

Hours:

Monday 11-8

Tuesday 11-8

Wednesday 11-8

Thursday 11-9

Friday 8-2

# CRUNCH.

## SOUP & SALADS

**Salmon Popper** | fire tempura salmon, mixed greens, grape tomato, jalapeno, red onion, tortilla strips, ranch dressing 21

**Twisted Crunch** | crispy or grilled whitefish, romaine, grape tomato, grilled onion, crouton, egg, house dressing 19

**Tuna Nicoise** | seared rare tuna, mixed greens, potato, egg, verts, capers, olives, lemon vin 22

**Caesar** | romaine, tomato, crouton & caesar dressing 10

**Small Soup** 7

**Large Soup** 13

## APPETIZERS

**Orange Sesame Cauliflower** | tempura cauliflower, orange sesame glaze, sesame seed 14

**Crunchy Crab Rangoon's Rolls** | 3 lightly fried wontons, stuffed with some crab heaven, duck sauce 13

**Onions Rings** | beer battered, chipotle dipping sauce 10

**Sweet Chili Salmon Bites** | tempura salmon, sweet chili glaze, sesame seed, mixed greens 19

**Crispy Brussels** | best snack ever, without the crispy pastrami, sea salt 9

**Teriyaki Salmon Skewers** | 3 charred salmon skewers, teriyaki glaze, sesame seed, mixed green 19

**Fish & Chips** | crispy crunchy lightly breaded whitefish, french fries, tartar sauce, lemon 19

## TACOS

**Seared Tuna** | 3 seared tuna tacos, mixed greens, pico, horseradish aioli, teriyaki, french fries 19

**Roasted Salmon** | 3 roasted salmon tacos, citrus slaw, salsa, cilantro, french fries 19

**Crispy Whitefish** | 3 crispy fish tacos, citrus slaw, spicy mayo, sesame seed, french fries 18

**Flaaaaacos** | 3 crispy whitefish tacos, fire glaze, citrus slaw, ranch drizzle, french fries 19

## SANDWICHES & WRAPS

**Crispy Fish Sandwich** | cornflake crusted whitefish, tomato, pickle, tartar sauce, fries and pickle 14

**Spicy Crispy Fish Sandwich** | cornflake crusted whitefish, tomato, pickle, cole slaw, spicy mayo, fries and pickle 14

**Flaming Crispy Fish Sandwich** | cornflake crusted whitefish, jalapenos, tomato, fire sauce, fries and pickle 14

**The Carolina Crispy Fish Sandwich** | cornflake crusted whitefish, tomato, pickles, carolina bbq, fries and pickle 14

**Buffalo Ranch Whitefish Wrap** | crispy whitefish, romaine, tomato, buffalo, ranch, fries and pickle 14

**Grilled Salmon Wrap** | grilled salmon, mixed greens, grilled onions, tartar sauce, fries and pickle 14

**BBQ Salmon Wrap** | grilled salmon, grilled onions, mixed greens, bbq sauce, fries and pickle 14

**Southwest Salmon Wrap** | grilled salmon, mixed greens, tomato, corn, black bean, chipotle aioli, fries and pickle 14

**Tuna Wrap** | fresh yellowfin tuna salad, red onions, tomato, fries and pickle 14

**Tuna Avocado Sandwich** | fresh yellowfin tuna salad, romaine, tomato, onion, avocado, ranch, fries & pickle 14

## IMPOSSIBLE BURGERS

**The Crunch Burger** | impossible burger, brioche bun, romaine, grilled onions, pickle, tomato, fries and pickle 14

**The Farm Crunch Burger** | impossible burger, brioche bun, mixed greens, sunny side up egg, pesto, fries and pickle 15

**The Fire Crunch Burger** | impossible burger, mixed greens, tomato, jalapeno, fire sauce, fries and pickle 14

**Southwest Burger** | impossible burger, avocado, tomato, romaine, chipotle, tortilla strips, fries and pickle 15

