



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

Ask your server for Daily Specials!

APPETIZERS SHAREABLES & SNACKS

- LOW TIDE WINGS** ----- \$17.50
Boneless, crispy fried thigh wings with a ginger scallion sauce
- CRAWFISH HUSHPUPIES** ----- \$14.50
Cornmeal, crawfish, red onion and sweet corn with remoulade
- PEEL AND EAT SHRIMP** ----- \$21.50
NC shrimp baked in Chef Bear's Mean Shrimp spice and rock salt with remoulade
- FRIED GREEN TOMATO** ----- \$16.50
Buttermilk-brined green tomatoes with bacon jam, Kimchi-style cabbage and curry/hoisin aioli
- HOT PRETZELS** ----- \$14.50
Two Bavarian-style pretzels with hatch queso and New Orleans mustard

SOUPS & SALADS

ADD A PROTEIN TO ANY SALAD
grilled shrimp + \$8.50
crab meat + \$15
steak + \$18.50
chicken + \$8

- HOUSE** ----- \$9.50
Four types of lettuce greens with cucumbers, tomatoes, red onions, carrots and croutons
- CAESAR** ----- \$14.00
Romaine lettuce, shaved parmesan and romano cheeses with garlic herb croutons
- LOW TIDE SALAD** ----- \$17.00
Four types of lettuce greens, beets, pecans, goat cheese, red onion, mandarin oranges with Chef's minted mango dressing
- SHRIMP AND CORN CHOWDER**
Cup \$8.50/Bowl \$10.50
Shrimp and summer corn in a rich, creamy broth

FRIED SEAFOOD BASKETS

Served with fries and Creole slaw. Choose one:

NC SHRIMP
\$23.00

FLOUNDER
\$21.00

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SANDWICHES

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Served with fries and Creole slaw

- LOW TIDE BURGER** ----- \$21.00
NC beef, brisket and short rib blend with hickory-smoked bacon, cheddar, LT's Burger sauce, lettuce, tomato, onions and pickles
- FISH TACOS** ----- \$23.50
Pan-seared Mahi Mahi with cabbage, pico de gallo, avocado and cumin-lime cream
- SOUTHERN BLT** ----- \$17.50
Hickory-smoked bacon, pimento cheese and fried green tomatoes with chipotle mayo on buttery potato bread
- JERK BBQ CHICKEN SANDWICH** ----- \$18.50
BBQ and jerk-marinated chicken breast with fresh pineapple salsa and shredded cabbage
- CARIBBEAN LOBSTER ROLL** ----- **Market Price**
Lobster meat, fresh pineapple, mango and pickled jalapeño butter on a grilled split-top bun

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ENTREES

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- FRESH CATCH** ----- **Market Price**
Fresh and local. Served with seasonal vegetables and baby bakers
- CRABCAKES** ----- **Market Price**
Just three ingredients! Finished with Chef's "Love" seasoning and a scallion honey mustard with seasonal vegetables and baby bakers
- SHRIMP & GRITS** ----- \$30.50
Cheesy grits, shrimp, andouille sausage, collards, onions, peppers, fried pork belly and beer cream sauce
- RIBS** ----- \$33.50
Smoked, braised, then grilled with Caribbean BBQ sauce, French fries, creamy Creole slaw
- DRUNKEN GOAT RAVIOLI** ----- \$32.50
Shrimp, crab and lobster ravioli in a white wine cream sauce with fresh herbs and goat cheese
- LOW TIDE DUCK** ----- \$32.00
Roasted 1/2 duck with Caribbean BBQ sauce, cheesy grits and collard greens

Please let your server know of any food allergies. 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.