

Served daily 7:30am-3:00pm

Prices vary by location
View online ordering pages for exact prices



SERVED FROM 7:30AM-3:00PM













BURRITOS, BOWLS, OMELETS

BRONX BOMBER BURRITO

Bacon, ham, sausage, cheese & scrambled eggs* stuffed into a burrito and smothered in queso. Your choice of side

POWERHOUSE BOWL

Turkey sausage, spinach, avocado, sweet potatoes, red pepper aioli & egg whites* served over a base of home fries or grits

SOUTHWESTERN BOWL

Chorizo, green peppers, jalapeños, cilantro, cheese, sour cream, guacamole & eggs* served over a base of home fries or grits

BY THE SEA OMELET

Crab meat, shrimp, bacon, Swiss cheese and eggs* stuffed into an omelet shell. Your choice of side



BREAKFAST CLASSICS

ALL-AMERICAN

Two pancakes of your choice: buttermilk, chocolate chip, blueberry or cin-a-bun. Served with bacon, two eggs* and your choice of side

AVOCADO TOAST.....\$14.5 Crispy croissant with a guacamole spread. Topped with two eggs*, red pepper aioli, arugula & freshly grated parmesan. Served with sliced avocado

CHICKEN & WAFFLES

Belgian waffle topped with two pieces of fried chicken

BISCUITS & GRAVY BOWL

Two biscuits smothered in sausage gravy and topped with bacon & two eggs*

ASK ABOUT OUR GLUTEN-FRIENDLY OPTION FEATURING JP'S PASTRY BISCUITS!



BRUNCHES PROUDLY USES ONLY THE BEST QUALITY EGGS STRAIGHT FROM VITAL FARMS

BREAKFAST FAVS

CHICKEN BISCUIT SUPREME

Open faced biscuit topped with two fried chicken breasts, eggs* and sausage gravy

NOTORIOUS BLT

Bacon mayo, bacon jam, bacon, lettuce, fried green tomatoes & an egg* sandwiched between your choice of toast and served with a side

BREAKFASTTACOS

Two tacos filled with bacon, egg* & cheese. Topped with guacamole & pico. Your choice of side

CAROLINA SUNRISE

Open faced biscuit topped with hot honey fried chicken, pimento cheese, pepper relish & two eggs

SHRIMP & GRITS

Grilled shrimp served over buttery grits and topped with a house made lobster cream sauce

BENEDICTS

CLASSIC BENNY

Open faced English muffin topped with Canadian bacon, eggs* & hollaindaise. Served with your choice of side

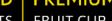
CRAB CAKE BENNY

Open faced English muffin topped with our house made crab cakes, eggs* & hollandaise. Served with your choice of side

SIDE OPTIONS

STANDARD |

PREMIUM

















LUNCH CLASSICS

HIBACHI BOWL

Sautéed onions, mushrooms and zucchini Served with awesome sauce (extra +\$0.50)

PROTEIN Chicken or veggie Shrimp or steak* Combo BASE Rice

Teriyaki noodles Both +\$1.50

BUFFALO CHICKEN MAC & CHEESE

Traditional mac-n-cheese bowl topped with fried chicken bites tossed in buffalo & drizzled with ranch

CHICKEN BACON RANCH QUESADILLA

Flour tortilla filled with diced grilled chicken, bacon bits, spicy ranch and melted cheese.
Topped with a spicy ranch drizzle

CHICKEN TENDERS

Eight hand breaded crispy chicken tenders served with fries and your choice of sauce Extra sauce +\$0.50

HANDHELDS

CLASSIC BURGER*

American cheese, lettuce, tomato, onion, pickles and burger sauce. Served with fries

COWBOY BURGER

Cheddar cheese, lettuce, tomato, bacon, BBQ sauce and crispy onion straws. Served with fries

BRUNCHES BANGIN' TACOS

Two flour tortillas stuffed with your choice of fried chicken or shrimp tossed in a creamy chipotle sauce, cabbage & pico. Served with chips & salsa

NASHVILLE CHICKEN SANDWICH

Hand-breaded chicken breast tossed in a spicy nashville sauce and topped with slaw & pickles. Served on white toast with a side of fries

TEXAS TOAST, WHEAT, BRIOCHE BUN, GLUTEN-FREE BUN, ENGLISH MUFFIN, WRAP



WORK MAIRID brunch harder

SALADS

CAESAR SALAD

Chopped romaine tossed in caesar dressing with parmesan cheese and croutons. Served with your

PROTEIN PACKED

PRE-WORKOUT BOWL

Two whole eggs*, two egg whites*and cottage cheese scrambled together and served over a base of home fries. Topped with grilled chicken and avocado slices

RECHARGE BOWL

A base of sweet potatoes topped with grilled



Served Wednesday-Saturday 3:00pm-9:00pm

Currently at our Carolina Beach location

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BREW BITES

CHICKEN WINGS

Eight jumbo chicken wings tossed in your choice of sauce listed below. Served with a side of ranch or blue cheese (extra dressing +\$0.50)

BUFFALO GARLIC PARM LEMON PEPPER TERIYAKI HOTHONEY BBQ

BBQ CHICKEN NACHOS

Crispy tortilla chips topped with queso, pico de gallo, grilled chicken, fried jalapeños, sour cream and a BBQ sauce drizzle

CRAB DIP

Carolina crab & corn dip served with tortilla chips

MOZZARELLA FRITTERS

Seven house made fried mozzarella balls served over a base of marinara. Topped with parmesan and parsley

CHICKEN TENDERS

Eight hand breaded crispy chicken tenders served with fries and your choice of sauce (extra sauce +\$0.50)

CHICKEN BACON RANCH QUESADILLA

Flour tortilla filled with grilled chicken chunks, bacon bits, ranch dressing and melty cheese. Topped with a spicy ranch drizzle

BY THE SEA

SHE-CRAB SOUP

Creamy crab soup served with oyster crackers

BAJA FISH TACOS

Two flour tortillas filled with blackened mahi, pico de gallo, guacamole & cabbage. Served with chips & salsa

ISLAND MAHI

Choice of grilled or blackened mahi served over a base of jasmine rice and topped with broccoli and pico de gallo

CALABASH

Served with french fries and cole slaw FRIED SHRIMP OR FLOUNDER COMBO

BREAKFAST FOR DINNER

ALL-AMERICAN

Two pancakes of your choice: buttermilk, chocolate chip, blueberry or cin-a-bun. Served with bacon, two eggs* and your choice of side

CHICKEN BISCUIT SUPREME

Open faced biscuit topped with two fried chicken breasts, two eggs* and sausage gravy

CHICKEN & WAFFLES

Belgian waffle topped with two fried chicken breasts

BISCUITS & GRAVY BOWL

Two biscuits smothered in sausage gravy and topped with bacon & two eggs*

ENTREES

WAGYU MEATLOAF

Made with a mixture of Wagyu & Certified Angus Beef towered on mashed potatoes with gravy & crispy onion straws

HIBACHI BOWL

Sautéed onions, mushrooms and zucchini Served with awesome sauce (extra +\$0.50)

PROTEIN Chicken or veggie

Shrimp or steak*

Rice Teriyaki noodles Combo Both +\$1.50

BUFFALO CHICKEN MAC & CHEES

Traditional mac-n-cheese bowl topped with fried chicken bites tossed in buffalo & drizzled with ranch

FIRECRACKER BOWL

Choice of crispy chicken or shrimp tossed in a spicy island sauce. Served with steamed broccoli over rice (sub teriyaki noodles +\$1.00)

BLACKENED ALFREDO

Bowl of creamy pasta alfredo topped with steamed broccoli & your choice of blackened chicken or shrimp

BEACH BURGER*

Smashed burger patty topped with cheddar cheese, crispy onion straws, bacon, BBQ sauce, lettuce, tomato & pickles