

PROVING GROUND

EXPERIMENTAL TASTING AREA

WATERFRONT DINING

56 SHREWSBURY AVE » HIGHLANDS, NJ » (732) 872-2266 » EST. 2018

Proving Ground: noun - a workplace, context, or area for testing new equipment, ideas or... flavors.

AFI 21-101

SOUP & SALAD

[BRIEFING]

» LOBSTER BISQUE _11

creamy and smooth with a hint of sherry wine, loaded with lobster

» 3 CHEESE FRENCH ONION _10

crouton, melted swiss, mozzarella & parmesan

» SOUP OF THE DAY _10

ask your server for details

» FIG. 1: SALAD ADD-ONS...

chicken 8.00, shrimp 14.00, salmon 12.00, grilled octopus 14.00, crabcake 16.00, sliced sesame tuna 12.00

» HARVEST SALAD _16

spring mix, granny smith apples, red onion, roasted pecans, goat cheese, with a homemade maple vinaigrette

» AEGEAN FARM SALAD _15

cucumbers, tomatoes, kalamata olives, red onion, bell peppers, feta cheese, capers, EVOO, vinegar, oregano, sea salt & pepper

» KALE CAESAR SALAD _13

baby kale, romaine, capers, croutons, anchovy dressing, shaved parmesan

» COBB SALAD _18

mixed greens, grilled chicken, avocado, bacon, red onion, cherry tomatoes, black olives, hard boiled egg, croutons & buttermilk ranch dressing

» AHI TUNA NOODLE SALAD _18

sesame encrusted & sliced, served with fresh vegetables & sriracha aioli

» BURRATA _16

ask your server for the daily selection

» TUNA POKE BOWL _18

sushi grade tuna, steamed sushi rice, diced avocado, cucumbers, edamame, cabbage, seaweed salad

PASTA

» RIGATONI BOLOGNESE _26

homemade bolognese tossed with rigatoni and topped with fresh basil & parmesan

» CHEESE TORTELLINI _33

cheese stuffed pasta with a fresh lemon cream sauce

» BAKED 3 CHEESE MAC _15

oven baked with our 3 cheese blend & crispy panko

ADD YOUR CHOICE OF: FRIED BUFFALO CHICKEN +8, BBQ BRISKET +10, SHORT RIB +12, LOBSTER +MP

SHAREABLES

[FREE-FIRE ZONE]

» BACON WRAPPED SCALLOPS _15

sea scallops, brown sugar bacon with a horseradish glaze

» CALAMARI _17

fried golden brown and served with marinara & homemade tartar sauce

» BAVARIAN PRETZEL STICKS _13

(3) served with warm cheese sauce

» LITTLE NECK CLAMS _20

lemon, garlic, white wine, chopped bacon, served with garlic toast

» MUSSELS _18

spicy marinara or white wine sauce, served with garlic toast

» OCTOPUS _27

char grilled octopus over pearled cous-cous, diced roasted red peppers, black olive powder & garlicky kale

» CRAB DIP _21

made with crab, cream cheese & cheddar, served hot & bubbly with 2 pretzel sticks

» PG CHICKEN WINGS _16

buffalo, honey chipotle, garlic parmesan, cajun rub

» MEDITERRANEAN SAMPLER _16

hummus, tzatziki & roasted eggplant salad, stuffed grape leaves, grilled pita & veggies

» EDAMAME _11

sea salt, pepper & garlic

» THAI CHILI CAULIFLOWER _15

buttermilk marinade, fried, tossed in thai chili sauce, served with crispy noodles & sesame seeds

TRADITIONAL BUFFALO STYLE AVAILABLE

» QUESADILLAS _13

served with sour cream & house pico add chicken 3.00

» CLAMS/OYSTERS _MP

on the half shell

» PEEL & EAT SHRIMP _16

1 dozen, served with cocktail sauce

Before placing your order, please inform your server if a person in your party has a food allergy

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

HANDHELDS

[ZONE OF ACTION]

» ALL SANDWICHES ARE SERVED WITH FRIES
» GLUTEN FREE ROLLS/CORN TORTILLAS AVAILABLE
» SUB VEGGIE OR TURKEY BURGER FOR ANY BURGER

» BAM BAM BURGER _18

bacon, mashed avocado, mozzarella, lettuce, brioche bun

» FRENCH ONION BURGER _18

caramelized onions, french onion jus, melted swiss, brioche bun

» BREW BURGER _18

cheese sauce, caramelized onions & bourbon BBQ sauce, pretzel bun

» TURKEY BURGER _17

cheddar, lettuce, tomato, red onion, horseradish mayo, brioche bun

» BRISKET SANDWICH _17

slow roasted with cheddar cheese, pickles, caramelized onions & BBQ sauce, pretzel bun

» BLACKENED CHICKEN SANDWICH _17

cajun chicken, melted mozzarella, mashed avocado, bacon, sriracha mayo, brioche bun

» CHICKEN VODKA PARM _17

panko crusted chicken breast, vodka sauce, melted mozzarella on garlic bread

» CAJUN GROUPEL SANDWICH _18

baby greens & old bay aioli, toasted garlic bread

» CRABCAKE SANDWICH _18

lettuce, tomato, onion & lemon aioli, brioche bun

» SALMON BLT _18

pan seared salmon, bacon, lettuce, tomato, red onion & lemon aioli, brioche bun

» SHORT RIB SANDWICH _21

slow cooked short rib, caramelized onions, mozzarella cheese, on toasted garlic bread

» DYNAMITE WRAP _18

beer battered shrimp, bacon, mashed avocado, pepperjack cheese, lettuce, tomato, onion & sriracha aioli, jalapeno wrap

» PG TACOS _23

choice of grouper, fried cod or crispy shrimp, served on flour tortillas with crispy cabbage, mashed avocado, pico, salsa verde & sriracha aioli

ENTREES

[AFLOAT]

» CRAB CRUSTED GROUPEL _38

fresh grouper topped with lump crab meat, finished with a lemon butter sauce, served with basmati rice & fresh vegetables

» SHRIMP & GRITS _36

andouille sausage, white wine, lemon, bacon & corn served over cheesy grits

» SALMON _34

pan seared with a honey & gochujang glaze, served with basmati rice & fresh vegetables

» ETOUFFEE _36

sauteed shrimp in a spicy tomato & cajun seafood broth with celery, peppers, onions & garlic, served over rice

» CRABCAKES _39

pan seared jumbo lump homemade crabcakes, served with basmati rice, fresh vegetables & tartar sauce

» FLOUNDER OREGANATA _35

baked flounder with a seasoned bread crumb topping & lemon butter sauce, served with basmati rice & fresh vegetables

ENTREES

[ASHORE]

» PETITE FILET MIGNON 6oz _40

grilled center cut filet with a port wine reduction, mashed potatoes & fresh vegetables

» 14 OZ NEW YORK SIRLOIN _44

topped with garlic compound butter & red wine demi, served with mashed potatoes & fresh vegetables

» FIG. 2: MAKE IT SURF & TURF...

add shrimp 14.00 or crabcake 16.00

» ROASTED CHICKEN _34

airline chicken breast with lemon & artichokes, topped with a chicken jus, served with basmati rice & fresh vegetables

» MOM'S MEATLOAF _23

served with a brown onion gravy, mashed potatoes & fresh vegetables

» SHORT RIB _34

slow roasted, red wine demi glaze, mashed potatoes & fresh vegetables

» CHICKEN POT PIE _23

homemade with carrots, onions & peas, topped with a buttery crust

AIRPLANE DIAGRAM



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

THERE WILL BE A 4% CHARGE FOR ALL DEBIT/CREDIT TRANSACTIONS

NO SUBSTITUTIONS DURING PEAK HOURS

20% gratuity will automatically be added to parties of 7 or more

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