

LUNCH SELECTIONS

SOUPS & SALADS

SOUP OF THE DAY | CUP 4 / BOWL 6

SMOKED BRISKET CHILI | CUP 4 / BOWL 6
12 hour smoked beef brisket, house cured bacon, crème fraîche, white cheddar

HOUSE SALAD | 7 GF
field greens, cherry tomato, red onion, cucumber, feta, choice of dressing

WEDGE | 7 GF
crisp iceberg, shaved red onion, house smoked bacon, cherry tomatoes, bleu cheese crumbles, balsamic glaze, bleu cheese dressing

CAESAR | 6 V
romaine, rosemary croutons, parmesan, tossed with parmesan caesar dressing

add protein to any salad ~chicken 5/salmon 6/grouper 8

STARTERS

GROUPEL NUGGETS | 16
local red grouper, florida citrus remoulade

CHICKEN WINGS | 13 GF
nashville, jerk, or buffalo style; bleu cheese or black peppercorn ranch ~ *all wings/all drums 2*

BBQ PORK FLATBREAD | 11
12 hour smoked pork shoulder, sweet red onion, melted cheddar, bbq sauce, pickled cilantro

GUACAMOLE | 10 GF V
lime, pico de gallo, hand-cut corn tortilla chips

BUFFALO CAULIFLOWER | 9 GF V
house buffalo, tempura batter, black peppercorn ranch

iCUATRO NACHOS | 9 GF V
CHICKEN 4 / BRISKET CHILI 5 / BBQ PORK 5
queso blanco, black beans, pico de gallo, guacamole, sour cream

QUESO BLANCO | 8 GF V
melted white cheddar, white american, parmesan, pico de gallo, hand cut tortilla chips

QUESADILLA | 10 V
crispy tortilla stuffed with cheddar, sautéed peppers, onions, black beans, served with chips and salsa
BBQ pork 3/Chicken 4/steak 5

BUILD YOUR SALAD | 10 GF V

CHICKEN 5 / SALMON 6 / GROUPEL 8

CHOOSE YOUR GREENS & TOPPINGS

romaine lettuce or artisan mixed greens
red onion, cucumber, cherry tomatoes, sun-dried tomatoes, boiled egg, chickpeas, rosemary croutons, sunflower seeds, almonds, walnuts, carrots, black olives

CHOOSE ONE CHEESE

parmesan, feta, blue cheese, swiss, cheddar

CHOOSE YOUR DRESSING

lemon vinaigrette, parmesan caesar dressing, champagne vinaigrette, bleu cheese dressing, balsamic vinaigrette, black peppercorn ranch, honey mustard, russian dressing

HAND HELDS

SERVED WITH FRIES/CHIPS (ADDITIONAL 1.95) SWEET POTATO FRIES (2.50) SIDE SALAD/VEGETABLE OF THE DAY (1.95)

GROUPEL | 20

fried, grilled, or blackened local red grouper, coleslaw, tartar, house potato chip crumbles, potato bun

BLACKENED GROUPEL REUBEN | 20

blackened local red grouper, swiss, sauerkraut, house russian dressing, rye toast

CLUB | 14 (GF)

turkey, ham, bacon, lettuce, tomato, swiss, mayonnaise, wheat toast

THE CAROLINA | 12

Fried or grilled chicken, coleslaw, tomato, cheddar, bibb lettuce, honey mustard, bbq sauce, wrapped in a garlic herb tortilla

CUBANO | 13 (GF)

roast pork, ham, dill pickles, mustard, melted swiss pressed on la segunda cuban bread

BBQ PORK | 11 (GF)

12 hour smoked pork shoulder, house bbq sauce, dill pickles, potato bun

iCUATRO BURGER | 10 / DOUBLE 14 (GF)

black angus burger, white cheddar, bibb lettuce, tomato, sautéed onion, dill pickles, Martin's potato bun
add house smoked bacon 1.50/black & bleu 2

THE CHEESE STEAK | 14

shaved prime rib, mushroom, grilled onions, peppers, melted provolone and aioli served on a soft Martin's potato roll.

CHICKEN SANDWICH | 14 NASHVILLE, BUFFALO, PARMESAN

beer battered, crispy chicken served on a soft potato bun.

nashville style: hot chili oil and dill pickles.

buffalo style: house buffalo, bleu cheese dressing, lettuce, tomato.

V - Vegetarian GF - Gluten Free (GF) can be prepared gluten free