

All Day Menu

11 a.m. - 6:30 Seven Days a Week



Salads

Bluffton Caesar

Chopped Romaine, shaved parmesan, house-made croutons, grape tomatoes, caesar dressing. 14

Greek Salad

Mixed greens, cucumbers red onion, feta, kalamata olives, grape tomatoes, pepperoncini, red wine vinaigrette. 15

Cobb Salad Stack

Mixed greens, tomato, chopped bacon, hard boiled egg, avocado, ranch dressing. 15

Seasonal Salad

Mixed greens, dried cranberries, spiced pecans, goat cheese, seasonal fresh fruit, balsamic vinaigrette. 14

Crab Avocado

Mixed greens, lump crab, sliced almonds, mandarin oranges, diced avocado, citrus vinaigrette. 18

Add protein

House-Roasted Chicken 3	Grilled 1855 Roast Beef 9
House-Smoked Turkey Breast 3	Smoked Sockeye Salmon 9
Black Forest Ham 4	Lump Crab Meat 12
Avocado 2.5	

Pick Three from the Deli Case

Choose any three ready to eat salads on a bed of greens. Pick three plant-based salads 13, include one meat or seafood salad 15, include two meat or seafood salads 16.

Sandwiches

Served with your choice of house-made potato salad or cole slaw. Wraps & gluten free bread are available.

Roasted Veggie

Roasted seasonal vegetables, house-made smoked eggplant spread, mixed greens, sliced red onion on house-made Benne seed Italian loaf. 12

Turkey on Focaccia

House-roasted turkey, mixed greens, sliced tomato, basil aioli, house-made focaccia bread . 14

Triple Decker Club

House-roasted turkey, Black Forest ham, Swiss cheese, Nueske bacon, lettuce, tomato, herb mayo, toasted house-made Benne seed Italian loaf. 16

Turkey Avocado Club

House-smoked turkey, avocado, bacon, Pennyacre micro greens, tomato, scallions, herb mayo, on house-made Benne seed Italian loaf. 19

Roast Beef on Sourdough

Shaved roast beef, red onion, tomato, mixed greens, horseradish cheese, on house sourdough bread. 18

Drinks

Brewed Coffee - Nitro Cold Brew - Espresso - Latte
King Bean Roasters Charleston, SC

Sweet Iced Tea - Unsweetened Peach Iced Tea - Hot Teas
Charleston Tea Garden Wadmalaw Island, SC

Fresh squeezed Lowcountry Fresh orange juice

Fresh-squeezed Lowcountry Fresh lemonade ~ seasonal

Lox Bagel

Smoked sockeye salmon, scallion cream cheese, capers, red onion, tomato, dill, and cucumber. 16

Italian Sub on Ciabatta

Salami, pepperoni, provolone, black forest ham, pepperoncini, tomato, red onion, bibb lettuce on house organic ciabatta. . 18

BBQ Chicken Wrap

Roasted chicken, cole slaw, cheddar cheese, chopped bacon, pickled jalapeno, Cheerwine BBQ sauce. 16

Classics

House Chicken Salad on Italian loaf- contains nuts 14

Chicken Caesar Wrap 14

Albacore Tuna & Sweet Pea Salad on Italian loaf 12

Fili-West Farm Egg Salad on Italian loaf 12

Diet coke, Mexican coke, craft sodas, & kombucha

Lowcountry Fresh Bottled Water- Blue Ridge Mountains

Pinot Grigio - Chardonnay - Rosé - Pinot Noir - Cabernet

Local Draft Beer on tap

Hard kombucha

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

Lowcountry Breakfast

8 a.m. -11 a.m. Monday-Friday



Breakfast Plate

Apple butterscotch pancake, two Fili-West farm eggs your way, breakfast potatoes, and your choice of Nueske thick bacon or house country sausage. 14

Breakfast Sandwich

House country sausage or Nueske bacon, Fili West farm egg, cheese, on a plain or everything bagel or toast. 9
8 without meat.

Granola & Yogurt

House-made granola, Greek yogurt, seasonal fruit. 8

Apple Brown Butter Pancake

Pancakes from scratch with whipped brown butter and apples. 11

Avocado Toast

Avocado, red onion, feta, cracked pepper, EVOO, Penny Acre microgreens on house-made benne seed loaf or gluten free bread. 12

Hash 'n Grits

House-made corned beef from Hunter Cattle brisket, caramelized sweet onions, Anson Mills stone ground grits, fried Fili West farm egg. 14

Bagel & Cream Cheese

Plain or everything bagel made fresh daily from scratch. 4

Lox Bagel

Smoked sockeye salmon, scallion cream cheese, capers, red onion, tomato, dill, and cucumber on a plain or everything bagel. 16

Pastries are made in house, from scratch daily using organic flour. Check out our pastry case for more options.

Sides

Add house-made seasonal marmalade 1

Nueske Bacon 4

Toast & Butter 2

House Country Sausage 4

House-Made Granola 4

Anson Mills Grits 4

Breakfast Potatoes 4

Fresh Seasonal Fruit 4

Blueberry Muffin 4

Drinks



Mimosa 8

Brewed Coffee - Nitro Cold Brew - Espresso - Latte -Cappuccino
King Bean Roasters Charleston, SC

Sweet Iced Tea - Unsweetened Peach Iced Tea - Hot Teas
Charleston Tea Garden Wadmalaw Island, SC

Fresh Squeezed Lowcountry Fresh Orange Juice

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Hot Lunch Menu

11:30 a.m. -2:30 p.m. Monday-Friday



Lowcountry Rice Bowls

Carolina Gold rice & Sea Island red peas cooked to perfection. Choose your favorite of four, fresh, flavorful bowl toppings. GF

Pecan Smoked Brisket

Hunter Cattle brisket, house-made Lowcountry Fresh BBQ sauce, seasonal veggies. 15

Fire-Roasted Island Chicken

Roasted Joyce Farms chicken, Lowcountry Fresh Jerk BBQ sauce, seasonal veggies. 18

Blackened Shrimp

Grilled local shrimp, tzatziki sauce, seasonal veggies. 16

Roasted Veggies

Broccolini, seasonal squash, cauliflower, Rainwater shitake mushrooms, and shawarma sauce. 13

Drinks

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King Bean Roasters Charleston, SC

Sweet Iced Tea - Unsweetened Peach Iced Tea - Hot Teas
Charleston Tea Garden Wadmalaw Island, SC

Fresh squeezed Lowcountry Fresh orange juice

Fresh-squeezed Lowcountry Fresh lemonade ~ seasonal

Mimosa

Diet coke, Mexican coke, craft sodas, & kombucha

Pinot Grigio - Chardonnay - Rosé - Pinot Noir - Cabernet

Local Draft Beer on tap

Hot Sandwiches

Served with your choice of hush puppies, French fries, coleslaw, side salad or fruit. Gluten free bread is available.

LCF Burger

House-ground grass fed beef, hand-picked tomato & local lettuce on a house-made benne seed bun. 16
Add cheese 1. Add bacon 2

Shrimp Po Boy

Fried local shrimp, house-made tartar sauce, local lettuce and hand-picked tomato on a Leidenheimer roll. 16

Fried Chicken Sandwich

Joyce Farms fried chicken, Bluffton Heat hot sauce, and pickle on a house-made benne seed bun. 14

Sea Island BLT

Sliced tomatoes, thick-cut Nueske bacon, Bibb lettuce, Duke's mayo, toasted house-made bread. 13

Pecan Smoked Brisket

Hunter Cattle brisket smoked for hours over Brickyard Point pecan shells then sliced thin and served with Carolina BBQ sauce on a house-made bun. 15

Shrimp Burger

Fresh local shrimp with our secret seasoning, remoulade sauce, local bibb lettuce, and cherry tomatoes on a house-made benne seed bun. 16

Lowcountry Reuben

House-corned Hunter Cattle Company beef brisket, Swiss cheese, Reuben sauce, fresh coleslaw on house made Rye bread. 16

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Desserts

Desserts are made in small batches so are available while supplies last.

Cookies chocolate chip, double chocolate, sugar, oatmeal raisin, peanut butter

Cakes carrot cake (nut free,) vanilla pound cake, chocolate cake, cinnamon streusel coffee cake, cheese cake, cupcakes, sticky apple cake

Pies Key Lime pie and seasonal pies and tarts

Parfaits banana pudding, chocolate mousse, pot au creme, seasonal specials

Pastries cinnamon rolls, cannolis, coconut macaroons, macarons

We use only organic flour and the finest ingredients like Valrhona chocolate, FiliWest Farm eggs, all natural coloring, and Plugra butter.

Lowcountry Brunch

Saturday & Sunday 8 a.m. -2:30 p.m.



LCF French Toast

House baguette slices dipped in vanilla & custard then sauteed golden brown, topped with fresh whipped cream, and macerated berries. 14

Hash 'n Grits ^{GF}

House-made corned beef, caramelized sweet onions, Anson Mills stone ground grits, fried Fili West farm egg. 14

Breakfast Plate

Apple butterscotch pancake, two Fili-West farm eggs your way, breakfast potatoes, and your choice of Nueske thick bacon or house country sausage. 14

Breakfast Sandwich

House country sausage or Nueske bacon, Fili West farm egg, cheese, on a plain or everything bagel or toast. 9. Without meat 8.

Lowcountry Shrimp & Potatoes

Local shrimp, Andouille Sausage, red potatoes, fried Fili West farm egg. 16 ^{GF}

Breakfast Bowl ^{GF}

Nueske bacon, house sausage, cheddar cheese, fried Fili West egg over Anson Mills grits. 18

Avocado Toast

Avocado, red onion, feta, Penny Acre microgreens, house-made bread. ^{GF} bread available. 12

Sea Island BLT

Sliced Saint Helena tomatoes, Nueske thick-cut bacon, crisp South Carolina grown lettuce, on toasted, house-made benne seed bread. ^{GF} bread available. 13

Granola & Yogurt

House-made oats & honey granola, Greek yogurt, seasonal fruit. 8

Omelettes- Fili West Farm Eggs

Coastal- local shrimp & jumbo lump crab meat
Denver- bell peppers, ham, onions, cheddar cheese
Meaty- bacon, ham, sausage & cheese. 16
Veggie- sauteed seasonal veggies & cheese.

Sides

Add house-made seasonal marmalade 1

Nueske Bacon 4	Toast & Butter 2
House Country Sausage 4	House-Made Granola 4
Apple Butterscotch Pancake 6	Breakfast Potatoes 4
Marsh Hen Mill Red Grits 4	Fresh Seasonal Fruit 4

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