

LUNCH MENU

SOUPS

All made daily and served with warm bread and butter or crackers

LOBSTER BISQUE

Classic preparation with Old Bay whip cream and Lobster Salsa Crostini

Cup \$7 • Bowl \$9

BEANS & GREENS SOUP

Cup \$5 • Bowl \$7

SOUP DU JOUR

Hot or cold made daily. Server has details.

Cup \$5 • Bowl \$7

LITE BITES

SOUTHWEST CHIPS AND DIP \$8

Hand-cut fresh tri-color tortilla chips served with jalapeño Queso dip and Tomato Salsa Fresca

HOUSE MADE POTATO CHIPS \$8

Crisp fried hand cut potato chips seasoned and served with Avocado Ranch Dip

CHICKEN TENDERS \$10

Lightly breaded chicken tenderloin strips fried and served with Honey Mustard and French fries

FLOUNDER FINS \$9

Lightly breaded and deep fried flounder strips served with house made chips and Remoulade

SHRIMP COCKTAIL \$12

Five citrus poached jumbo shrimp served and chilled with Pineapple Salsa and mango puree

SANDWICHES

All served with French fries and dill wedge on toasted bread

CLUB RUNNER \$12

Fresh turkey, ham, and crisp bacon served triple Decker style with Swiss and cheddar cheese, Dijonaise, lettuce, and tomato on multi-grain bread

CAROLINIAN \$15

Fresh Back Fin Crab and crisp bacon served triple Decker style with mayonnaise, lettuce, and tomato on high top white bread

CHICKEN SALAD ON CROISSANT \$12

All white breast meat chicken salad with sour apples, pecans and seedless grapes. Served on a flaky croissant with lettuce and tomato

SHRIMP SALAD ON CROISSANT \$15

Flakey croissant filled with a Shrimp-Dill salad with lettuce and tomato with lemon mayonnaise

BLOCKADE RUNNER LOBSTER ROLL \$18

Butter toasted New England split top roll loaded with chilled Maine lobster salad. Served with seasoned hand cut chips.

CERTIFIED ANGUS BEEF CHEDDAR BURGER \$11

Half pound of freshly ground char-grilled beef topped with aged cheddar on Kaiser Roll with lettuce, sliced tomato, and red onion

VEGAN BLACK BEAN AND VEGETABLE BURGER \$10

Served atop a whole wheat Kaiser roll with guacamole, roasted red peppers, lettuce and tomato. Accompanied by the Salad of the Day.

JUMBO HOTDOG \$9

Fourth pound of Hebrew National Hotdog, grilled and served on a soft roll with coleslaw and chili

LUNCH PLATES

HONEY LIME CHICKEN \$12

Pan roasted Ashley Farms chicken with a Honey Lime glaze, Pineapple Risotto and garden vegetable sauté

CARIBBEAN JERKED PORK \$12

Jamaican Jerk marinated 7 oz Bone in Pork Loin Chop char-grilled and served with Cilantro Risotto, summer vegetable sauté and a Mango Salsa

VEGAN PLATE \$12

Petite baby baked potatoes, grilled asparagus, sweet corn & potato hash, sautéed brussel sprouts & roasted peppers, and broccolini

SWEET PEPPER SEARED STEAK \$15

Peppercorn seared 7 oz flat-iron steak served with a crisp potato hash, garden vegetable sauté, and topped with a sweet pepper relish

PESTO GRILLED SALMON \$12

Pesto marinated and grilled salmon served with roasted potatoes and warm spinach, finished with a two tone tomato relish

CAPE FEAR FLOUNDER \$14

Just caught, lightly breaded and deep fried local flounder served with herb Risotto, vegetable sauté, and topped with a peach and Jalapeño chutney

JUMBO LUMP CRAB CAKE \$16

All jumbo lump crab cake sautéed and served with herb Risotto, vegetable sauté and finished with a Brandy Lobster Sauce