

LUNCH MENU

starters

urban fried calamari | 17
Spicy marinara, sliced hot pepper

jumbo shrimp cocktail | 18
Half dozen, classic cocktail sauce,
creamy mustard aioli

keating's ultimate nachos | 13
Aged white cheddar, black beans,
guacamole, salsa,
sour cream, side queso sauce

deviled eggs | 13
Fresh dill, dijon, garlic, paprika

house crafted hummus | 14
Tahini, garlic, crispy lavash,
cauliflower, baby carrot,
kalamata olives, feta cheese

avocado toast | 14
Lemon zest, goat cheese,
toy box tomato, micro arugula,
whole grain toast
Add | Fried Egg 3

truffle fries | 14
Roasted garlic aioli

goat cheese fritters | 15
Local harvested honey

margherita flatbread | 15
Fresh mozzarella, tomato, basil

philly flatbread | 16
Shaved steak, provolone,
bell peppers, onions, mushrooms

soups & salads

Add | Chicken 6 Shrimp 9 Salmon 12 Crabeake 16

roasted tomato soup | 9
Roasted Jersey tomatoes,
basil, oregano, cream

lobster bisque | 12
Maine lobster, garlic clove,
cayenne pepper, tarragon, sherry

steak salad* | 22
Beef sirloin, mixed green wedge,
tomato, mushrooms, onions,
sweet peppers, goat cheese, deviled egg

sarah's cobb salad | 14
Avocado, bacon, grape tomatoes,
maytag bleu cheese crumble,
hard-boiled egg, dijon vinaigrette

caesar salad | 12
Romaine, red grape tomatoes,
parmesan, crouton

sunset salad | 15
Baby spinach, glazed pecan, lemon poppy
seed dressing, goat cheese fritter

handhelds

Served with fries and cole slaw |
Substitute side house salad 5 |

USS grilled cheese | 15
Aged provolone, mozzarella,
hickory smoked bacon, jersey tomato,
served with cup of tomato bisque

caprese chicken | 16
Grilled chicken, roasted red pepper,
mozzarella, roasted garlic aioli, ciabatta roll

keating's famous double burger* | 16
Double stacked 4oz. patties, smoked bacon,
lettuce, tomato, cheddar cheese, pickle chips
Add | Fried Egg 3

penn's landing cheesesteak | 17
Shaved steak, caramelized onions,
cheese

entrees

grilled chicken paillard | 19
House made hummus, kalamata olives,
onions, feta, mixed green salad

mustard glazed salmon | 29
Broccolini, whole grain mustard,
brown sugar, wild rice pilaf

old bay crab cakes | 36
Two Maryland crab cakes, broccolini,
pineapple salsa, cocktail sauce,
creamy horseradish

herbed butter tenderloin* | 52
Filet Mignon 8oz., creamed spinach,
red bliss potatoes
Add | Shrimp 9 Crabeake 16

desserts

**chocolate peanut
butter mouse cake**
Chocolate genoise,
peanut butter mousse
10

**triple layer
chocolate cake**
Chocolate sponge cake,
dark ganache, frosting
10

carrot cake
Walnuts, Philadelphia
cream cheese frosting
10

coconut lime trifle
Lady fingers, cream,
lime curd,
coconut shavings
10

fresh berries
Citrus whipped cream
12

RopeandAnchorKitchen.com

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

A 20% service charge will be added to parties of 6 or larger.

V - Vegetarian | VE - Vegan | LOV - Lacto Ovo Vegetarian