



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

LUNCH MENU

APPETIZERS
SHAREABLES ★ SNACKS

- PB&J PORK BELLY & SHRIMP**
Grilled pork belly and NC shrimp with Thai peanut sauce and elderberry jam on toasted herb focaccia \$14.99

LOW TIDE WINGS
Crispy fried thigh wings with ginger scallion sauce \$15.99

CRAWFISH HUSHPUPPIES
Cornmeal, crawfish, red onion and sweet corn with remoulade \$11.99

MUSSELS
Butter, garlic and beer(!) with collard greens, bacon and smoked blue cheese crumbles \$14.99

PEEL AND EAT SHRIMP
NC shrimp baked in Chef Bear's Mean Shrimp spice and rock salt with remoulade \$19.99

FRIED GREEN TOMATO
Buttermilk-brined green tomatoes with bacon jam, kimchi-style cabbage and curry/hoisin aioli \$13.89

BRIE AND BACON KETTLE CHIPS
Chef's "Love" spice blend-seasoned chips with creamy brie, bacon, apples and red onion \$13.99

HOT PRETZELS
Two Bavarian-style pretzels with hatch queso and New Orleans mustard \$12.99

SOUPS & SALADS

*ADD A PROTEIN TO ANY SALAD
grilled shrimp + \$8
crab meat +\$13
steak +\$13
chicken +\$7

- HOUSE**
Four types of lettuce greens with cucumbers, tomatoes, red onions, carrots and croutons \$7.99

CAESAR
Romaine lettuce, shaved parmesan and romano cheeses and garlic herb croutons \$11.89

LOW TIDE SALAD
Four types of lettuce greens, beets, pecans, goat cheese, red onion, mandarin oranges with Chef's minted mango dressing \$14.89

SHRIMP AND CORN BISQUE
Shrimp and summer corn in a rich, creamy broth
cup \$6.99 | bowl \$8.89

FRIED SEAFOOD BASKETS
Choice of fries or coleslaw
CHOOSE ONE

NC SHRIMP \$14.99	OYSTERS \$15.99
SCALLOPS \$17.99	FLOUNDER \$13.99

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ **SANDWICHES** ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Choice of fries or coleslaw, \$2 for both

- LOW TIDE BURGER**
Brisket and short rib blend with hickory-smoked bacon, cheddar, Low Tide's burger sauce, lettuce, tomato, onion and pickles \$16.99

CRAB CAKE SANDWICH
Pan-seared crab meat with herbs, seasoning and Asian breadcrumbs (MARKET PRICE)

FISH TACOS
Pan-seared Mahi Mahi with cabbage, pico de gallo, avocado and cumin-lime cream \$19.99
- SOUTHERN BLT**
Hickory-smoked bacon, pimento cheese and fried green tomatoes with chipotle mayo on buttery potato bread \$14.99

FRIED CHICKEN SANDWICH
Pickle-brined chicken breast with hickory-smoked bacon and pimento cheese \$15.99

PULLED PORK BBQ
Slow-cooked pork shoulder in Low Tide Caribbean BBQ sauce with Creole slaw \$13.99

CARIBBEAN LOBSTER ROLL
Lobster meat, fresh pineapple, mango and pickled jalapeño butter on a grilled split-top bun (MARKET PRICE)

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.



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

DINNER MENU

APPETIZERS ★ SHAREABLES ★ SNACKS

PB&J PORK BELLY & SHRIMP

Grilled pork belly and NC shrimp with Thai peanut sauce and elderberry jam on toasted herb focaccia \$14.99

LOW TIDE WINGS

Crispy fried thigh wings with housemade ginger scallion sauce \$15.99

CRAWFISH HUSHPUPPIES

Cornmeal, crawfish, red onion and sweet corn with remoulade \$11.99

MUSSELS

Butter, garlic and beer(!) with collard greens, bacon and smoked blue cheese crumbles \$14.99

PEEL AND EAT SHRIMP

NC shrimp baked in Chef Bear's Mean Shrimp spice and rock salt with remoulade \$19.99

FRIED GREEN TOMATO

Buttermilk-brined green tomatoes with bacon jam, kimchi-style cabbage and curry/hoisin aioli \$13.89

BRIE AND BACON KETTLE CHIPS

Chef's "Love" spice blend-seasoned chips with creamy brie, bacon, apples and red onion \$13.99

HOT PRETZELS

Two Bavarian-style pretzels with hatch queso and New Orleans mustard \$12.99

SOUPS & SALADS

*ADD A PROTEIN TO ANY SALAD

grilled shrimp + \$8
crab meat +\$13
steak +\$13
chicken +\$7

HOUSE

Four types of lettuce greens with cucumbers, tomatoes, red onions, carrots and croutons \$7.99

CAESAR

Romaine lettuce, shaved parmesan and romano cheeses and garlic herb croutons \$11.89

LOW TIDE SALAD

Four types of lettuce greens, beets, pecans, goat cheese, red onion, mandarin oranges with Chef's minted mango dressing \$14.89

SHRIMP AND CORN BISQUE

Shrimp and summer corn in a rich, creamy broth
cup \$6.99 | bowl \$8.89

SANDWICHES

Served with fries and coleslaw

FISH TACOS

Pan-seared Mahi Mahi with cabbage, pico de gallo, avocado and cumin-lime cream \$21.99

CARIBBEAN LOBSTER ROLL

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

FRIED CHICKEN SANDWICH

Pickle-brined chicken breast with hickory-smoked bacon and pimento cheese \$17.99

LOW TIDE BURGER

Brisket and short rib blend with hickory-smoked bacon, cheddar, Low Tide's burger sauce, lettuce, tomato, onion and pickles \$18.99

FRIED SEAFOOD BASKETS

Served with fries and creole slaw. Choose one:

NC SHRIMP

\$20.99

OYSTERS

\$24.99

SCALLOPS

\$24.99

FLOUNDER

\$19.99

ENTREES

FRESH CATCH

Fresh and local. Changes daily. Ask your server!

CRABCAKES (GF)

Just three ingredients! Finished with Chef's "Love" seasoning blend and scallion honey mustard with seasonal vegetables and baby bakers (MARKET PRICE)

GRILLED SOUS VIDE SIRLOIN

8 ounce Sirloin with black garlic, wild mushrooms, chimichurri, roasted tomatoes with seasonal vegetable and baby bakers \$30.99

SHRIMP & GRITS

Smoked gouda grits, shrimp, andouille sausage, collards, onions, peppers, fried pork belly and beer cream sauce \$27.99

RIBS

Smoked, braised, then grilled with Low Tide BBQ Sauce, French fries, creamy Creole slaw \$28.99

DRUNKEN GOAT RAVIOLI

Shrimp, crab and lobster ravioli in a white wine cream sauce with fresh herbs and goat cheese \$29.99

LOW TIDE DUCK

Roasted 1/2 Duck with Caribbean BBQ, smoked gouda grits and collard greens \$29.99

FRIED COASTAL PLATTER

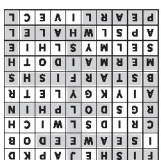
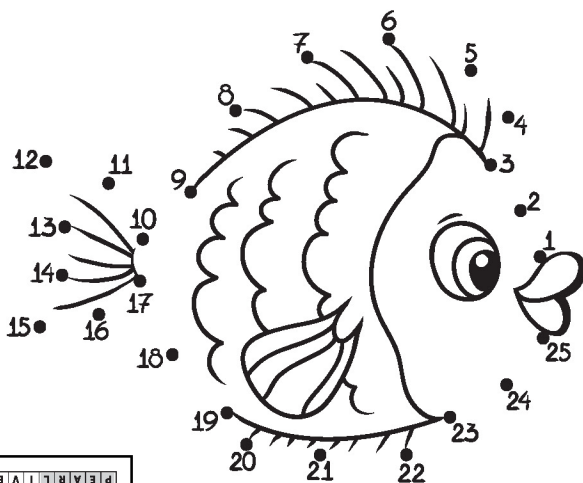
Shrimp, scallops, oysters, flounder and clams with French fries and Creole slaw (no substitutions) \$38.99

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.

★ ★ KIDS MENU ★ ★

F	I	S	H	E	J	A	P	K	D
I	S	E	A	W	E	E	D	O	B
C	R	I	D	S	L	W	I	C	H
R	G	S	D	O	L	P	H	I	N
A	I	Y	K	G	Y	L	E	T	R
B	S	T	A	R	F	I	S	H	S
M	E	R	M	A	I	D	O	T	H
S	E	L	M	Y	S	L	H	I	E
A	P	S	L	W	H	A	L	E	L
P	E	A	R	L	I	V	E	C	L

PEARL WHALE SHELL MERMAID STARFISH CRAB DOLPHIN JELLYFISH SEAWEED FISH



★ APPETIZER ★

FISH AND CHIPS _____ \$5.00
gold fish and potato chips

★ MAIN DISH ★

(12 and under) \$7.99



Served with Fries or Apple Sauce

GRILLED CHEESE

CHEESE BURGER

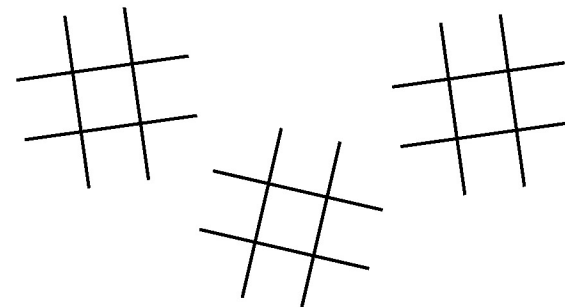
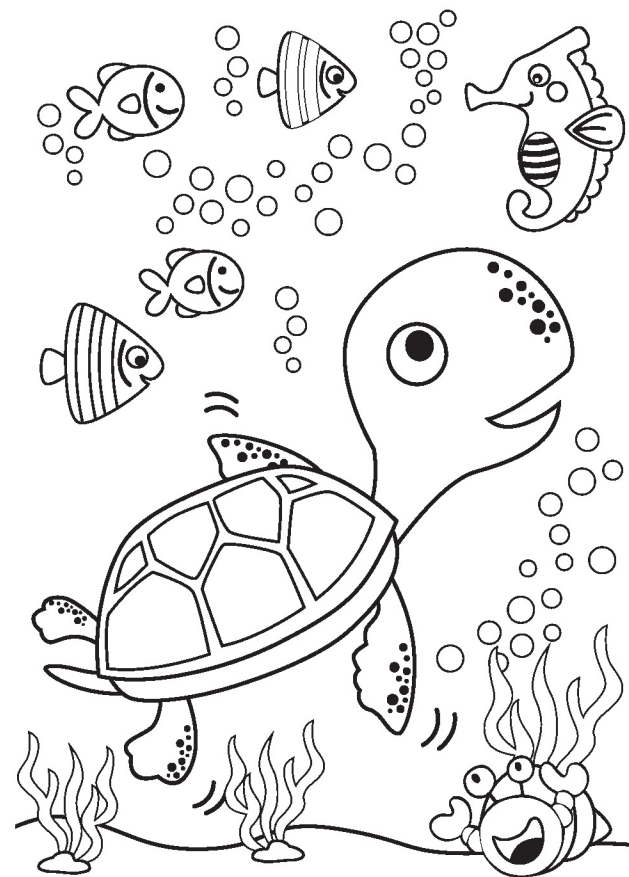
HOT DOG

FRIED FISH

FRIED SHRIMP

KRAFT MAC AND CHEESE

CHICKEN TENDERS



LOW TIDE



BAR & GRILL