	------------	------	----

RIESLING

Seaglass	California	10	36
----------	------------	----	----

MOSCATO

Seven Daughters	Italy	9.5	34
-----------------	-------	-----	----

COCKTAILS

ORANGE CRUSH

Stoli O, Triple Sec, Fresh Squeezed OJ, Splash of 7-UP

ORANGE CREAM CRUSH

Vanilla Vodka, Triple Sec, Fresh Squeezed OJ, Splash of Club Soda

ENDLESS SUMMER PUNCH

Captain Morgan, Coconut & Pineapple Rum, Topped with OJ & Cranberry

ESPRESSO MARTINI

Espresso, Vanilla Vodka, Kahlua, Splash of Bailey's

RUBY RED COSMO

Absolut Ruby Red Vodka, Triple Sec, Lime Juice, Cranberry

HOMEMADE SANGRIA

Ask Server for Seasonal Sangria

GOLDEN MARGARITA

Cuervo Gold Margarita, Grand Marnier Floater

MOSCOW MULE

Choice of St. George Green Chili or Traditional

HONEY BOURBON OLD FASHIONED

Wild Turkey Bourbon & Wild Turkey American Honey,
Dash Bitters, Orange & Cherry, Club Soda

PLEASE DRINK RESPONSIBLY.

20% GRATUITY ADDED TO PARTIES OF SIX OR MORE | A 3% CREDIT CARD FEE WILL BE APPLIED TO ALL CREDIT CARD TRANSACTIONS

APPETIZERS

JUMBO SHRIMP COCKTAIL

Locals' favorite! Hand selected jumbo succulent shrimp served chilled to perfection with our own zesty cocktail sauce and lemon wedge...21

SHRIMP SCAMPI

4 jumbo shrimp sauteed in our own special blend of fresh garlic herbs. The juice is a must for dipping with our fresh bread!...21

FRESH MOZZARELLA & TOMATO SALAD

Thick slices of fresh mozzarella and Jersey tomatoes topped with fresh basil and drizzled with our homemade balsamic vinaigrette...14.5

OYSTERS ON THE 1/2 SHELL

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

FRESH MAINE STEAMERS

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

BUFFALO OR BONELESS WINGS

Try 'em flamed, grilled or fried. Specify hot, mild, BBQ, teriyaki, smoked chipotle BBQ, hot honey or sesame garlic...19

FRIED CALAMARI

A generous portion of lightly fried, tender calamari. Served with our homemade marinara sauce...18

FOUR WINDS NACHO PLATTER

Piled HIGH with Beef Chili, Cheddar & Mozzarella Cheeses, Lettuce, Tomato, Guacamole, Black Olives, Jalapenos, Salsa and Sour Cream...18 (Add Chicken +5)

CHICKEN FINGERS

Complimented with our special honey mustard sauce...16

CLAMS CASINO

Our own recipe with veggies, spices and topped with bacon. Best at the shore!...16.5

POTATO SKINS

Cooked Golden Brown. Available with Bacon & Cheddar or Broccoli & Cheddar...15

FRIED MUSHROOMS

Served with horseradish dipping sauce...16.50

ROASTED RED PEPPER SALAD

Served with aged provolone, fresh mozzarella or both cheeses, paired with balsamic vinaigrette...15.50

GRILLED PORTABELLA MUSHROOM

Grilled then topped with our homemade marinara and fresh melted mozzarella...17

COCONUT SHRIMP

4 jumbo shrimp encrusted in our tasty coconut batter and drizzled with homemade Grand Marnier orange sauce...21.50

SHRIMP PARMIGIANA

4 jumbo shrimp nestled in a bed of marinara and mozzarella cheese...22.50

SHRIMP CASINO

4 jumbo shrimp with our signature veggies and spices, topped with bacon. Dip those juices!...21.50

BAKED OYSTERS CASINO

Four Winds recipe with veggies, spices and topped with bacon...21

LINGUINI WITH CLAM SAUCE

Choose red or white. A "shore" pleasure!...21.50

PRINCE EDWARD ISLAND MUSSELS

Available hot or mild marinara, served with garlic toast points...22

HOMEMADE MINI CRAB CAKES

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

WASABI FIRECRACKER CALAMARI

A generous portion tossed with an orange ginger dressing and garnished with fresh wasabi sauce...19

CLAMS ON THE 1/2 SHELL

6 clams served with our zesty cocktail sauce and lemon...15

ROASTED CLAMS

One dozen sizzled to perfection on our grill, served with drawn butter and lemon wedge...19.50

MOZZARELLA STICKS

A half dozen golden brown, paired with our homemade marinara...12

CLAMS OREGANATO

Try our new blend of fresh clams combined with parmesan cheese, garlic, basil and butter...16.50

CLAM LOVERS COMBO

3 Casino and 3 Oreganato...16.50

FRIED ZUCCHINI

Served with horseradish dipping sauce...14.50

FRIED COMBO

The crowd pleaser! Mozzarella sticks, mushrooms and zucchini slices served with marinara and horseradish sauce...16.50

SOUPS

CROCK OF FRENCH ONION SOUP

Our own signature blend of savory sweet onions and spices, topped with mozzarella cheese. A Four Winds Experience!...12.50

MANHATTAN CLAM CHOWDER

Homemade Daily Cup...5 Bowl...9.50

CHILI

Topped with melted cheese and chopped onions Bowl...10

SOUP DU JOUR

Cup...5 Bowl...9.50

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”

FRESH SEA SCALLOPS

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

JUMBO SHRIMP

Jumbo succulent shrimp prepared your way.
Choose either fried, broiled, francaise or scampi ... 35.50

SHRIMP FRA DIABLO

Jumbo shrimp sautéed in our spicy marinara sauce, specify hot or mild, served over linguini.
Order if you have spicy on your mind!...35.50

SHRIMP PARMIGIANA

Jumbo shrimp breaded & topped with our homemade marinara sauce and mozzarella cheese...35.50

FILET MIGNON & SHRIMP SCAMPI

Where the sea meets the shore!
Enjoy our finest filet with 4 jumbo shrimp scampi, seasoned to perfection...61

FRESH FLUKE

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

STUFFED FLUKE

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

LINGUINI IN CLAM SAUCE

Choose Red or White.
A delicious serving of fresh clams and pasta...27.50

FILET MIGNON & LOBSTER TAIL

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

CRAB CAKES

Two lump Maryland crab cakes panko breaded,
deep fried & served over our lobster basil cream sauce...MP

BONELESS CHICKEN BREAST

CHICKEN PARMIGIANA

Breaded breast of chicken smothered in marinara sauce and mozzarella cheese.
Served over linguini... 1 Pc 25.50 ...2 Pc 32

CHICKEN MARSALA

Tender bread of chicken sautéed with fresh mushrooms
in our brown Marsala wine sauce... 1 Pc 25.50 ...2 Pc 32

CHICKEN SCAMPI

Tender chicken breast sautéed in our own special blend
of garlic and herbs... 1 Pc 25.50 ...2 Pc 32

CAPTAIN'S SEAFOOD COMBO

Enjoy this feast boiled 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!... 49

STUFFED SHRIMP

Jumbo shrimp stuffed
with our Maryland crabmeat
stuffing served over a lobster
basil cream sauce... 46

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 26...2 Pc 32.5

All clams, mussels and steamers may naturally contain sand