



THE CAPTAIN'S DEN



LUNCH & DINNER

SANDWICHES

Gluten Free Bread available upon request

CAPTAIN'S BLT

All-American classic sandwich of crispy bacon, lettuce, tomato & mayo served on toasted white bread with a pickle. \$14
Or BBLT.. Double Bacon) + \$2

CNU TUNA MELT

Tuna salad w/ melted cheddar on a warm croissant with lettuce & tomato served with goldfish \$14

TURKEY & CHEDDAR

Roasted turkey on wheat with cheddar, lettuce, tomato and chipotle mayo \$14

ROAST BEEF ON CIABATTA

Oven roasted beef on ciabatta bread with melted provolone cheese, horseradish sauce, lettuce & tomato \$15.50

TURKEY ON FOCCACIA

Toasted with melted cheddar, red onions, lettuce, tomato & mayo \$16

CAPTAIN'S "CLUB"

A hearty sandwich of roasted turkey breast, smoked ham, bacon, swiss and provolone. One slice of wheat and one rye slice with tomato, lettuce, mayo & dijon mustard. \$16.50

CAPTAIN'S HAM & CHEESE

Sliced hickory smoked ham with swiss cheese, lettuce, tomato, mayo & dijon mustard on marble rye \$13.50

ULTIMATE GRILLED CHEESE CROISSANT

Captain's gourmet grilled cheese on fresh croissant with fries \$13.50 add a cup of soup of the day \$4.00)

TOMMY'S CLASSIC REUBEN

Corn beef, Sauerkraut, Grilled Marble Rye, Russian Dressing, Melted Swiss Cheese \$14

BURGERS

Choice: Beef, Veggie Patty + 1.25 or Chicken Breast +\$1

Served with Hand Cut Fries & House made Pickle

CHEDDAR & ONION SMASHED BURGER

Fried onion straws, sharp cheddar, lettuce & tomato \$17.50

SECOND BREAKFAST BURGER

Fried or sunny side up egg with bacon & cheddar \$17.50

"HIT THE ROAD JACK" WHISKEY BURGER

Provolone cheese, candied bacon, fried onion strings, tomato, lettuce & homemade whisky bbq sauce \$17.50

BLACK'N BLUE BURGER

Bleu cheese crumbles, tomato, lettuce & captain's signature sauce \$17.50

CAPTAIN'S BURGER

Cheese, lettuce, tomato, captain's signature sauce \$16.50

CNU PATTY MELT

Smashed Patty on grilled rye w/melted Swiss, caramelized onions & garlic aioli \$18.50

CAPTAIN'S WRAPS

Served with Tortilla Chips

SOUTHWEST CHICKEN WRAP

Chili-marinated chicken breast, exotic grains & fire roasted veggies w/ cheddar & jack cheese, salsa, buttermilk ranch dressing on a toasted flour wrap \$16.50

THAI VEGETARIAN WRAP

Crisp, thin sliced Napa cabbage/red cabbage blend, quinoa, shredded carrots, cucumber, julienne red peppers, mango salsa, cilantro leaves & crushed peanuts tossed w/ homemade Thai peanut sauce in a flour tortilla wrap. \$16.50

MEDITERRANEAN WRAP

Hummus, red onion baby spinach, cucumber, grape tomatoes, feta cheese & basil pesto in our tortilla wrap served with homemade tzatziki sauce \$14

SALADS

Dressings: House Vinaigrette, Ranch, Honey Mustard, Sesame Ginger Dressing

THAI SALAD

Crisp & thin sliced Napa cabbage/red cabbage, quinoa, shredded carrots, cucumber, julienne red peppers, mango salsa topped w. cilantro leaves and crushed peanut served w/ homemade thai peanut sauce \$14.50

*OPEN SESAME GINGER CHICKEN SALAD

Mixed greens, pan-seared chicken, almonds & chow mein noodles with sesame ginger dressing \$14.50

OLD-FASHIONED COBB

Turkey, ham, bacon, bleu cheese crumbles over mixed greens, with cucumbers, carrots, tomatoes, onions & egg \$14.50

CAPTAIN'S HOUSE SALAD

Mixed greens, candied pecans, tomatoes, onions, cucumbers with blue cheese crumbles & cider vinaigrette \$15.50

SMALL SIDE SALAD \$5.50

SOUPS

Our homemade soups are prepared daily
\$5.50 (Pints for take-out only \$7.00)

BROCCOLI CHEESE

CAPTAIN'S CHILI

Add: Sour cream .50, Cheese \$1, Onion .50 or Loaded \$1.75

CAPTAIN'S SPECIALTY ITEMS

CHICKEN TENDERS

Six Chicken Tenders served with a side of fries \$14.50

CHEESE QUESADILLA

Served with Tortilla Chips \$9.99 Add Chicken \$2.00

CAPTAIN'S CHICKEN SANDWICH

Captain's Signature Sauce, Tomato, Lettuce \$15
Choice Grilled or Fried

CAPTAIN'S FRENCH DIP SAMMICH

Hot Roast Beef on toasted ciabatta w/melted swiss, caramelized onion and mayo
Served with Au Jus & French Fries \$15

CHICKEN BACON RANCH SANDWICH

Grilled chicken breast, melted cheddar, bacon, lettuce and tomato w/ Dijon Ranch on a grilled bun Served with Fries \$16

NIGHTINGALE ICE CREAM

SANDWICHES

- FAT ELVIS
- COOKIE MONSTER
- CHOCOLATE BLACKOUT
- SALTED CARAMEL

SIDES

- Hand Cut Fries \$6
- Fried Zucchini Sticks \$7
- Mozzarella Sticks (6) \$7



SKIPPER MEAL

- 10 and under
- Chicken Tenders (3)
- Kid's Burger
- Kid's Grilled Cheese

757-240-4650

THE VIRGINIA DEPT OF HEALTH WOULD LIKE US TO REMIND YOU THAT CONSUMING RAW OR UNDERCOOKED MEALS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE THE RISK OF FOOD-BORNE ILLNESS.

*THE FOLLOWING ITEMS MAY BE SERVED RAW OR UNDERCOOKED