

## Lunch - 11am - 2pm & 4pm- 8pm

### Why Not Share

Nachos -\$8

House made Tortilla Chips with Queso, chives, salsa, sour cream

Add Chicken -\$4 Add Shrimp - \$6

\*Maryland Crab Dip - \$14

Served with old bay tortilla chips

Cheese Quesadilla - \$9

Served with house made salsa

Loaded Fries - \$11

Queso, Bacon, Diced tomato

Crab Balls - \$12

served with homemade tarter or cocktail

### On White, Wheat, Rye or Sourdough ... Served with a side

Add Avocado to any sandwich for \$1.00

Beachy BLT-\$13

Fried green tomato BLT- \$14.50

Crabby BLT-\$16

The Beachy with Crab dip

Grilled Cheese -\$10.50

### On a Amoroso Sub Roll Served with a side

Philly Cheesesteak \$13

with red peppers and Onions

Chicken Philly - \$13

with red peppers and Onions

1/4lb All beef hotdog \$10

with grilled onions and melted cheese

### Salads

Garden Salad - \$9

Spring Mix, Onions, Cucumbers, Tomato

Cobb Salad - \$14

Spring Mix, Grilled Jerk or Simple Chicken, Onions, Cucumbers, Tomato, Bacon, Blue Cheese, Hard Boiled Egg

*Make Any of Our Sandwiches a Salad!*

Ranch , Blue Cheese, 1000 island, Honey Mustard, Balsamic, Soy Ginger

### Lunch Sides \$3

Waffle Fries , Side Salad , Tiny Tomato Salad

### On an Potato Bun ... Served with a side

Jerk Chicken Sandwich - \$12.50

Marinated and Grilled Chicken served with Lettuce, Tomato, onion, honey mustard

Angus Smash Burger - \$11

Smashed and seasoned in house served with Lettuce, Tomato, onion, Mayo

Angus Chargrilled Burger -

\$12 Single - \$14 Double

Smashed and seasoned in house served with your choice of Cheese, Lettuce, Tomato, onion, Mayo

\*Maryland Crabcake - \$16

We come from a family of Maryland Waterman! Served with Lettuce, Tomato, onion, tarter sauce

Simple Chicken Sandwich - \$12.50

Marinated with simple seasoning and grilled. served with Lettuce, Tomato, onion, Mayo

Jerk Chicken Salad Sandwich - \$12

Made in house, served with lettuce, Tomato, onion

\*Shrimp Salad Sandwich - \$13.50

House made with our seasoned grilled shrimp served with Lettuce, Tomato, onion

Chicken Tender Sandwich - \$12

Lettuce, Tomato, onion.

Plain, Buffalo, or Mango Habanera

Ahi Tuna Sandwich - \$16

Marinated in Soy Ginger and grilled served with Lettuce, Tomato, onion.

### Garlic Herb Wraps ... Served with a side

Chicken Bacon Ranch \$12.50

Lettuce, Tomato, Onion, Ranch

Jerk Chicken- \$12.50

Lettuce, Tomato, Onion, Honey Mustard

Veggie & Cheese- \$11

Lettuce, Tomato, onion, cucumber, Spinach, Balsamic

Jerk Chicken Salad - \$12

Lettuce, Tomato, onion

Shrimp Salad - \$13

Lettuce, Tomato, onion

## Pasta

**served with garlic bread & side salad**

Philly Mac - \$15

Chopped Angus steak, Grilled onions and peppers ontop of our Cavatappi pasta

Veggie Alfredo - \$14

peppers, onions, tomato, mushroom spinich ontop of our Cavatappi pasta

\*Grilled Shrimp Alfredo - \$15

Grilled Shrimp of our Cavatappi pasta with alfredo sauce

Jerk Chicken Pasta - \$14

Grilled Jerk Chicken on our Cavatappi pasta with mushrooms, asparagus in a cream sauce

Homemade Mac + Cheese - \$12

## Flat Breads

Jerk Chicken - \$14

mushrooms, pepper, onions, jack cheese and jerk bbq sauce

Veggie - \$14

Tomato, mushrooms, pepper, onions, spinach, Jack cheese, Alfredo sauce

\*Seafood- \$18

Grilled Shrimp, lump Crab, white cheddar cheese sauce

\*Asian Ahi Tuna \$16

Grilled Ahi, Mixed Greens, soy ginger, Onions, wasabi mayo

## From the Sea

Grilled Shrimp - \$15

8 grilled shrimp served with 2 sides

Grilled Mahi Mahi \$ 18.00

served with 2 sides

**Oscar Style** - Topped with Hollandaise, lump crab and asparagus - \$5

**Chesapeake Style**- Topped with House made maryland crab dip - \$5

Seafood Platter - \$23

8 grilled shrimp, Maryland Crabcake served with 2 sides

Maryland Crabcake \$ 18.50

served with 2 sides

Soy Ginger Grilled Ahi Tuna- \$18.50

served with 2 sides

Shrimp and Grits - \$14

served with side salad and Garlic Bread

**Dinner 4pm- 8pm**



## On Country White Bread

**Served with a side**

Open Faced Hot Brisket - \$16

Hot sliced house roasted brisket piled onto country white bread and covered with brown gravy

Open Faced house roasted Turkey - \$14

Hot sliced house roasted turkey piled onto country white bread and covered with brown gravy

## From The Land

Marinated Grilled Chicken - \$14.50

served with 2 sides

Grilled Jerk Chicken - \$14.50

served with 2 sides

Chicken Chesapeake - \$19.50

Grilled Chicken topped with Maryland Crabdip served with 2 sides

Monteray Chicken- \$18

Grilled Chicken topped with house salsa, onion, bacon and cheddar served with 2 sides

Chicken Tenders - \$14

Plain, Buffalo, or Mango Habanera served with 2 sides

10 ounce Sirloin Steak - \$22

served with 2 sides

House Roasted Brisket - \$18

served with 2 sides

## Tacos (3) served with 1 side

Grilled Old Bay Shrimp - \$15

Lettuce, Tomato, onion

Jerk Chicken- \$12

Lettuce, Tomato, onion, honey mustard

Brisket Beef - \$12

Lettuce, Tomato, onion, baja BBQ sauce

Grilled Mahi Mahi \$16

Lettuce, Tomato, onion, house salsa and pineapple bits

## Dinner Sides \$4

Fried Squash - Asparagus - Yellow Rice - Sweet Potato Waffle Fries -  
Waffle Fries - Side Salad - Garlic Mashed Potatoes - Broccoli



*\*These items are served raw or undercooked or contain or may contain raw or undercooked ingredients, consuming raw or undercooked meats, poultry, seafood shellfish or eggs may increase your risk of foodborne illness, especially if you have a certain medical conditions*

## Beverages

Pepsi, Diet Pepsi, Sierra Mist, Dr. Pepper, Cheerwine, Hot tea, Sweet tea, Unsweet tea, Coffee, Decaf Coffee - \$2.50 Free Refills

Canned Beverages for outside - Pepsi, Diet Pepsi, Sprite, Dr. Pepper - \$1.50 each

Milk, Chocolate Milk, Orange Juice, Apple Juice, Tomato Juice .... Small \$2.50 ea. Large \$3.50ea.

### 21 and Older Beverages... Served Over Ice

Traditional - \$7

Champagne, Oj or Pineapple juice

Pink Flamingo - \$7

Champagne, Pink Lemonade, Sierra Mist, Strawberries

Tidal Wave- \$7

Champagne, Seirra mist, Blue Ciroc, blueberries

Southern Sipper- \$7

Champagne, Sweet tea, lemon

OKI Sunrise- \$7

Champagne, OJ or Pineapple Juice, Grenadine, Cherry -

Bloody Mary- \$8

Saki, Zing-Zang, Oldbay

### 21 and Older Beverages... In a Can

Margurita - \$7

Bud Lite \_\$3

Miller Lite\_\$3

Michalobe Ultra \$3

Corona \$3

Wine by the glass \$6

Rose, Chardoney, Caberney

### For the Grommets (Kids under 12 ...served with fruit cup + drink - \$7

Breakfast 7am-11am

\*Kids Sandcastle

\*1 egg, bacon, toast

Dinner -Lunch 11am-2 pm  
& 4pm-8pm

\*Grilled Cheese

\*Mac and Cheese

\*Chicken Tenders

### Big Cookies \$2.50

Chocolate Chunk

Peanut Butter Cup Chunk

Lemon Blueberry Sugar

Please pay your server at the table, an automatic 20% gratuity will automatically be added for parties of 6 or more

5700 E. Oak Island Drive, Oak Island NC. [www.breakforfood.com](http://www.breakforfood.com) 910-933-4734



### **Small Breakfast Sandwiches**

**Served on Biscuit or English Muffin**

- Sausage or Bacon \$4.50
- Sausage or Bacon & \*Egg \$6.00
- Sausage or Bacon , \*Egg & Cheese - \$6.50
- Chicken - \$6.50

### **Large Breakfast Sandwiches**

**Served on Toast**

- Sausage or Bacon -\$6
- Sausage or Bacon & \*Egg- \$7.50
- Sausage or Bacon, \*Egg & Cheese- \$8
- Beachy BLT served with a side - \$11

### **A La Cart**

Sausage or Bacon- \$2.50 Egg \$1.50

Toast - \$2 Biscuit - \$2.50 Fruit Bowl - \$3

### **Meats, Veggies, Cheeses**

- Meats** - Applewood Smoked Bacon, Canadian bacon, Turkey Bacon, Sage Sausage, Chorizo
- Cheeses** - American, Swiss, Provolone, Cheddar, Pepperjack, Goat, Queso Fresco
- Veggies** - Tomatoes, Red Peppers, Red Onions, Asparagus, Spinach, Wild Mushrooms, Avocado

### **\*Omelets**

**Served with Side + Toast**

- The Set- build your own- \$12  
1 meat, 1 veggie, 1 cheese
- The Garden - \$12  
Tomato, onion, mushroom, spinach, asperagus
- Western- \$12  
Canadian bacon, Red pepper, onion, Cheddar
- Baha- \$12  
Chorizo, Salsa, Queso Fresco, onions and Cilantro
- The Drop in - \$11  
Cheddar, Swiss, American

**Breakfast 7am - 2pm**

### **Breakfast Sides \$3**

Shredded Hashbrowns Tiny Tomato Salad Creamy Grits

### **Hippy Stuff**

**Hippie Chick Granola served with fresh berries**

- Chrissy's Blend - White Chips + Nuts - \$9
- Paleo Blend - nuts and seeds - \$9
- Just Yogurt and berries -\$6.50

### **Belgian Waffles... aka Sandcastles**

**Served with Bacon or Sausage**

- Plain - \$8 Chocolate chip - \$9
- Hang 10- Banana + Pecans - \$11.50
- Blueberry Reef + Crumble - \$11.50
- Strawberry Reef + Crumble - \$11.50
- North Shore- Pineapple +Coconut - \$11.50
- Pop -up- Pecans + Chocolate chips- \$11.50

### **Breakfast Favorites**

- \*Its Flat - 2 eggs, toast + Side - \$9
- \*Short Board- 1 Egg, Meat, toast + Side - \$9
- \*Long Board- 2 Eggs, Meat, Taost + Side -\$10
- Biscuits and Gravy - Served with a Side - \$9
- French Toast + Meat-\$10
- \*Big Kahuna - \$16
- Sandcastle, 2 Eggs, Meat, toast + Side

### **\*Eggs Benedicts**

**Poached eggs English muffin and a side**

- Traditonal - \$11.50
- Canadian Bacon, Hollandaise, chives
- California - \$12.50
- Turkey Bacon, Hollandaise, Avocado chives
- Wavy - \$11.50
- Bacon, wavy gravy, parsley
- Lifeguard - \$15
- Lump Crabmeat and Old bay
- Baja - \$12.50
- Chorizo, Salsa, Queso Fresco, onions and Cilantro