

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

FISH TACOS

Served with shredded cabbage, pineapple salsa, Baja sauce & a side of roasted corn black bean relish

Crispy Fried Mahi 15.79

Fish Market Fresh Catch market price

Your choice of blackened or grilled..

HANDHELDS

Served with fries or house salad. Or upgrade to a premium side.

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

Calabash Plate 17.79 / 21.99

Hand battered flounder filet, french fries, hush-puppies & slaw..

Mac N' Cheese 13.19

Cavatappi, 3 cheese cream sauce & parmesan.

Add bacon 4.79

Crab Fettuccine 29.59

White-wine garlic sauce, cherry tomatoes, cilantro & lump meat crab.

*Salmon Almondine 28.49

With cilantro-coconut rice, broccolini, carrots, almonds & butter.

Scallop Risotto 29.59

Three jumbo scallops, pan seared over mushroom-cream risotto.

Cajun Shrimp & Grits 24.99

Shrimp, andouille sausage, cajun cream & smoked gouda grits.

*Federal Point Filet 35.79

8 oz tenderloin with herb butter, mashed potatoes & creamed spinach

Ask about gluten free options