All of our food is prepared by our Chef's team to order. Please allow us time to create and serve our signature dishes.

APPETIZERS

House-Made Chips

House-made hot chips. Served with a smokey chipotle ranch. 6.95

Fried Pickle Fries

Dill pickles lightly breaded and fried. Served with ranch. 7.95

Cheese Lovers Mac 'n' Cheese Bites

Crispy fried mac 'n' cheese bites. Served with a warm queso dip. 7.95

Soft Pretzels

Baked and served with cheese dip or spicy mustard. 7.95

GF Loaded Potato Skins

Loaded with cheese, bacon and scallions. Served with sour cream. 8.95

Quesadilla

Sun-dried tomato flour tortillas stuffed with cheese, black beans, tomatoes, and peppers. Served with sour cream and salsa. 8.95 Add Chicken 2 Ground Beef 2 Shrimp 3

Fried Emerald Tomatoes

Lightly breaded and fried green tomatoes. Served with ranch or our Asian lava sauce. 9.95

Calamari

Lightly breaded rings and tentacles. Crispy fried and served with sweet marinara. 10.95

GF Crab Dip

Lump crab meat baked into a rich creamy cheese dip. Served with toasted pita points. Substitute tortilla chips for a gluten free option. 11.95

***** Fried Oysters

Fresh local oysters lightly breaded, fried, and dusted with cajun seasoning. 11.95

GF Dune of Nachos

Tortilla chips piled high with cheese, black beans, tomatoes, lettuce, jalapenos, pico de gallo and sour cream. 12.95 Add Chicken 2 Ground Beef 2 Shrimp 3

Grouper Bites

Lightly breaded and fried. Served with french fries. 12.95

* Ahi Tuna (Rare)

Fresh local tuna lightly seared and served with soy sauce, pickled ginger and wasabi. 13.95

SOUP AND SALAD BAR

GF Three C's Chowder

House-made creamy crab, clam, corn, and shrimp chowder. Garnished with bacon. Cup 4.95 Bowl 7.95

GF Salad Bar

Gluten Free excludes pasta salad and croutons. GF dressing available upon request.

All-You-Can-Eat 11.99

One Trip 8.99

One Trip with Entree 4.99 Substitute One Trip to Salad Bar for Side Dish 2.99

WINGS

Crispy chicken wings tossed in our signature sauces.

Hurricane Buffalo Wings:

Category 1, Category 2, Category 3, Category 4, Category 5

Flavored Wings:

BBQ, Sweet Chili, Parmesan Garlic, Cajun, Lemon Pepper Dry Rub

10 count Boneless 7.95

20 count Boneless 14.95

10 count Bone-in 9.95

20 count Bone-in 16.95

BURGERS

Hand-pattied, half-pound, expertly grilled, thick and juicy. Served with one side on a grilled bun. Gluten free bread available \$1.

* The Classic

American cheese, lettuce, tomato, pickle, onion, mayonnaise, mustard.

* The Mac Daddy

Deep fried mac 'n' cheese bites, creamy queso, lettuce, tomato, and house-made chipotle ranch. 13.95

* Eastern Carolinian

Fried green tomato, bacon, hoop cheese, drizzled with barbecue sauce.

11.95

Farmer's Daughter

Fried egg, bacon, cheddar cheese, lettuce, tomato and mayonnaise. 12.95

* Overboard

Two half-pound patties topped with double bacon, double cheddar cheese, grilled onions, lettuce, tomato, mayonnaise. 16.95

Lauren's Veggie Burger

Garden burger, lettuce, fried green tomatoes, and drizzled with moonshine barbecue sauce. 11.95

Served with one side. Gluten free bread available \$1.

Shipwreck BLT

Double-decker layered with bacon, lettuce, tomato, mayonnaise. 10.95

Atlantic Beach Club

Double-decker layered with ham, turkey, bacon, provolone, tomato, lettuce, mayonnaise. 11.95

* Shaved Prime Rib French Dip

House roasted prime rib with provolone, onions, and au jus on a fresh grilled 10" sub roll. 13.95

Crystal Coast Cheesy Chicken

Grilled chicken breast, provolone, bacon, lettuce, tomato, and mayonnaise on a grilled bun. 10.95

Po' Boys

Lightly breaded and fried. Your choice of flounder, oyster, or shrimp. Cajun dusted with lettuce, tomato, onion, and pickled okra remoulade served on a fresh grilled 10" sub roll. Shrimp 11.95 Oyster 12.95 Flounder 12.95

* Consumer Advisory: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of foodborne illnesses

GF indicates items that the item can be made Gluten Free. Although we take great precaution in eliminating cross-contamination from occurring, we cannot guarantee no gluten exposure. Therefore, we cannot recommend these items to an individual with Celiac Disease.

SEAFOOD TACOS

Two tacos and one side.

Island Shrimp Tacos

Shrimp tossed in our famous island sauce made from cilantro, garlic, butter, lime, chilies. Topped with shredded cabbage. 13.95 Mahi Tacos

Mahi tacos topped with shredded cabbage, fresh scallions and our Asian lava sauce. 12.95

SEAFOOD SIGNATURES

Island Shrimp

Peel-and-eat shrimp tossed in our famous island sauce made from cilantro, garlic, butter, lime, and chilies. Served with french bread for dipping.

Half-Pound 16.95 Full Pound 26.95

GF Lemon Snapper

Snapper lightly dusted in rice flour and sauteed. Topped with a rich lemon butter sauce. Served with two sides. 19.95

Shrimp and Grits

Shrimp, bacon, tomatoes, and scallions in a rich creamy cheese sauce centered with white cheddar grits. 24.95

* Seared Tuna Steak

Fresh local tuna lightly seared (rare) and served with soy sauce, pickled ginger, and wasabi. Served with two sides. 26.95

* **SEAFOOD**

Served with french fries or baked potato and cole slaw.

Substitute side dishes 1.95 ea.

Flounder Platter

Fried 18.95 Broiled 19.95

Shrimp Platter

Fried 18.95 Broiled 19.95

Scallop Platter

Fried 24.95 Broiled 25.95

Oysters

Lightly breaded and fried. 19.95

Clam Strips

Lightly breaded, fried, and parmesan dusted. 15.95

GF Broiled seafood can be prepared gluten free.

* **SEAFOOD ADD-ONS**

Add Shrimp, Clams, Oysters, Scallops, or Crab Legs to an entree.

Shrimp 4.95

Clams 4.95

Oyster 6.95

Scallops 10.95

Crab Legs One pound Market Price

Steamed Seafood

Served with two sides.

GF Steamed Shrimp

Peel-and-eat with your choice of cajun or old bay seasoning. Half-Pound 14.95 Full Pound 22.95

> **GF Steamed Snow Crab** Two Pounds Market Price

HANDCUT STEAKS AND RIBS

Perfectly aged and expertly hand seasoned. Served with two sides.

GF * 8 oz Filet

Our most lean and tender center-cut with a mouth-watering buttery texture. 29.95

GF * 12 oz Ribeye

Our most flavorful steak distinguished with rich marbling. 24.95

GF Steak Compliments

Sauteed Mushrooms 4.95 Grilled Shrimp Skewer 6.95 Seared Scallops 10.95 Crab Legs one pound Market Price Pork Ribs

Slow-cooked, seasoned and fire grilled baby back ribs brushed with moonshine barbecue glaze.

Half Rack 17.95 Full Rack 23.95

PASTA DISHES

AB Seafood Pasta

Linguini tossed in a rich cream sauce with shrimp and sea scallops. Garnished with scallions.

23.95

Pasta Marinara

Linguini pasta with chicken sauteed in white wine and tossed in a traditional red sauce with fresh basil. 16.95

Cajun Chicken Pasta

Penne pasta tossed in a spicy cream cajun sauce with chicken, mushrooms, and sweet red peppers. 18.95

Rice Pilaf

GF Broccoli

GF Baked Potato

GF Sauteed Vegetables

GF Sauteed Brussel Sprouts with Bacon

House-made Chips GF Cole Slaw

French Fries Beer-Rattered

GF Roasted Garlic Mashed Potatoes

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