

# SNACKS & STARTERS

## APPETIZERS

- New** **Chicken & Waffle Fingers** *crispy fried strips of chicken breast & waffles with Vermont maple syrup* . . . 13.95
- Rattlesnake Bites** *flame-roasted jalapenos stuffed with grilled shrimp, wrapped in bacon with buttermilk ranch* . . . 14.95
- Deviled Eggs** *six with a dash of paprika* . . . 9.95
- Fried Dill Pickles** *with buttermilk ranch* . . . 9.95
- Sugar Reef Coconut Shrimp** *fried to golden perfection & served with sweet & spicy orange sauce* . . . 14.95
- Corn Dog** *plump & juicy* . . . 5.00
- Sweet Potato Fries** *sprinkled with pecans & served with creamy honey-dijon dipping sauce* . . . 9.95
- Buffalo Chicken Fingers** *with carrots, celery & blue cheese dressing* . . . 12.95
- Buttermilk-Battered Onion Ring Tower** *with buttermilk ranch & ketchup* . . . 9.95
- New** **Appetizer Platter** *Buffalo Wings, Fried Pickles, Buttermilk Battered Onion Rings & Coconut Shrimp* . . . 19.95

## CHICKEN WINGS

*8 pieces \$11.95 / 16 pieces \$19.95*

- Traditional Buffalo**  
*with carrots, celery & blue cheese dressing*
- Smoked & Grilled**  
*with carrots, celery & chipotle-ranch*

## HAND-CUT TORTILLA CHIPS

*with your choice of house-made salsas*

- Guacamole** . . . 10.95
- Adobe Sauce** *smooth & rich chipotle sauce* . . . 6.95
- Texas Caviar** *our black-eyed pea salsa* . . . 6.95
- Fresh Pico de Gallo** . . . 6.95
- Chile con Queso** *classic Tex-Mex cheese dip* . . . 13.95
- Patrick's Pulled Pork Queso** 16.95  
*cheesy queso dip with a heap of house smoked pork*

## SEAHORSE SLIDERS

*served with fries & slaw*

- Burger Sliders** *black angus from Pat La Freida add cheddar cheese +\$1* . . . 11.95
- Pulled Pork Sliders** *house-smoked with coleslaw & tangy BBQ sauce* . . . 11.95
- Oyster Po' Boy Sliders** *with jalapeno tartar sauce & pickles* . . . 13.95

## NACHOS

*hand-cut tortilla chips, black beans, jack cheese, jalapeños, pico de gallo, guacamole & sour cream*

- Slow-Simmered Black Beans** . . . 14.95
- Chimayo Chicken** *garlic & herb marinated* . . . 15.95
- House Smoked Pulled Pork** . . . 16.95
- Ground Beef** *black angus from Pat La Freida* . . . 17.95
- Grilled Shrimp** . . . 17.95
- Hurricane** *a little bit of all of the above* . . . 22.95

## QUESADILLAS

*choice of filling with jack cheese & adobe sauce in whole wheat, corn or flour tortilla*

- House Smoked Pulled Pork** . . . 14.95
- Chimayo Chicken** *garlic & herb marinated* . . . 13.95
- Jack Cheese** . . . 10.95
- Slow-Simmered Black Beans** . . . 10.95
- Blackened Shrimp** . . . 15.95
- New** **Ground Beef** *black angus from Pat La Freida guacamole, sour cream & pico de gallo on the side* . . . 14.95

# BOWLS, PLATES & COMBOS

## SALADS

*pineapple-citrus vinaigrette, 1000 acre, buttermilk ranch, blue cheese, chipotle-ranch, honey mustard, lemon-poppy seed or olive oil & vinegar*

### **All Chopped Up** 13.95

*crisp romaine, avocado, scallions, tomatoes, jack cheese, sliced green apple & pecans with lemon-poppy seed vinaigrette with bacon & grilled chicken \$16.95 with bacon & grilled shrimp \$18.95*

### **Field Greens** 8.95

*mixed greens, shaved carrots, tomatoes, radish, cucumbers & peppers*

### **Burrito Boat** 12.95

*slow-simmered black beans, rice, diced tomatoes, shredded lettuce, pickled jalapeños, jack cheese & avocado*

*add grilled or blackened shrimp or house smoked pulled pork \$6 each*

*add grilled or blackened fish or grilled or blackened chicken \$4 each*

## TODAY'S SOUP

### **Cup or Bowl**

*see special menu*

## LUNCH PLATES

### **Bayside Burrito** 16.95

*our slow-simmered black beans, rice, pico de gallo, guacamole, jalapeños & jack cheese in a large flour tortilla . . . with a side salad smothered with salsa verde & jack +\$2 . . . add chicken or smoked pork +\$4*

### **Shrimp & Grits** 18.95

*shrimp sautéed buffalo-style with bacon, butter & hot sauce served over our creamy grits*

### **Baby Back Ribs**

*rubbed with our special blend of spices & smoked in house . . . with our own barbecue sauce, fries & coleslaw  
half rack \$19.95/ full rack \$24.95*

## LUNCH COMBOS

*choose any two for \$12.95*

### **Side Salad**

### **Mac 'n' Cheese**

### **Grilled Cheese Sandwich**

### **BLT on Wheat Toast**

### **Soup of the Day**

# TACOS & BASKETS

## BEACH BASKETS

*with lettuce, tomato, onion, pickles, coleslaw & fries*

**Pulled Pork Sandwich** house smoked shoulder, pulled & dressed with tangy North Carolina barbecue sauce . . . . . 16.95

**White Fish Reuben** grilled sustainably farmed basa fish, melted swiss cheese, sauerkraut & 1000 acre dressing on buttered & toasted rye 16.95

**BBQ or Buffalo-Style Chicken Sandwich** grilled & brushed with our house-made barbecue sauce OR deep-fried & dipped in tangy buffalo sauce then topped with crumbled bleu cheese 16.95

**B.L.A.T. Wrap** thick cut bacon, green leaf lettuce, sliced avocados, ripe tomatoes & chipotle mayo in a large flour tortilla . . . 14.95

**Cowgirl Half-Pound Burger** certified angus beef from Pat La Freida grilled to order . . . . . 14.95

*sandwich toppings \$2.50 each*

*american, cheddar, swiss, jack, blue cheese, bacon, sautéed onions or pico de gallo*

*portobello mushrooms, avocado or guacamole \$3.00 each*

## BUTTERMILK CHANNEL BASKETS

*with fries, coleslaw & jalapeno tartar sauce*

**Fish & Chips** 17.95

sustainably farmed basa filet, buttermilk-battered and fried

**Shrimp & Chips** 19.95

ten shrimp in our Louisiana style cracker-cornmeal crust

**Fried Oyster Basket** 20.95

eight local Blue Point oysters in our Louisiana style cracker-cornmeal crust

**The Buttermilk Barge** 22.95

the Captain's Platter! Shrimp, oysters & fish combo

## TACOS

*two! choose crispy or soft corn, whole wheat flour tortillas or lettuce wraps*

*with shredded lettuce, jack cheese, & fresh pico de gallo*

**Slow-Simmered Black Beans** . . . . . 6.95

**Ground Beef** black angus from Pat La Freida . . . . . 8.95

**Chimayo Chicken** garlic & herb marinated . . . . . 8.95

**House Smoked Pulled Pork** with coleslaw & tangy barbecue sauce . . . . . 8.95

**Grilled Shrimp** . . . . . 9.95

**Southern Fried Fish** sustainably farm raised basa . . . . . 9.95

**Blackened Fish** with mango coulis, jalapeno tartar & fried capers . . . . . 9.95

*side of guacamole \$2.50 side of sour cream \$1.50*

# SIDES & SWEETS

## LUNCH SIDES

|   |      |
|---|------|
| Mac 'n' Cheese . . . . .                            | 7.95 |
| Hand-Cut Tortilla Chips . . . . .                   | 4.25 |
| 4 Soft Corn Tortillas . . . . .                     | 3.95 |
| 4 Whole Wheat Flour Tortillas . . . . .             | 3.95 |
| Creamy Coleslaw . . . . .                           | 4.95 |
| French Fries . . . . .                              | 5.95 |
| Tater Tots . . . . .                                | 5.95 |
| Cheese Grits . . . . .                              | 4.95 |
| Rice <i>bejeweled with veggies</i> . . . . .        | 4.95 |
| Slow Simmered Black Beans . . . . .                 | 4.95 |
| Rice & Beans . . . . .                              | 5.95 |
| Side Salad <i>with choice of dressing</i> . . . . . | 5.95 |
| House-Smoked Pulled Pork . . . . .                  | 8.95 |

## DESSERT

**Cowgirl's Famous Ice Cream Baked Potato** \$9.95

*a sundae that looks like a baked potato!*

*Crafted with house-made hot fudge & Mont Blanc Tahitian vanilla ice cream. Great for sharing!*

|  |      |
|--|------|
| <b>Peanut Butter-Pretzel Pie</b> <i>house made</i> . . . . .   | 6.95 |
| <b>Callebaut Chocolate Brownie</b> <i>house made</i> . . . . .   | 6.95 |
| <b>Steve's Famous Key Lime Pie</b> <i>made in Brooklyn</i> . . . . .   | 6.95 |
| <b>Mont Blanc Tahitian Vanilla Ice Cream</b> <i>made in Brooklyn</i> . . . . .   | 4.50 |
| <b>New Beignet Sundae</b> <i>freshly fried doughnuts with Mont Blanc Tahitian vanilla ice cream, Vermont maple syrup &amp; freshly whipped cream</i> . . . . . | 7.95 |

*add a scoop of Mont Blanc Tahitian vanilla ice cream for \$2.50*

## BEVERAGES

|   |                         |
|---|-------------------------|
| <b>Lemon, Lime, Orange or Pink Grapefruit Ade</b> <i>with freshly squeezed citrus juice in a 16 ounce mason jar</i> . . . . . | 4.95                    |
| <i>add strawberry +\$2</i>  |                         |
| <b>Fountain Soda</b> <i>Coke, Diet Coke, Sprite, Ginger Ale, Dr. Pepper, Root Beer . . . free refills</i> . . . . .           | 3.50                    |
| <b>Bruce Cost Ginger Beer</b> <i>made in Brooklyn</i> . . . . .   | 5.00                    |
| <b>Freshly Brewed Iced Tea</b> . . . . .  | 2.50                    |
| <b>Organic Fair Trade Freshly Ground Sumatra or Water Processed Decaf</b> . . . <i>free refills</i> . . . . .                 | 3.50                    |
| <b>Tea or Herbal Tea</b> . . . . .  | 2.95                    |
| <b>Freshly Squeezed Orange or Grapefruit Juice</b> . . . . .  | 5 oz \$6.95/8 oz \$8.95 |