

LOWCOUNTRY FRESH

MARKET & CAFE

Breakfast

Monday-Friday 9-11am

Pastries & Breakfast Sandwich Available At 8am On Weekends

Breakfast Sandwich \$7

House Made Plain or Everything Bagel or Toast. Breakfast Sausage or Bacon. Farm Egg. American Cheese.

Breakfast Plate \$14

Scrambled Farm Eggs. Breakfast sausage or Bacon. Home Fries. Green Salad or Coffee Cake

Whole Wheat Pancakes \$12

Whipped Brown Butter. Cane Syrup. House-Made Seasonal Fruit Preserves.

Lox Bagel \$13

Smoked Salmon. Cream Cheese. Capers. Cucumber. Red Onion. Dill.

Yogurt Parfait \$7

Unsweetened Yogurt. Seasonal Fruit Preserves. House-Made Granola with Brickyard Point Farm Pecans.

Sides \$4

House-Made Bacon

House-Made Sausage

Home Fries

Fresh Seasonal Fruit Salad

Baked From Scratch at Lowcountry Fresh

Bagels \$2.5 Plain. Everything. Seeded. Daily Specials.

Add Cream Cheese \$1.5 Plain. Pickled Jalapeno & Shallot. Seasonal Fruit Cream Cheese.

Breakfast Pastries \$4

Scones

Muffins

Gluten Free Muffins

Cinnamon Rolls

Coffee Cake

Banana Nut Bread

Lowcountry Fresh Café Dishes Are Made with Fresh, Seasonal, Locally-Available Ingredients. The Chefs May Make Changes to Ensure Quality.

Eat In or Take-Out.

Catering Trays & Platters Available, Call (843) 815-2780



Lunch

Monday-Friday 11:30-3:00

Soups & Salads

Ask Us About Our Soups Today Bowl \$7 Cup \$4.5

Bluffton Caesar \$12

Butter Lettuce & Baby Kale. Croutons. Parmesan. Fresh Herbs. House-Made Dill Dressing

Lowcountry Fresh Seasonal GF \$12

Mixed Greens. Candied Pecans. Goat Cheese. Seasonal Fruits & Vegetables. House-Made Peach Dressing

Arugula Salad GF \$12

Mixed Greens. Smoked Feta. Pumpkin & Sunflower Seeds. Sun Dried Tomatoes. Sweet Peppers. Carrots. Olives. Preserved Lemon & Shallot Dressing

Add Chicken or House-Smoked Turkey \$2.5

Small Plates

Hush Puppies \$7 GF

Anson Mills Corn Flour. Sweet Corn. Whipped Brown Butter

Fish Fritters \$12 GF

Local Fish. Scotch Bonnet Pepper. Remoulade Sauce.

Red Rice, \$14 GF

Local Shrimp & Smoked Sausage

BBQ Hash \$12 GF

Heritage Pork. Carolina Gold BBQ Sauce. Carolina Gold Rice. Smoked Tomato Braised Squash.

Sandwiches Served with House-Made Pickles & Potato Salad

Lox Bagel \$13

Smoked Salmon. Cream Cheese. Capers. Cucumber. Red Onion. Dill.

Chicken Salad Sandwich \$12

Almonds. Golden Raisins. Duke's Mayo. Lettuce. Tomato.

Turkey Sandwich \$12

House-Smoked Turkey. Herb Mayo. Lettuce. Tomato. Pickled Red Onion.

Roast Beef Sandwich \$13

House-Roasted Beef. Dill Havarti Cheese. Whole Grain Mustard. Arugula. Cucumbers. Tomato. Red Onion.

Veggie Sandwich \$12

Roasted Local Sweet Peppers. Eggplant & Cream Cheese Dip. Local Baby Kale. Carrots. Microgreens. Smoked Tomato Dressing.

BLT \$12

House-Made Bacon. Hand-picked Local Tomatoes. Duke's Mayonnaise.

Fried Green Tomato Sandwich \$14

Deloris's Pimiento Cheese. Pecan Smoked Bacon. Hand-Picked Local Tomatoes.

Local Shrimp Burger \$16 GF Without Bun

House-Made Benne Seed Bun. Herb Aioli. Lettuce.

Smoked Brisket Sandwich \$15 GF

House-Smoked Brisket. Benne Seed Loaf. Carolina Gold BBQ Sauce. House Pickles.

House-Brined Fried Chicken Served with House-made Coleslaw, Bread & Pickles

Two Piece- White (Wing & Breast) \$8 Dark (Leg & Thigh) \$7

Four Piece Mixed \$14

Eight Piece Mixed \$19

16 Piece \$36

Sides (may change based on seasonal ingredients) **one \$5, Add two \$8 Add Three \$11**

Smoked Tomato Braised Summer Squash. Roasted Seasonal Vegetables. Stewed Okra & Tomatoes. *All Three Sides are Vegan & Gluten Free*



Late Afternoon Lunch Menu

Monday- Friday 3:00-5:30, Saturday & Sunday 2:30- 5:30

Soups & Salads

Ask Us About Our Soups Today Bowl \$7 Cup \$4.5

Bluffton Caesar \$12

Butter Lettuce & Baby Kale. Croutons. Parmesan. Fresh Herbs. House-Made Dill Dressing

Lowcountry Fresh Seasonal GF \$12

Mixed Greens. Candied Pecans. Goat Cheese. Seasonal Fruits & Vegetables. House-Made Peach Dressing

Lowcountry Fresh Mediterranean Salad GF \$12

Mixed Greens. Smoked Feta. Pumpkin & Sunflower Seeds. Sun Dried Tomatoes. Sweet Peppers. Carrots. Olives. Preserved Lemon & Shallot Dressing.

~ Add Chicken or House-Smoked Turkey \$2.5 ~

Sandwiches Served with House-Made Pickles & Potato Salad

Lox Bagel \$13

Smoked Salmon. Cream Cheese. Capers. Cucumber. Red Onion. Dill.

Chicken Salad Sandwich \$12

Almonds. Golden Raisins. Duke's Mayo. Lettuce. Tomato.

Turkey Sandwich \$12

House-Smoked Turkey. Herb Mayo. Lettuce. Tomato. Pickled Red Onion.

Roast Beef Sandwich \$13

House-Roasted Beef. Dill Havarti Cheese. Whole Grain Mustard. Arugula. Cucumbers. Tomato. Red Onion.

Veggie Sandwich \$12

Roasted Local Sweet Peppers. Eggplant & Cream Cheese Dip. Local Baby Kale. Carrots. Microgreens. Smoked Tomato Dressing.

House-Brined Fried Chicken Served with House-made Coleslaw, Bread & Pickles

Two Piece White (Wing & Breast) \$8 ~ Dark (Leg & Thigh) \$7

Four Piece Mixed \$14

Eight Piece Mixed \$19

Sides (may change based on seasonal ingredients)

Mix & Match one \$5, Add two \$8 Add Three \$11

Smoked Tomato Braised Summer Squash V & GF

Roasted Seasonal Vegetables V & GF

Stewed Okra & Tomatoes V & GF

Hush Puppies \$7 GF

Prepared Meals & Side Dishes Made Fresh in Our Kitchen Available Chilled or Frozen for Easy Take-Home Dinners

Catering Trays & Platters Available, Call (843) 815-2780



Sunday Brunch

Sunday 10am-2:30pm

Parties Of Six Or More Please Call To Reserve A Table (843) 815-2780

Chicken and Waffles \$16

House Brined Fried Chicken. Whipped Brown Butter. Cane Syrup. House Pickles. Choice Of Home Fries, Seasonal Fruit, or Green Salad.

LCF Benedict \$18

English Muffin. Fried Local Shrimp Cake. Sauteed Spinach. Poached Farm Egg. Hollandaise. Choice Of Home Fries, Seasonal Fruit, or Green Salad.

Consuming raw or undercooked eggs may increase your risk of foodborne illness.

Whole Wheat Pancakes \$12

Seasonal Fruit. Pecans. Whipped Cream. Cane Syrup. Choice Of Home Fries or Green Salad
Add Bacon or Sausage \$4

Fried Green Tomato Sandwich \$14

Deloris' Pimento Cheese. Pecan Smoked Bacon. Handpicked Local Tomatoes. Choice Of Home Fries, Seasonal Fruit or Green Salad.

LCF Breakfast Plate \$14

Two Scrambled Farm Eggs. Home Fries. House-made Sausage or Pecan Smoked Bacon. Toast.
Choice Of Home Fries, Seasonal Fruit or Green Salad

Lox Bagel \$13

Smoked Salmon. House-made Bagel. Cream Cheese. Cucumber. Capers. Red Onion. Dill.
Choice Of Seasonal Fruit or Green Salad.

Breakfast Sandwich \$7

House-made Bagel or Toast. House Sausage or Pecan Smoked Bacon. Farm Egg. American Cheese.

LCF Granola \$7

Local Pecans. Toasted Coconut. Pumpkin Seeds. Cinnamon. Seasonal Fruit and Preserves. Greek Yogurt.

Sides \$4

Bacon. Sausage. Home Fries. Seasonal Fruit. Green Salad. Toast with Butter & Preserves.
Cinnamon Roll. Muffin. Coffee Cake. Scone.

Drinks

Mimosa \$8

Wine or Beer ask Your Server for Varieties and Prices.

King Bean Roasters Brewed Coffee \$2.50 Iced Coffee \$3.00

Latte or Cappuccino \$3.75 Americano \$3.25 Nitro Cold Brew \$4.75

Charleston Tea Garden Iced Tea \$3.50 **Lenny Boy** Kombucha \$4.75

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