

LOWCOUNTRY FRESH

MARKET & CAFE

Breakfast

Monday - Friday 9-11am

Breakfast Sandwich \$7 w/ Sausage \$8 w/ Bacon

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

LCF Breakfast Plate \$14

Two Scrambled Farm Eggs. Roasted Potatoes. House-made Sausage or House Smoked Bacon. Toast.
Choice Of Seasonal Fruit or Green Salad

Apple Pancakes \$9

Butterscotch Sauce

Yogurt Parfait \$7

LCF Granola with Coconut & Cardamon. Seasonal Fruit Preserves

Lox Bagel \$13

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

Sides \$4

Bacon. Sausage. Roasted Potatoes. Grits

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

Romaine & Baby Kale. Croutons. Parmesan. House-Made Caesar Dressing

Lowcountry Fresh Seasonal GF \$12

Local Bibb Lettuce. Walnuts. Bleu Cheese. House-Made Apple Dressing

Spinach Salad GF \$12

Smoked Feta. Sunflower Seeds. Sun Dried Tomatoes. Sweet Peppers. Olives. Preserved Lemon Dressing

Build Your Own Salad - Chopped or Tossed \$14.50

Arugula ~ Spinach ~ Baby Kale ~ Romaine ~ Chicken ~ Turkey ~ Bacon ~ Boiled Eggs ~ Avocado ~ Blue Cheese ~ Parmesan ~ Walnuts ~ Pumpkin & Sunflower Seeds ~ Bell Peppers ~ Pickled Onions ~

Add Chicken or House-Smoked Turkey \$2.5

Small Plates

Hush Puppies \$6 GF

Whipped Brown Butter

BBQ Hash \$12 GF

Heritage Pork. Carolina Gold BBQ Sauce. Carolina Gold Rice. Braised Cabbage

Sandwiches

Lox Bagel \$13

Smoked Salmon. Cream Cheese. Capers. Cucumber. Red Onion. Dill. Served with Dill Pickles & Potato Chips

Chicken Salad Sandwich \$12

Almonds. Golden Raisins. Duke's Mayo. Lettuce. Tomato. Served with Dill Pickles & Potato Chips

Turkey Sandwich \$13

House-Smoked Turkey. Herb Mayo. Lettuce. Tomato. Pickled Red Onion. Served with Dill Pickles & Potato Chips

Roast Beef Sandwich \$13

House-Roasted Beef. Havarti Cheese. Creole Mustard. Seasonal Greens. Cucumbers.

Tomato. Red Onion. Served with Dill Pickles & Potato Chips

Smoked Cauliflower Sandwich \$12

House Ciabatta. Mushrooms. Garlic. Aioli. Brie. Local Arugula.

Smoked Brisket Sandwich \$15 GF

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

Fried Local Shrimp \$16

Hush Puppies. Tartar Sauce. Lemon Wedge

LCF Burger \$12 w/ Bacon \$13

Caramelized Onions. Carolina Gold BBQ Sauce. Lettuce. Tomato. Benne Seed Bun.

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

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

Cauliflower Casserole ~ Roasted Beets & Carrots ~ Braised Cabbage.



Late Afternoon Lunch Menu

Monday- Saturday 3:00-5:45, Sunday 2:30- 5:45

Soups & Salads

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

Bluffton Caesar \$12

Romaine & Baby Kale. Croutons. Parmesan. House-Made Caesar Dressing

Lowcountry Fresh Seasonal GF \$12

Local Bibb Lettuce. Walnuts. Bleu Cheese. House-Made Apple Dressing

Spinach Salad GF \$12

Spinach. Smoked Feta. Sunflower Seeds. Sun Dried Tomatoes. Sweet Peppers. Olives. Preserved Lemon Dressing

Build Your Own Salad - Chopped or Tossed \$14.50

Arugula ~ Spinach ~ Baby Kale ~ Romaine ~ Chicken ~ Turkey ~ Bacon ~ Boiled Eggs ~ Avocado ~ Blue Cheese ~
Parmesan ~ Walnuts ~ Pumpkin & Sunflower Seeds ~ Bell Peppers ~ Pickled Onions ~

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

Sandwiches Served with Dill Pickles & Potato Chips

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 \$13

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

Roast Beef Sandwich \$13

House-Roasted Beef. Havarti Cheese. Creole Mustard. Seasonal Greens. Cucumbers.
Tomato. Red Onion.

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

Fried Local Shrimp \$16

Hush Puppies. Tartar Sauce. Lemon Wedge

Sides (may change based on seasonal ingredients)

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

Cauliflower Casserole

Roasted Beets & Carrots

Braised Cabbage

Hush Puppies \$6 GF



Saturday & Sunday Brunch

10am-2:30pm

Chicken and Waffles \$16

House Brined Fried Chicken. Whipped Brown Butter. Cane Syrup.
Choice of Roasted Potatoes, Seasonal Fruit, or Green Salad.

Shrimp & Grits \$17

Smoked Sausage. Holy Trinity. Anson Mills Grits. Rosemary. Green Onions.

LCF Benedict

\$17 w/ Sautéed Spinach, \$17 w/ Smoked Ham, or \$20 w/ Local Shrimp Cake

English Muffin. Poached Farm Egg. Hollandaise. Choice Of Roasted Potatoes, Seasonal Fruit, or Green Salad.
Consuming raw or undercooked eggs may increase your risk of foodborne illness.

Smoked Cauliflower Sandwich \$12

House Ciabatta. Mushrooms. Garlic. Aioli. Brie. Local Arugula.

LCF Breakfast Plate \$14

Two Scrambled Farm Eggs. Roasted Potatoes. House-made Sausage or House Smoked Bacon. Toast.
Choice of 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 w/ Sausage \$8 w/ Bacon

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

LCF Corned Beef Hash \$15

LCF Corned Beef. Two Farm Eggs Your Way. Potatoes.

Smoked Brisket Sandwich \$15 GF

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

Sides \$4

Apple Butterscotch Pancake. Bacon. Sausage. Roasted Potatoes. Seasonal Fruit. Green Salad.
Grits. Toast with Butter & Preserves.
Cinnamon Roll. Muffin. Coffee Cake. Scone.

The Chefs May Make Changes to Ensure Quality.



Bull Pen Menu

Available all day:

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

Lunch 11:30am – 5:45pm:

Soups & Salads

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

Bluffton Caesar \$12

Romaine & Baby Kale. Croutons. Parmesan. House-Made Caesar Dressing

Lowcountry Fresh Seasonal GF \$12

Local Bibb Lettuce. Walnuts. Bleu Cheese. House-Made Apple Dressing

Spinach Salad GF \$12

Spinach. Smoked Feta. Sunflower Seeds. Sun Dried Tomatoes. Sweet Peppers. Olives. Preserved Lemon Dressing

Build Your Own Salad - Chopped or Tossed \$14.50

Arugula ~ Spinach ~ Baby Kale ~ Romaine ~ Chicken ~ Turkey ~ Bacon ~ Boiled Eggs ~ Avocado ~ Blue Cheese ~ Parmesan ~ Walnuts ~ Pumpkin & Sunflower Seeds ~ Bell Peppers ~ Pickled Onions ~

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

Sandwiches: Served with Dill Pickles & Potato Chips

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 \$13

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

Roast Beef Sandwich \$13

House-Roasted Beef. Havarti Cheese. Creole Mustard. Seasonal Greens. Cucumbers. Tomato. Red Onion.