

AQUA

COASTAL CUISINE

CHEF'S FIRST COURSE

Shrimp n' Grits 27
jumbo shrimp, cheddar cheese grits, rosemary jus (gf)

Tuna Poke Stack* 23
bluefin tuna, seasoned sushi rice, english
cucumber, mango, avocado, chipotle aioli (gf)

Shoals Crab Cake 29
jumbo lump crab meat, old bay, house tartar

Salmon Belly Crudo* 23
salmon prepared sashimi style, ponzu (gf)

Fried Green Tomatoes 14/25
house tartar, panko, jumbo lump crab
salad (gf possible/vegan possible)

Crispy Calamari 19
hand-breaded calamari, calabrian
peppers, spicy marinara (gf possible)

SOUP

Shoals Gumbo 9/13
chicken, sausage, shrimp, steamed rice

She Crab Soup 9/15
atlantic blue crab bisque, sherry, oyster
crackers, steamed rice

CHILLED

Crab Boil Poached Jumbo Shrimp 19/37
peppadew cocktail sauce, tarragon crema
(gf) served six or twelve
wine pairing: Brut Gratin & Meyer Crémant (Loire Valley) 14

Half Shell Oysters* 19/37
champagne mignonette, peppadew
cocktail sauce, fried saltines (gf possible)
served six or twelve
wine pairing: Champagne Nicolas Feuillatte Brut (Chouilly, FR) 16

Maine Lobster 27/53
creamy tarragon sauce, peppadew cocktail
sauce (gf) served half/whole
wine pairing: Chardonnay Sonoma-Cutrer 2023 (Russian River) 16

Seafood Tower* 60
half maine lobster, four shrimp,
four oysters, tuna tartare, mignonette
peppadew cocktail sauce, fried saltines
wine pairing: Albariño Terras Gauda 2023 (Rias Baixas) 12

CRISP GREENS

Embellishments
grilled shrimp 12 | salmon* 14
filet* 30 | chicken 8 | portobello 8

Beet Salad 15
salt roasted beet "carpaccio", wild arugula,
goat cheese, toasted pistachios, lemon thyme
vinaigrette (gf/v/vegan possible)

Shoals Salad 16
spring mix, frisée lettuce, fresh berries, bleu
cheese crumbles, praline pecans, choice of
dressing (gf/v/vegan)

Caesar Salad 14
crispy baby gem, garlic breadcrumbs
parmesan, white anchovies (gf possible)

SEASONAL PLATES

Roasted Duck Breast 37
cranberry-hibiscus gastrique, brussels sprouts,
parsnip puree
wine pairing: Pinot Noir Sonoma Cutrer 2023 (Russian River) 16

Pan Roasted Chicken Breast 33
thyme jus, seasonal vegetables, ancient grains
wine pairing: Chardonnay Sonoma Cutrer 2024 (California) 16

Mushroom Agnioloti 27
shiitake mushrooms, goat cheese,
vegetable emulsion (v)
wine pairing: Pinot Noir Erath Resplendent 2024 (Oregon) 14

SHOALS BUTCHER CUTS

12oz Dry Aged Ribeye* 51
fingerling potatoes, creamed spinach, truffle butter (gf)
wine pairing: Cabernet Bloodlines by Orin Swift 2024 (California) 12

8oz Filet* 53
mashed potatoes, broccolini, red wine reduction (gf)
wine pairing: Cabernet McNab Ridge 2020 (Mendocino County) 18

Double Cut Pork Chop 41
apple casserole, grilled asparagus, house honey glaze (gf)
wine pairing: Red Blend Protos Tinto Fino 2024 (Spain) 16

Grilled Lamb Chop 43
pistachio-mint crust, moroccan cous cous, mint reduction,
seasonal vegetable
wine pairing: Malbec Domaine Bosquet 2024 (Argentina) 11

SIDES

Artisan Cheddar Grits (gf/v) 9
Baked Potato (gf/v/vegan possible) 9
Three Cheese Baked Mac (v) 9
Creamed Corn Brûlée (gf/v) 9
Mary's Collard Greens (gf) 9
Seasonal Vegetables (gf/v/vegan) 9
Yukon Gold Mashed Potatoes (gf/v) 9

Teres Major Churrasco* 39
grilled teres major, saffron rice, black beans,
fried plantains, chimichurri (gf)
wine pairing: Malbec Domaine Bosquet (Argentina) 11

Butternut Squash Gnocchi 29
toasted pumpkin seeds, salsa matcha,
rosemary-lemon jus lie (vegan/gf)
wine pairing: Riesling Prüm Solitar 2024 (Germany) 10

FROM THE COAST

Grilled Salmon 39
succotash, steamed rice (gf)
wine pairing: Grüner Veltliner Aichenberg (Austria) 12

Seared Chilean Sea Bass 61
forbidden black fried rice, baby bok choy,
miso beurre blanc (gf)
wine pairing: Riesling Prüm Solitar 2024 (Germany) 10

Seared Scallops* 41
linguine with sautéed spinach, seasonal
vegetables, garlic butter (gf)
wine pairing: Chardonnay Le Grand Chemin Chablis 2023 (France) 20

Seafood Pasta 35
hand-cut fettuccine, jumbo shrimp, calamari,
mussels, clams, lobster, tomato sauce, crushed
peppers (gf possible)
wine pairing: Albariño Terras Gauda, Rías Baixas (Spain) 12

COMPLIMENTS

Oscar Topping (gf) 19
Truffle Butter 7
Red Wine Reduction 5
Béarnaise Sauce 7
Lobster Tail MP
(limited availability)

FOOD + BEVERAGE TEAM

Alfredo Barrios
executive chef

Michelle Alexander
food + beverage director

Ky Ambro
chef de cuisine

Jose Molina
restaurant manager

v - vegetarian | gf - gluten free | df - dairy free

**Before placing your order or consuming any food, please alert your server about any allergy you or your party may have. As required by the State of North Carolina, we provide this information: *These items are served raw or undercooked or contain (may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food bourn illness especially if you have certain medical conditions