



FISH OUT OF WATER

# BRUNCH MENU

8 AM – 2 PM, DAILY

## EGGS & STUFF

### ANSON MILLS OATS

*Berries, Brown Sugar* 9

### FOOW COASTAL GRANOLA

*Organic Greek Yogurt, Seasonal Fruit, Local Honey, Mint* 8

### WATERCOLOR OMELET

*Baby Arugula, Tomatoes, Swiss Cheese* 14

### BISCUIT BENEDICT

*Toasted Biscuit, Poached Egg, Hollandaise, Pepper-Fried Breakfast Potatoes* 15

### AMERICAN BREAKFAST

*Eggs Your Way, Choice of Bacon, Ham, or Sausage, Choice of Biscuit or Toast* 14

### WATERCOLOR FRENCH TOAST

*Served with Mixed Berries, Bananas, Warm Maple Syrup* 14

### DEEP SOUTH BISCUIT

*Fried Green Tomatoes, Country Ham, Hot Pepper Jelly, Thomasville Tomme, Scratch Bacon* 8

## BRUNCH-ISH

### AVOCADO TOAST

*Mashed Avocado, Sliced Tomato, Sunny-Side Up Egg, Benne Seeds* 10

### HEIRLOOM TOMATO SALAD

*Burrata, Balsamic, Basil-Arugula Pistou, Parmesan Crisps* 12

### CAESAR\*

*Romaine, Creamy Parmesan Dressing, White Anchovy, Grilled Focaccia Crisp* 11

### NIÇOISE SALAD

*Yellowfin Tuna poached + Seared Rare, Olives, Pickled Peppers, Baby Tomatoes, Green Beans, Boiled Egg, Roasted Fingerling Potatoes, Mixed Greens, Marjoram Vinaigrette* 19

### VEGGIE QUINOA BOWL

*Black Beans, Grilled Corn, Tomato, Cucumber, Arugula, Apple Cider Vinaigrette, Salt Crackers* 9

### CITRUS + HERB CURED SALMON

*Toasted Sourdough, Boiled Egg, Capers, Pickled Red Onions, Roe, Crème Fraiche* 16

### SHRIMP + GRITS

*Stone Ground Grits, Creole Cream, Louisiana Gulf Shrimp* 17

### GULF OYSTERS (1/2 DOZEN)\*

*Cocktail Sauce, Saltine Crackers* MKT

## HANDHELDS

(Served with potato chips or fries)

### FOOW BURGER\*

*Raines Farms Louisiana Wagyu Beef Blend, Buttered Brioche Bun, Garlic Aioli Lettuce, Tomato, Onion, House-made Pickle* 14  
*Add: Bacon* 3 | *Avocado* 2 | *Egg* 2

### GRILLED SHRIMP SALAD SLIDERS

*Brioche, Farm Greens, Pickled Red Onion, Tarragon Mayonnaise* 13

### FOOWLY LOADED BLT

*Cajun-Rubbed Smoked Turkey Breast, Avocado Spread, Cajun Aioli, Cherrywood Bacon, Heirloom Tomato, Farm Greens* 14

### DOS GROUPER TACOS

*Smashed Avocado, Cabbage, Salsa, Cilantro, Lime* 19

### GULF FISH SANDWICH

*Grilled or Blackened, Lemon-Herb Aioli, Lettuce, Tomato, Red Onion, Wickles Pickles, Brioche Bun* 18

## EXTRAS

(Available à la Carte) 4

### PEPPER FRIED POTATOES

### STONE GROUND GRITS

### MAC & CHEESE

### FRENCH FRIES

### CHIPS

### FRUIT

## BRUNCH SPECIALS

[8 a.m. – 2 p.m. Daily]

### MIMOSA

*Heavy on the bubbles, Light on the OJ* 10

### BOTTOMLESS MIMOSAS

*Endless bubbles. What more could you want?* 25

### A.Y.C.D. ROSÉ

*Rose all day. Literally.* 25

### FOOW 'FAMOUS' BLOODY MARY

*Famous Grouse Scotch & All the Fixin's* 13

Ask your server about our Gluten Free and Allergy Friendly options. Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, MILK, FISH, SOY, and SHELLFISH. For more information, please speak with a manager. \*Notice: The consumption of raw or undercooked eggs, meat, poultry, seafood, or shellfish may increase your risk of foodborne illness. \*\*A \$3 charge will be applied to all split entrees. 20% gratuity added to parties of 6 or more.

# FOOW DRINKS

## COOL BEVERAGES

### JUICES

*Natalie's Orchard Orange, Grapefruit, Cranberry, Apple, or V8* 5

### SODAS

*Coke, Diet Coke, Sprite, Dr. Pepper, Lemonade, Root Beer, Ginger Ale* 4

### ICED TEA

*Sweet or Unsweet* 4

### VIRGIN DAIQUIRI 6

## Refreshers

[Zero Proof]

### GEORGIA PEACH AT THE BEACH

*Peach, Honey, Lemon, Ginger, Basil* 7

### NO-SECCO PUNCH

*White Grape, Pineapple, Orange, Soda, Rosemary* 7

### FOR THE HEALTH OF IT

*Pineapple, Turmeric, Ginger, Honey* 7

### NOLI SOUTH KOMBUCHA

*Lemongrass, Lavender* 7

## LIBATIONS

### Specialty Cocktails



#### PADDLEBOARD PALOMA

*Corazon Blanco Tequila, Lime, Grapefruit, Egg White* 13

#### CAT ON A HOT TIN ROOF

*Cathead Honeysuckle Vodka, Lemon, Jalapeno, Mint* 13

#### BEACH HAIR DON'T CARE

*RumHaven Coconut Rum, Banana, Citrus, Salted Rim* 13

#### FOOW FROSÉ

*Rosé, 360 Vodka, Strawberry, Agave* 13

#### SOMETHING GOOD

*1792 Bourbon, Strawberry, Sour, Rosemary* 15



#### THE VSCO GIRL

*360 Vodka, Pineapple, Lemon, Turmeric* 13

#### JUST PEACHY

*Don Q White Rum, Peach, Basil, Ginger* 13

#### THE SWIM TO THE SECOND SANDBAR

*360 Vodka, RumHaven Coconut Rum, Blue Curacao, Pineapple* 13

#### DESERT PEAR MARGARITA

*Corazon Blanco Tequila, Mezcal, Desert Pear, Lime* 14

#### SIX-TOED CAT

*New Amsterdam Gin, Maraschino Liqueur, Grapefruit* 13

#### PUTTIN ON THE SPRITZ

*Lillet Blanc, Strawberry, Thyme, Sparkling Wine* 13

#### FOOW PUNCH

*Ask your server about today's special.* 13

### Draft Beer

30A BEACH BLONDE ALE 4.6% 8

DOS EQUIS LAGER 4.2% 8

EIGHTFIVE-0 AMERICAN

PALE ALE 6.5% 8

DIVIDE AND CONCH'R

DOUBLE IPA 8% 10

BLUE MOON

BELGIAN WHITE 5.4% 8

MICHELOB ULTRA 4.2% 8

### Beer

BECK'S NON-ALCOHOL 5

BUD LIGHT 5

BUDWEISER 5

COORS LIGHT 5

CORONA 5

HEINEKEN 6

AMSTEL LIGHT 6

### Wines by the Glass

#### LA MARCA

*Prosecco, NV, Veneto* 9

#### CHIC BARCELONA

*Sparkling Rosé, Spain* 9

#### CHATEAU D'ESCLANS

*"Whispering Angel", Rose 2018, Provence* 13

#### LA VIS

*Pinot Grigio 2018, Trentino* 10

#### WITHER HILLS

*Sauvignon Blanc 2019, Marlborough* 10

#### PASCAL JOLIVET

*Sancerre 2018, Loire Valley* 17

#### CAMBRIA "KATHERINE'S VINEYARD"

*Chardonnay 2017, Santa Maria Valley* 12

#### WAGNER FAMILY SEA SUN

*Pinot Noir 2018, California* 11

#### WAGNER FAMILY BONANZA

*Cabernet Sauvignon "Lot 2", California* 11

#### DAOU "THE PESSIMIST"

*Red Blend 2018, Paso Robles* 13

### Spirits

#### VODKA

*360 | Belvedere | Cathead Honeysuckle Chopin | Grey Goose | Stol | Ketel One*

#### GIN

*Bombay Sapphire | The Botanist | Hendrick's New Amsterdam | Nolet's | Tanqueray Wonderbird*

#### RUM

*Abuelo 12 | Bacardi | Captain Morgan Don Q | Dictador Reserve 12yr Diplomatico Mantuano Mt. Gay 1703 | Papa's Pilar Dark & Blonde Ron Matusalem 23yr | Zaya*

#### TEQUILA

*Avion Anejo | Casamigos Blanco | Corazon Reposado | Corralejo Blanco | Clase Azul Resposado |Codigo Rosa | Del Maguey Mezcal | Don Julio 1942 | Patron Silver*

#### BOURBON & WHISKEY

*Angel's Envy Rye | Baker's | Booker's Buffalo Trace | Bulleit | Crown Royal & Reserve | Eagle Rare | E.H. Taylor Rye High West 36th State | Jack Daniels & Single Barrel | Jameson | Jim Beam | Knob Creek & Rye Cask Strength | Maker's Mark & 46 | Sazerac Rye | Templeton Rye | Weller 107 Woodford & Rye*

\*ask your server about our highly allocated selections

#### SCOTCH

*Aberfeldy 12yr Bruichladdich Islay Barley Scottish Barley | Octomore Dewars White Label Glenfiddich 12yr | 15yr | 21yr & Rum Cask Glenlivet 15yr | 25yr Glenmorangie 10yr | Nectar Highland Park 12yr | 18yr Johnnie Walker Red | Black | Gold Platinum | Cask Rye The Macallan 12yr | 15yr | 21yr | 30yr 'Rare Cask' | 'M'*

#### COGNAC & BRANDY

*Courvoisier & XO | Frapin VSOP | D'Usse Remy Martin XO | Louis XIII Cognac*