



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 \$16.99

LOW TIDE WINGS

Crispy fried thigh wings with ginger scallion sauce \$16.99

CRAWFISH HUSHPUPPIES

Cornmeal, crawfish, red onion and sweet corn with remoulade \$12.99

MUSSELS

Butter, garlic and beer(!) with collard greens, bacon and smoked blue cheese crumbles \$15.99

PEEL AND EAT SHRIMP

NC shrimp baked in Chef Bear's Mean Shrimp spice and rock salt with remoulade \$20.99

FRIED GREEN TOMATO

Buttermilk-brined green tomatoes with bacon jam, kimchi-style cabbage and curry/hoisin aioli \$14.99

BRIE AND BACON KETTLE CHIPS

Chef's Love spice blend-seasoned chips with creamy brie, bacon, apples and red onion \$14.99

HOT PRETZELS

Two Bavarian-style pretzels with hatch queso and New Orleans mustard \$13.99

SOUPS &  
SALADS

ADD A PROTEIN TO ANY SALAD

grilled shrimp + \$8  
crab meat +\$14  
steak +\$18  
chicken +\$7

HOUSE

Four types of lettuce greens with cucumbers, tomatoes, red onions, carrots and croutons \$8.99

CAESAR

Romaine lettuce, shaved parmesan and romano cheeses and garlic herb croutons \$12.99

LOW TIDE SALAD

Four types of lettuce greens, beets, pecans, goat cheese, red onion, mandarin oranges with Chef's minted mango dressing \$15.99

SHRIMP AND CORN BISQUE

Shrimp and summer corn in a rich, creamy broth  
cup \$7.99 | bowl \$9.99

FRIED SEAFOOD BASKETS

Choice of fries or Creole slaw

CHOOSE ONE

NC SHRIMP

\$17.99

OYSTERS

\$18.99

SCALLOPS

\$19.99

FLOUNDER

\$16.99

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

SANDWICHES

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Choice of fries or Creole slaw, \$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 \$17.99

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 \$20.99

SOUTHERN BLT

Hickory-smoked bacon, pimento cheese and fried green tomatoes with chipotle mayo on buttery potato bread \$15.99

JERK BBQ CHICKEN SANDWICH

BBQ and Jerk marinated chicken breast with fresh pineapple salsa and shredded cabbage \$16.99

PULLED PORK BBQ

Slow-cooked pork shoulder in Low Tide's Caribbean BBQ sauce with Creole slaw \$14.99

CARIBBEAN LOBSTER ROLL

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





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 \$16.99

LOW TIDE WINGS

Crispy fried thigh wings with housemade ginger scallion sauce \$16.99

CRAWFISH HUSHPUPIES

Cornmeal, crawfish, red onion and sweet corn with remoulade \$12.99

MUSSELS

Butter, garlic and beer(!) with collard greens, bacon and smoked blue cheese crumbles \$15.99

PEEL AND EAT SHRIMP

NC shrimp baked in Chef Bear's Mean Shrimp spice and rock salt with remoulade \$20.99

FRIED GREEN TOMATO

Buttermilk-brined green tomatoes with bacon jam, kimchi-style cabbage and curry/hoisin aioli \$14.99

BRIE AND BACON KETTLE CHIPS

Chef's Love spice blend-seasoned chips with creamy brie, bacon, apples and red onion \$14.99

HOT PRETZELS

Two Bavarian-style pretzels with hatch queso and New Orleans mustard \$13.99

SOUPS & SALADS

ADD A PROTEIN TO ANY SALAD

grilled shrimp + \$8  
crab meat +\$14  
steak +\$18  
chicken +\$7

HOUSE

Four types of lettuce greens with cucumbers, tomatoes, red onions, carrots and croutons \$8.99

CAESAR

Romaine lettuce, shaved parmesan and romano cheeses and garlic herb croutons \$12.99

LOW TIDE SALAD

Four types of lettuce greens, beets, pecans, goat cheese, red onion, mandarin oranges with Chef's minted mango dressing \$15.99

SHRIMP AND CORN BISQUE

Shrimp and summer corn in a rich, creamy broth  
cup \$7.99 | bowl \$9.99

SANDWICHES

Served with fries and Creole slaw

FISH TACOS

Pan-seared Mahi Mahi with cabbage, pico de gallo, avocado and cumin-lime cream \$22.99

CARIBBEAN LOBSTER ROLL

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

JERK BBQ CHICKEN SANDWICH

BBQ and Jerk marinated chicken breast with fresh pineapple salsa and shredded cabbage \$18.99

LOW TIDE BURGER

Brisket and short rib blend with hickory-smoked bacon, cheddar, Low Tide's burger sauce, lettuce, tomato, onion and pickles \$19.99

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! (MARKET PRICE)

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 RIBEYE

12 ounce Ribeye with black garlic, wild mushrooms, chimi churri, roasted tomatoes with seasonal vegetable and baby bakers \$32.99

SHRIMP & GRITS

Smoked gouda grits, shrimp, andouille sausage, collards, onions, peppers, fried pork belly and beer cream sauce \$28.99

RIBS

Smoked, braised, then grilled with Low Tide's BBQ Sauce, french fries, creamy Creole slaw \$30.99

DRUNKEN GOAT RAVIOLI

Shrimp, crab and lobster ravioli in a white wine cream sauce with fresh herbs and goat cheese \$30.99

LOW TIDE DUCK

Roasted 1/2 Duck with Caribbean BBQ, smoked gouda grits and collard greens \$30.99

FRIED COASTAL PLATTER

Shrimp, scallops, oysters, flounder and clams with French fries and Creole slaw (no substitutions) \$39.99

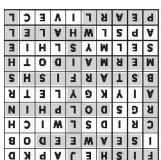
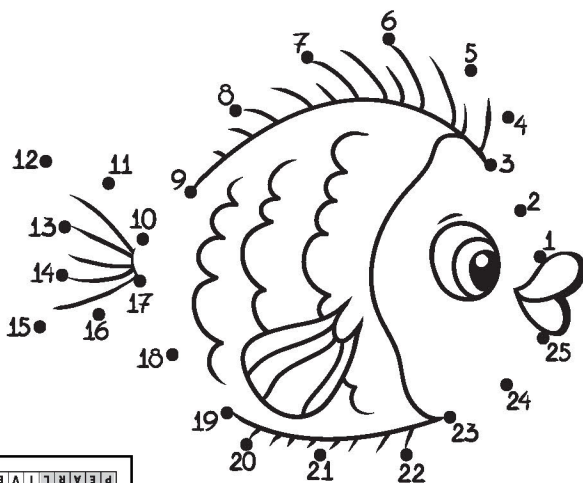
Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



# ★ ★ 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

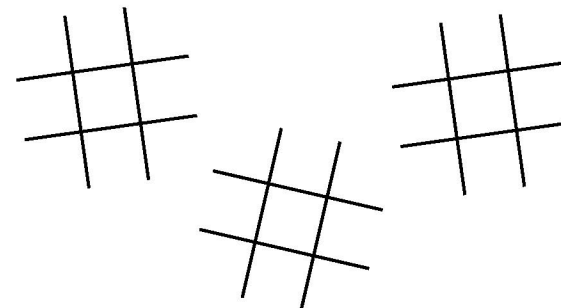
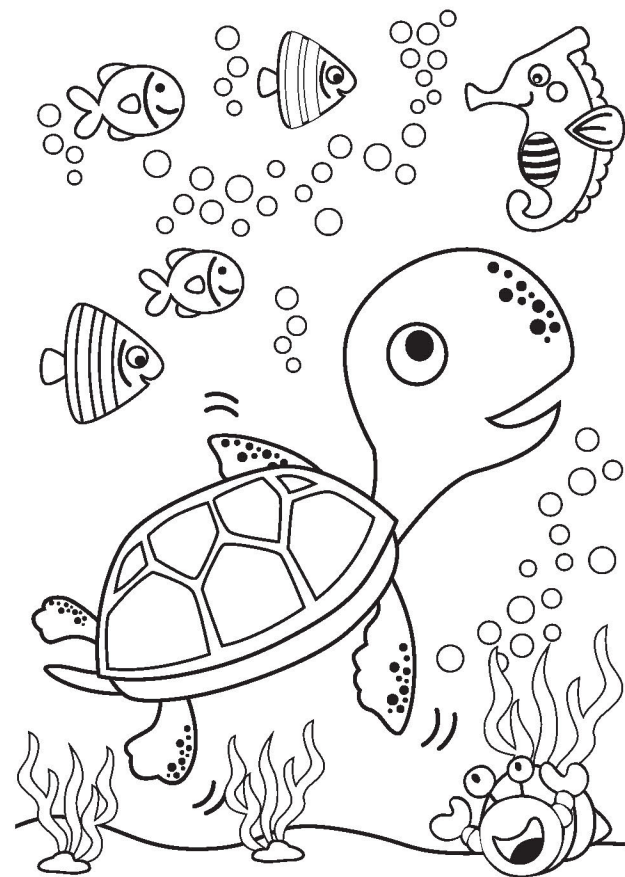
HOT DOG

FRIED FISH

FRIED SHRIMP

KRAFT MAC AND CHEESE

CHICKEN TENDERS



# LOW TIDE



BAR & GRILL