



Soups & Greens

Strawberry Fields Burrata Forever

Arugula & field greens, sun-kissed strawberries, creamy burrata, lemon oil drizzle, toasted almonds and a balsamic reduction **13**

Red Sky Caesar Reloaded

Crisp romaine, Pablo's garlic breadcrumbs, herbed cherry tomatoes, parmesan snowdrift, and crispy pork belly confetti **12**

She-Crab Soup

Rich, creamy low-country she-crab soup with just a hint of sherry—this bowl speaks fluent Southern comfort **10**

Brunch Bites

Salmon Benedict

Flaky biscuit topped with seared salmon, asparagus, a poached egg, and rich hollandaise. A fresh, savory spin on a brunch classic **17**

Fried Chicken Bowl

Crispy fried chicken breast, smoky bacon, fried egg, and a sweet potato biscuit, all drizzled with hot honey. Bold, sweet, and spicy in every bite **16**

Chef's French Toast

Chef's choice of seasonal flavors, fresh toppings, and sweet finishes. A rotating favorite that celebrates the season **15**

Pork Belly Tacos

Seared pork belly, fried egg, shaved cabbage and carrot, pico, and Peruvian green sauce on warm corn tortillas. Bold, fresh, and packed with flavor **17**

Chef Wes's OG Shrimp & Redneck Risotto

NC shrimp sautéed with bacon and tomatoes in a rich Cajun cream, poured over redneck risotto. It's bold, it's back, it's better than ever **21**



Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Especially if you have certain medical conditions

Lunch Bites

The Southern Stack-Up

Fried green tomato, pickled shallots, arugula & burrata cheese stacked on a toasted brioche, dripping with Peruvian green sauce. Served with fries. **14** *Add bacon for a little Southern sass (\$2)

Short Rib Burrito Bomb

Melty Mexican blanco, slow-braised short rib and cilantro, all rolled tight and served hot. Lettuce, pico de gallo and guac on the side. Pure flavor in every bite. Served with chips & molten queso. 17

Chicken BLT Wrap-Up

Grilled chicken, bacon, pico, fresh mozz, and basil pesto—rolled in a tortilla and served warm with a kickin' sriracha aioli dip. Lettuce and pico de gallo on the side. Served with fries **16**

Damn Good Burger Pt. 2

Double smashed patties, egg, sharp cheddar, toasted brioche bun with spicy mayo and classic fixings on the side—pickle, lettuce, tomato, onion. The legend continues. Served with fries. **18**



Tastefully Fit

The T-Fit Fix Bowl

Roasted sweet potatoes, ancient grains, arugula, pico, shaved carrot, fresh cabbage and avocado—tossed in chipotle-lime vinaigrette. Add your lean protein of choice to fuel the summer grind

Choice of eggs, chicken, shrimp, or fish of the day

20

Brought to you by Chef Wes Stepp's Tastefully Fit lifestyle- where flavor and fitness hang out

Kid-Approved Picks

Mac & Cheese Chicken Tenders & Fries Fried Shrimp & Fries Pasta with Marinara or Butter all choices 10

Sides

Cheesy Hashbrowns
Redneck Risotto
Grilled Asparagus
Sweet Potato Biscuit & Honey Butter
all choices 10

Be sure to visit our sister restaurant down the road-NC Coast Bar & Grill! Fresh seafood, coastal vibes, and unforgettable sunsets!