



NOT YOUR AVERAGE
SPORTS GRILL
FAMILY & FAN FRIENDLY

Yeah, we're a sports grill, but don't tell that to our culinary team. We're changing what "sports bar" means. We won't stand for frozen, flavorless, reheated food. And neither should you! We're sports fans and fans of great food, and we're family AND fan friendly.

ask about our **awesome**
HALL OF FAME
loyalty program!



THIS MENU IS CURRENTLY EXCLUSIVE TO THE RECOVERY SPORTS GRILL PORT ST. LUCIE.
PLEASE FEEL FREE TO PROVIDE YOUR FEEDBACK ON YOUR NEW FAVORITE ITEMS SO WE CAN SHARE THEM WITH ALL OTHER RECOVERY SPORTS GRILL LOCATIONS!

WARM-UPS

GORGONZOLA TRUFFLE FRIES

waffle fries, truffle oil, gorgonzola cream sauce, blue cheese, parsley **10.59**

BAVARIAN PRETZELS

with house-made Boston cheddar fondue **9.59**

HUMMUS PLATTER *(light)*

with veggies, kalamata olives and flatbread **8.99**

PACIFIC RIM SEARED AHI

seared ahi tuna coated in a Polynesian spice blend, Thai peanut rice noodles, confetti veggies, pickled onions, and wasabi aioli **10.99**

BUFFALO CHICKEN WONTONS

wonton wraps with chicken, cheese and buffalo sauce with blue cheese dressing **9.59**

MOZZARELLA TRIANGLES

lightly breaded mozzarella served with marinara and blueberry sriracha **8.69**

CHICKEN QUESADILLA

chicken, colby jack, pico de gallo, chipotle sauce with sour cream and salsa **11.69**



RAZORBACK QUESADILLA

pulled pork, colby jack, pickled red onions and jalapeños with blueberry sriracha and sriracha lime crema **11.69**

CRAB CAKE

Maryland crab cakes served over Arcadian greens with a spicy remoulade and blueberry sriracha **12.99**

CRISPY ARTICHOKE

lightly breaded with lemon garlic aioli **8.99**

HOME RUN NACHOS

tortilla chips with chili, white queso, pico de gallo, black beans, jalapeños, cilantro lime crema and sour cream **12.69 / HALF 9.59**

CAROLINA BBQ NACHOS

tortilla chips with pulled pork, sweet BBQ sauce, white queso, pico de gallo, jalapeños and sour cream **12.69 / HALF 9.59**

BLUE CRAB AND SHRIMP DIP

Atlantic blue crab, shrimp and cheese with toasted bread **11.69**

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SALADS

AHI TUNA* *(light)*

seared tuna, mixed greens, scallions and cabbage with Ming's dressing **13.79**

POWER SALMON

chilled salmon, field greens, kale, feta cheese, candied pecans and Mediterranean quinoa blend with citrus vinaigrette **13.79**

EMPIRE STEAK

sliced sirloin steak, romaine, red onion, candied pecans, blue cheese crumbles and croutons with vidalia onion dressing **13.79**

BUFFALO CHICKEN

buffalo tenders, blue cheese crumbles, tomatoes and ranch over romaine with celery, carrots and blue cheese dressing **12.69**

THAI NOODLE

grilled chicken, diced apples, peanuts, cilantro and sesame seeds over spring mix, confetti veggies, tomatoes and rice noodles with Thai peanut dressing **12.69**

CHOPPED SOUTHWEST SALAD

grilled chicken, corn, black beans, pico de gallo, colby jack and tortilla straws over romaine with ranch and chipotle drizzle **12.69**

PROTEINS

salmon, shrimp, chicken and steak can be substituted or swapped for any protein (additional cost may incur)

DRESSINGS

ranch, chipotle ranch, honey mustard, vidalia onion, Italian, balsamic, blue cheese, Ming's, 1000 island, citrus vinaigrette, Thai peanut

WINGS & TENDERS

WINGS

all wings (traditional, grilled, boneless and Gardein) are served with celery, carrots and house-made blue cheese dressing

{ BONELESS } { TRADITIONAL } { GRILLED }

SERVING SIZE

| | |
|----------|-------|
| 5 PIECE | 6.99 |
| 10 PIECE | 11.99 |
| 15 PIECE | 16.99 |

{ GARDEIN }

boneless, meatless wings made from soy, wheat and pea proteins, vegetables and ancient grains

SERVING SIZE

| | |
|--------|-------|
| SMALL | 5.99 |
| MEDIUM | 8.99 |
| LARGE | 10.99 |

TENDERS

fresh, 100% natural all-white chicken breast, NEVER frozen, hand battered and cooked to order; served with house-made honey mustard

SERVING SIZE

| | |
|---------|-------|
| 3 PIECE | 5.99 |
| 6 PIECE | 10.99 |
| 9 PIECE | 15.99 |

CUSTOMIZE YOUR WINGS & TENDERS

GARLIC PARMESAN
garlic butter with Italian cheese and seasonings

SWEET BBQ
sweet and tangy

THAI PEANUT
savory authentic Asian peanut sauce

CHIPOTLE BBQ
smokey BBQ finished with some heat

BUFFALO BLUE
creamy blue cheese mixed with our medium sauce

MEDIUM
our own blend of spices and seasonings with a hint of Sambal Oelek

PEANUT BUTTER & GHOST JELLY
tossed in savory peanut butter sauce and drizzled with ghost pepper jam

HOT
our own blend of spices and seasonings with Sambal Oelek topped with jalapeños

CHEERLEADER
sweet 'n sassy sauce, sure to light your taste buds

BOURBON
house-made hickory bourbon

THAI CHILI
sweet and spicy with a hint of garlic

MILD
our own blend of spices and seasonings

BAYOU*
grilled wings blackened with a bacon honey mustard drizzle

HONEY SRIRACHA
Thailand's famous sauce with chili, garlic and infused with honey

JAMAICAN JERK*
grilled wings with a blend of Island spices (thyme, allspice and cayenne) and a sweet citrus glaze

SPICY GARLIC
our Hot and Garlic Parmesan sauces mixed together

MAPLE ADOBO
hot smokey chipotle Adobo with a hint of sweet maple flavor

*Flavors only offered for grilled traditional wings.



ENTRÉES



CHICKEN QUINOA BOWL

marinated chicken over Mediterranean quinoa blend and fresh citrus seasoned veggies **13.79**

SIZZLING CHICKEN & CHEESE

marinated chicken with melted cheese over seasoned peppers, onions and Chef's potatoes **14.79 / ADD SHRIMP 16.99**

MEDITERRANEAN CHICKEN

twin chicken breasts, fire roasted artichokes, crumbled feta with a lemon wine sauce served with Mediterranean quinoa blend and seasonal veggies **11.99**

CARIBBEAN CHICKEN

twin chicken breasts rubbed with an Island spices, with sweet citrus glaze served with Mediterranean quinoa blend and seasonal veggies **11.99**

HAND-DIPPED TENDERS

hand-battered chicken tenders tossed in your choice of wing sauce with fries, pineapple slaw and dipping sauce **13.79**



CHICKEN QUINOA BOWL



BANG BANG SHRIMP PASTA

shrimp, julienne red peppers, sweet coconut cream sriracha sauce over cavatappi pasta. Also available with chicken breast **13.99**

ROASTED SALMON QUINOA BOWL

roasted salmon over Mediterranean quinoa blend and fresh citrus seasoned veggies **15.99**

FISH & CHIPS

hand-breaded with fries, pineapple slaw and house-made tartar **11.99**

BROILED HADDOCK

hand-breaded and topped with feta and a lemon wine sauce served with Mediterranean quinoa blend and seasonal veggies **12.99**

MARYLAND CRAB CAKES

house-made served with a poblano corn blend, Arcadian greens and tomatoes with a spicy remoulade and blueberry sriracha **16.99**

KILLER CRAB CAKE MAC 'N CHEESE

Maryland crab cake over a white cheddar, mozzarella and parmesan cheese-blend mac 'n cheese with jumbo lump crab, seasoned panko bread crumbs and scallions. Also available with chicken breast **15.99**

SIDES

pineapple slaw, french fries, kettle chips, Chef's potatoes, onion rings, seasonal veggies, sweet potato fries, Mediterranean quinoa blend, poblano corn blend

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MARYLAND CRAB CAKES



STEAKHOUSE SIRLOIN

grilled 9oz sirloin with Chef's potatoes and seasonal veggies. **16.99**

TEXAS STRIP

grilled 12 oz NY strip with a chimichurri sauce served with Chef's potatoes and seasonal vegetable **24.99**

MEMPHIS-STYLE RIBS

half rack of BBQ ribs with and a brown sugar sprinkle served with sweet potato fries and pineapple slaw **13.99**

ADD ONS

*add shrimp, lump crab meat or a crab cake to any entree **+5.99***



BANG BANG SHRIMP PASTA

HANDHELDS

handhelds are served standard with fries unless otherwise noted

BAHA TACOS *(light)*

seasonal fish over citrus cucumber slaw, pico de gallo, peppa dew slices and cilantro lime crema with Mediterranean quinoa blend **10.59**
also available with seasoned shrimp

PORK CARNITAS TACOS

pulled pork over pineapple slaw, pickled red onions, blueberry sriracha, sweet and spicy pickles with Mediterranean quinoa blend **10.59**

FRENCH DIP

roast beef and Swiss dipped in au jus on toasted baguette **11.69**

SMOKEHOUSE CHICKEN

BBQ chicken, bacon, cheddar and an onion ring **11.69**

BURGERS

Substitute any burger with a veggie burger or turkey burger.

100% all-American premium cut beef—fresh and never frozen—grilled to perfection, burgers are served standard with fries

GORGONZOLA BURGER*

gorgonzola sauce, crispy bacon and LTO **11.69**

TRUFFLE MUSHROOM BURGER*

truffle oil sautéed mushrooms, Swiss and LTO **11.69**

TRIPLE PLAY BURGER*

crispy bacon, cheddar, LTO with BBQ sauce topped with an onion ring **11.69**

BAYOU CHICKEN

cajun rubbed with pepper jack, LTO and bacon honey mustard **11.69**

BUFFALO CHICKEN

tenders tossed in buffalo sauce with provolone and LTO with fries and blue cheese dressing **11.69**
light option with grilled chicken available

PULLED PORK

smothered in BBQ sauce over pineapple slaw on a brioche roll **11.69**

ROASTED TURKEY CLUB

turkey breast, bacon, lettuce, tomato and mayo on a roll with kettle chips **11.69**

REUBEN

hand trimmed, lean corned beef piled high with melted Swiss, sauerkraut and housemade Thousand Island dressing. **11.69**

CRUNCH BURGER

cheddar, sautéed onions, fries, minced garlic, blue cheese and buffalo sauce topped with chips **11.69**

SLIDERS*

house-made beef and bacon sliders, with cheddar, LTO and chipotle ranch **10.59**

PEPPER JACK BURGER*

pepper jack, jalapeños, LTO and chipotle ranch **11.69**

CAROLINA PIT BURGER*

burger topped with pulled pork, cheddar and LTO **11.69**

HOME RUN BURGER*

LTO **9.59** / ADD CHEESE & BACON **10.59**



FRENCH DIP



TURKEY CLUB



BAHA TACOS

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OUR LOCATIONS

FLORIDA
Port St. Lucie

VIRGINIA
Norfolk at
Old Dominion University

NEW YORK
Albany
Amsterdam
East Greenbush
Guilderland
Malta
Queensbury
Rotterdam
Troy
Verona

NEW JERSEY
Westampton

WEST VIRGINIA
Charleston



For more info:
recoveryssportsgrill.com/locations



recoveryssportsgrill.com
f: @RSGPortStLucie i: @RecoverySportsGrill t: @RecoveryGrill

LUNCH

LUNCH OPTIONS

{ \$8.99 EACH } AVAILABLE MONDAY THROUGH FRIDAY 11 AM TO 3 PM

served with the Chef's daily side dish, add a cup of soup for \$1.

CRANBERRY CHICKEN SALAD

romaine, house-made cranberry chicken salad, cucumbers, grape tomatoes, shredded carrots, choice of dressing*

STRAWBERRY PECAN SALAD

romaine and spring mix, feta, candied pecans, strawberries, and cucumbers with citrus vinaigrette*

REUBEN

corned beef, rye, swiss cheese, sauerkraut, thousand island dressing

SOUTHWEST CHICKEN WRAP

grilled chicken, pico de gallo, colby jack cheese & romaine tossed with chipotle ranch in a garlic herb tortilla served with a side of salsa

TURKEY FLATBREAD SANDWICH

shaved turkey breast, mixed greens, tomatoes, creamy basil aioli

BEEF AND BAGUETTE

cold rare roast beef on a baguette with Swiss, pickled red onions, spring greens, tomato and lemon garlic aioli

CRANBERRY CHICKEN SALAD SANDWICH

house-made cranberry chicken salad, romaine, tomatoes, Brioche roll

CHICKEN QUINOA BOWL

marinated chicken over Mediterranean quinoa blend and fresh citrus seasoned veggies*

SHRIMP QUINOA BOWL

sautéed shrimp served over Mediterranean quinoa blend and fresh citrus seasoned vegetables*

CHICKEN TENDERS BASKET

house-made chicken tenders, french fries, honey mustard*

**Items not served with Chef's Daily Side*

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