

STARTERS

CB Clam Chowder 8.19 / 12.59

Soup of the day 5.79 / 9.59

Sweet Potato & Brussels 13.29
With red onion, bacon, bleu cheese & balsamic
reduction

Dip Trio 17.79

Crab Dip, Spinach-Artichoke Dip and Spicy
Pimento Cheese

Fried Oysters 17.79

8 hand breaded Jumbo VA Oysters with lemon
& tartar sauce

Crab Cakes 16.99

Four mini crab cakes with dill aioli, spicy mayo
& tartar sauce

*Surfboard 26.39

Seafood based "charcuterie" board.

*Turfboard 19.79

Rotating selection of meats, cheeses, sauces &
pickles.

SALADS

Autumn Spinach 13.99

With Granny Smith apples, raisins, candied
pecans, bleu cheese & balsamic vinaigrette

Shrimp Louie 17.99

Romain, avocado, egg, tomato & shrimp with
Louie dressing

*Captain's Caesar 8.79 / 12.19

*Golden Sands Greek 12.79

With cherry tomatoes, red onions, cucumber,
pepperoncini, feta & olives

Add grilled chicken breast 8.49

Add grilled shrimp skewer 9.19

*Add seared tuna steak 12.79

*Add blackened salmon filet 12.79

LARGE PLATES

Ask about gluten free options

Mac N' Cheese 13.19

Cavatappi, 3 cheese cream sauce & parmesan.

Add bacon 4.79

Off the Hook Tacos 15.79

Grilled or blackened. With black bean-corn
salsa, cotija cheese and slaw

Grilled Chicken Sandwich 17.49

With bacon, munster, spinach and pesto mayo.

*Bacon Cheese Burger 18.49

Aged white cheddar, dressed arugula, red
onion & spicy mayo.

DINNER

Served after 5pm nightly

*Bourbon Glazed Salmon 27.49

With haricots verts almondine, mashed sweet
potatoes & honey butter

Cape Fear Fettucini

Al dente noodles with garlic alfredo sauce &
your choice of:

Portobello, asparagus & zucchini 16.79

Grilled chicken breast 24.49

Grilled shrimp 25.19

Scallops 29.59

Three jumbo scallops, tri colored red
pepper-feta couscous & red pepper coulis

Cajun Shrimp & Grits 24.99

Shrimp, andouille sausage, cajun cream &
smoked gouda grits

*Ribeye 33.79

10 oz cut with herb butter, roasted red
potatoes and sautéed spinach