

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 _9**
ask your server for details
- » **FIG. 1: SALAD ADD-ONS...**
chicken 7.00, shrimp 10.00, salmon 12.00
- » **GARDEN SALAD _10**
romaine mix, tomatoes, onion, cheese, cucumbers, croutons, choice of dressing
- » **AEGEAN FARM SALAD _15**
cucumbers, tomatoes, kalamata olives, red onion, bell peppers, feta cheese, capers, EVOO, vinegar, oregano, sea salt & pepper
- » **POACHED PEAR SALAD _15**
baby kale, candied pumpkin seeds, champagne vinaigrette with frisee & figs
- » **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
- » **HARVEST SALAD _14**
mixed greens, pecans, goat cheese, granny smith apples, dried cranberries & maple cider vinaigrette
- » **AHI TUNA NOODLE SALAD _18**
sesame encrusted & sliced, served with fresh vegetables & sriracha aioli
- » **BURRATA _16**
golden beets, buratta, pistachios, dried cherries, poached pears, pistachio vinaigrette,

SHAREABLES

[FREE-FIRE ZONE]

- » **PEEL & EAT SHRIMP _16**
1 dozen, served with cocktail sauce
- » **BACON WRAPPED SCALLOPS _15**
sea scallops, brown sugar bacon with a horseradish glaze
- » **FRIED CALAMARI _16**
classic, drizzled with balsamic glaze or buffalo style
- » **BAVARIAN PRETZEL STICKS _13**
(3) served with warm cheese sauce
- » **TUNA POKE BOWL _18**
sushi grade tuna, steamed sushi rice, diced avocado, cucumbers, edamame, cabbage, seaweed salad
- » **OCTOPUS _23**
grilled over potato puree, roasted red pepper chutney, black olive powder
- » **LITTLE NECK CLAMS _16**
lemon, garlic, white wine, chopped bacon, served with garlic toast
- » **MUSSELS _16**
spicy marinara or white wine sauce, served with garlic toast
- » **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
- » **BUFFALO CAULIFLOWER _15**
buttermilk marinade, fried, tossed in buffalo sauce, served with pickled celery & chunky blue cheese
- » **QUESADILLAS _13**
served with sour cream & house pico
add chicken 3.00

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.

Please note we cannot accommodate special requests, additions or omissions to our menu items. Thank you for your understanding

Follow us on Instagram and Facebook for the latest happenings and specials

HANDHELDS

[ZONE OF ACTION]

- » ALL SANDWICHES ARE SERVED WITH FRIES
- » GLUTEN FREE ROLLS/CORN TORTILLAS AVAILABLE

» BAM BAM BURGER _17

bacon, avocado, mozzarella, lettuce, farmhouse roll

» BREW BURGER _17

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

» TURKEY BURGER _17

cranberry jalapeno aioli, brie cheese, farmhouse roll

» VEGGIE BURGER _16

Dr. Praeger's vegan burger with lettuce, tomato, onion & avocado spread on a vegan pretzel bun

» BRISKET SANDWICH _17

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

» STEAK SANDWICH _19

6 oz NY sirloin with caramelized onions & mozzarella, toasted garlic bread

» BUTTERMILK FRIED CHICKEN SANDWICH _16

chicken thigh (dark meat), sriracha aioli, dill pickles, lettuce, tomato, onion, brioche bun

» BLACKENED CHICKEN SANDWICH _16

avocado, bacon, mozzarella & sriracha aioli, brioche bun

» CAJUN MAHI SANDWICH _18

baby greens & lemon 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

» DYNAMITE WRAP _18

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

» PG TACOS _23

served with crispy cabbage, avocado, pico, salsa verde & sriracha aioli

CHOICE OF: GRILLED VEGGIE, MAHI MAHI, CRISPY COD, OR BATTERED SHRIMP

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THERE WILL BE A 4% CHARGE FOR ALL CREDIT CARD TRANSACTIONS

ENTREES

[AFLOAT]

» CAJUN MAHI-MAHI _32

cajun cream sauce, served over cheesy grits & seasonal vegetables

» SHRIMP & GRITS _35

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

» PAN SEARED SALMON _32

tom caper vinaigrette, served with basmati rice & seasonal vegetables

» CRABCAKES _39

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

» SEAFOOD RISOTTO _37

shrimp, scallops, salmon, mahi-mahi, peas & parmesan

» STUFFED FLOUNDER _38

flounder stuffed with lump crab, lemon butter sauce, served with basmati rice & seasonal vegetables

ENTREES

[ASHORE]

» PETITE FILET MIGNON 6oz _39

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

» 16 OZ RIBEYE _49

16oz chargrilled ribeye served with mashed potatoes & seasonal vegetables

» FIG. 2: MAKE IT SURF & TURF...

add shrimp 10.00 or crabcake 12.00

» PAN SEARED AIRLINE CHICKEN _31

chicken breast, sauteed swiss chard, served with mashed potatoes & chicken demi

» MUSHROOM PAPPARDELLE _23

parmesan cream sauce with a medley of mushrooms tossed with pappardelle

» MOM'S MEATLOAF _20

sweet & spicy tomato glaze, served with mashed potatoes & seasonal vegetables

» BAKED RAVIOLI _22

cheese ravioli baked with mozzarella & tomato sauce

» CHICKEN POT PIE _20

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

» RIGATONI BOLOGNESE _25

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

» 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