

# ★ **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 HUSHPUPIES** \_\_\_\_\_ \$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

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### DINNER 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 HUSHPUPIES** \_\_\_\_\_ \$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

## SANDWICHES

Served with fries and coleslaw

**FISH TACOS** \_\_\_\_\_ \$20.99

Pan-seared Mahi Mahi with cabbage, pico de gallo, avocado and cumin-lime cream

**CARIBBEAN LOBSTER ROLL** \_\_\_\_\_ \$24.99

Lobster meat, fresh pineapple, mango and pickled jalapeño butter on a grilled split-top bun

**FRIED CHICKEN SANDWICH** \_\_\_\_\_ \$16.99

Pickle-brined chicken breast with hickory-smoked bacon and pimento cheese

**LOW TIDE BURGER** \_\_\_\_\_ \$17.99

Brisket and short rib blend with hickory-smoked bacon, cheddar, Low Tide's burger sauce, lettuce, tomato, onion and pickles

## FRIED SEAFOOD BASKETS

Served with fries and creole slaw. Choose one:

**NC SHRIMP**

\$19.99

**OYSTERS**

\$22.99

**SCALLOPS**

\$22.99

**FLOUNDER**

\$18.99

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**FRESH CATCH** Fresh and local. Changes daily. Ask your server!

**CRABCAKES** \_\_\_\_\_ (GF) \$26.89

Just three ingredients! Finished with Chef's "Love" seasoning blend and remoulade with seasonal vegetables and roasted potatoes

**STEAK** \_\_\_\_\_ \$30.99

12 ounce New York Strip with garlic herb butter, seasonal vegetables and roasted potatoes

**SHRIMP & GRITS** \_\_\_\_\_ \$26.89

Smoked gouda grits, shrimp, andouille sausage, collards, onions, peppers, fried pork belly and beer cream sauce

**RIBS** \_\_\_\_\_ \$25.99

Smoked, braised, then grilled with Low Tide BBQ Sauce, French fries, creamy Creole slaw

**DRUNKEN GOAT PASTA** \_\_\_\_\_ \$27.99

Shrimp, crab and lobster in a white wine cream sauce with fresh herbs and goat cheese

**LOW TIDE CHICKEN** \_\_\_\_\_ \$18.99

Grilled BBQ chicken breast, smoked gouda grits and collard greens

**FRIED COASTAL PLATTER** \_\_\_\_\_ \$37.89

Shrimp, scallops, oysters, flounder and clams with French fries and Creole slaw *(no substitutions)*

Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.