

LOW TIDE

BAR & GRILL

520 OLD STONEY RD, UNIT H ★ 252.597.3303 ★ LOWTIDEBARANDGRILL.COM

LUNCH MENU

APPETIZERS SHAREABLES ★ SNACKS

- PB&J PORK BELLY & SHRIMP** _____ \$13.99
Grilled pork belly and NC shrimp with Thai peanut sauce and elderberry jam on toasted herb focaccia
- LOW TIDE WINGS** _____ \$14.89
Crispy fried wings with ginger scallion sauce, house pickled carrots and watermelon radish
- CRAWFISH HUSHPUPPIES** _____ \$11.69
Cornmeal, crawfish, red onion and sweet corn with remoulade
- MUSSELS** _____ \$14.99
Butter, garlic and beer(!) with collard greens, bacon and smoked blue cheese crumbles
- PEEL AND EAT SHRIMP** _____ \$18.99
NC shrimp baked in Asian-spiced rock salt with remoulade
- FRIED GREEN TOMATO** _____ \$13.89
Buttermilk-brined green tomatoes with bacon jam, kimchi-style cabbage and curry/hoisin aioli
- BRIE AND BACON KETTLE CHIPS** _____ \$13.39
Chef's "Love" spice blend-seasoned chips with creamy brie, bacon, apples and red onion
- HOT PRETZELS** _____ \$11.99
Two Bavarian-style pretzels with beer cheese dip and New Orleans mustard

SOUPS & SALADS

*ADD A PROTEIN TO ANY SALAD
grilled shrimp + \$8
crab meat +\$12
chicken +\$7

- HOUSE** _____ \$7.99
Four types of lettuce greens with cucumbers, tomatoes, red onions, carrots and croutons
- CAESAR** _____ \$11.89
Romaine lettuce, shaved parmesan and romano cheeses and garlic herb croutons
- LOW TIDE SALAD** _____ \$14.89
Four types of lettuce greens, beets, pecans, goat cheese, red onion, mandarin oranges with Chef's minted mango dressing
- CRAB AND CORN BISQUE** _____ cup \$6.99 | bowl \$8.89
Blue crab meat and summer corn in a rich, creamy broth

FRIED SEAFOOD BASKETS

Choice of fries or coleslaw

CHOOSE ONE

NC SHRIMP

\$13.99

OYSTERS

\$14.99

SCALLOPS

\$16.99

FLOUNDER

\$12.99

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Choice of fries or coleslaw, \$2 for both

- LOW TIDE BURGER** _____ \$15.99
Brisket and short rib blend with hickory-smoked bacon, cheddar, Low Tide's burger sauce, lettuce, tomato, onion and pickles
- CRAB CAKE SANDWICH** _____ \$17.99
Pan-seared crab meat with herbs, seasoning and Asian breadcrumbs
- FISH TACOS** _____ \$18.99
Pan-seared Mahi Mahi with cabbage, pico de gallo, avocado and cumin-lime cream
- SOUTHERN BLT** _____ \$13.69
Hickory-smoked bacon, pimento cheese and fried green tomatoes with chipotle mayo on buttery potato bread
- FRIED CHICKEN SANDWICH** _____ \$14.99
Pickle-brined chicken breast with hickory-smoked bacon and pimento cheese
- PULLED PORK BBQ** _____ \$12.99
Slow-cooked pork shoulder in Low Tide Caribbean BBQ sauce with Creole slaw
- CARIBBEAN LOBSTER ROLL** _____ \$22.89
Lobster meat, fresh pineapple, mango and pickled jalapeño butter on a grilled split-top bun

