

## STARTERS

### GULF SHRIMP TOAST

*Avocado Lime Spread, Radish, Toasted Sesame Seed, and Vincotto Fig Vinegar* **12**

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

*Cocktail Sauce, Saltine Crackers* **MKT**

### SMOKED GULF COAST FISH DIP

*Green Tomato Jalapeño Chow-Chow, House-Made Salt Crackers* **14**

### FOOW BANGER SHRIMP

*Fried with Sriracha Comeback Sauce, Grilled Lemon* **13**

### GRILLED SHRIMP SATAY

*Sesame-Curry Dipping Sauce, Pickled Cucumbers & Onions, Warm Paratha Bread* **13**

### SEA SCALLOP CRUDO

*Peppercress and Radish Salad, Basil, Lime* **14**

### CAROLINA PIMENTO CHEESE

*Candied Pepper Bacon, Pork Rinds* **10**

## SALADS

(Add: Herb Marinated Chicken 7 | Shrimp 10 | Grouper MKT)

### EMERALD COAST GREENS

*Squash, Zucchini, Tomato, Cucumber, Carrots, Buttermilk-Cider Vinaigrette* **10**

### HEIRLOOM TOMATO SALAD

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

### CAESAR\*

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

### QUINOA VEGGIE BOWL

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

## FOOW BUCKETS

(Served with French Fries)

### OYSTERS

*Fried, Creole Remoulade* **15**

### FROM THE GULF

*Grilled, Steamed, Broiled, or Fried, Creole Remoulade* **MKT**

## KIDS

(Served with Potato Crisps, French Fries or Fruit)

FOOW DOUBLE CHEESEBURGER **8**

CHICKEN TENDERS **8**

GRILLED CHEESE **8**

MAC 'N' CHEESE **8**

ICE CREAM SANDWICH **8**

## HANDHELDS

(Served with Fried Potato Crisps or French Fries)

### FOOWLY LOADED BLT

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

### 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**

### SWEET TEA CHICKEN

*Fried or Grilled, Brioche Bun, Bourbon Glaze, Farm Greens, Coleslaw, House-made Pickles* **12**

### GULF FISH SANDWICH

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

### DOS TACOS

*Topped with Smashed Avocado, Cabbage, Salsa, Cilantro, Lime*  
Vegan **15** | Sautéed Shrimp **15** | Grouper **MKT**

## ENTREES

(Choice of 1 Protein, 1 Sauce, and 1 Side.  
Served with 2 Hushpuppies and Seasonal Vegetables)

### SWORDFISH

*(Grilled or Blackened)* **26**

### GROUPER

*(Grilled, Seared, Blackened, or Fried)* **MKT**

### GULF FISH

*(Seared or Blackened)* **MKT**

### LOUISIANA GULF SHRIMP

*(Grilled, Seared, Blackened, or Fried)* **27**

### 6 OZ BEEF FILET\* **31**

### HERB MARINATED CHICKEN BREAST

*(Grilled or Blackened)* **23**

### SAUCES:

Basil Pistou, Florida Citrus Butter, Creole Cream

## SIDES

(Available à la Carte) **7**

### MAC 'N' CHEESE

CHARGRILLED CREAMED CORN

BOURSIN MASHED POTATOES

SEASONAL VEGETABLES

STONE GROUND GRITS

QUINOA SALAD

FRENCH FRIES

# 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*