

Bayside Bistro Rock Island new menu

Po'Boy Life

All are dressed with Mayo, Pickle, Lettuce n' tomato & side of Slaw! Served Sauteed or Deep Fried

Crab Cake pan seared 14.89

Shrimp Only fried or sauteed 14.89

Crunchy Mix (Shrimp n' Oyster) 17.89

Fried Oyster 15.89

Bayside Sample Platter 29.89 6 Shrimp, 6 Oyster, 2 Crab Cakes and 1 side

Bayside with shrimp n' andouille sausage sauteed not fried and not dressed Spicy! 13.89

Sandwich

Roasted Sweet Potato "OR" Cilantro Lime Rice Each of these sandwiches can be served GF. Tell us if you are Celiac.

Baja Chicken (spicy) Southwestern style chicken served with our house made slaw, cilantro, lime and chipotle ranch or garlic aioli 13.89

Caribbean Chicken Sweet n' Savory pineapples, mango, red onion, spinach sauteed 14.79

Meaty Beach Beef, Chicken, Bacon topped with avocado honey and siracha (siracha on top makes this spicy) 15.95

Philly Cheese Steak topped with bell peppers, onion spicy giardiniera 15.95

Jerk Chicken with or without bread it's delicious! Served with our homemade Jerk BBQ spicy sauce 14.95

BLT (mayo) 12.95

Grilled Cheese 10.95 add Bacon or Chicken \$3.50

Keto Life Hot Plate

Butter lettuce wrap (3) with side of avocado and Sauteed bell pepper, onion and eggplant

Beef 15.95

Baja Chicken 13.89

Shrimp Pan seared (spicy or not) 14.89

Vegetarian Life

Sandwiches Includes a side of Cilantro Lime Rice "OR" Sweet Potatoes

Caribbean Power Bowl: Black beans, red/white cabbage, sweet potatoes, tofu, mango lime chutney 14.95 no side

Mediterranean Power Bowl: Quinoa, Kalamata olives, cucumber, tomato, edamame & garlic aioli 14.95 no side

Grilled Eggplant Parmesan Sandwich: Eggplant, Parmesan, tomato, spinach, Pineapple & basil 13.95

Cajun Blackened Tofu Sandwich: Tofu, spinach avocado, tomato 13.95

Irresistible Sides & Bites

Quinoa Salad 9.75

Red Beans n' Rice Spicy 6.75

Roasted Sweet Potato 4.25

Fried Cabbage 4.25

Fried Plantains 4.75

Boudin Balls Spicy (4) 6.75

Cilantro Lime Rice 4.25

Mean Green Salad 8.95/12.95

Soup of the Day 4.50/6.50/12

Homemade Drinks we offer sugar alternatives

Our homemade soda is Caffeine free

Lemonade

Tea (hot or cold)

Arnold Palmer

Strawberry Soda

Orange Soda

Lemon/Lime Soda

Ginger Lemon Tea (So good hot or cold) No caffeine

Smoothies and Juices coming in the Spring

Sweet Treats

Changes Daily...But do ask, it may surprise you!