

# PALMS GASTRO PUB



ASK ABOUT THE  
WEEKLY CHEF  
FEATURES

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The leaf icon designates thoughtfully crafted selections featuring lighter, balanced preparations

## TUNA TARTARE 15

Ahi Tuna, Sesame Soy, Scallion,  
Terra Chips (df)  
*Protein 32g | Carbs 18g | Fats 18g | Calories 320*

## BRAISED MEATBALLS 14

House-Made Meatballs & Marinara,  
Grana Padano, House-Made Focaccia

## WINGS 18

Caramelized Honey Garlic or Buffalo  
Sauce, with Crudité & Ranch (gf)

## CALAMARI 18

House-Made Marinara, Lemon Aioli, Fines  
Herbes, Lemon (gf/df)

## HOT & FIRE SHRIMP 18

Fried Shrimp, Club Slaw, Boom Boom Sauce,  
Sesame Seeds

## ROASTED CAULIFLOWER 13

Roasted Red Pepper Dipping Sauce (gf/df)  
*Protein 8g | Carbs 18g | Fat 15g | Calories 220*

# ENTREES

## GRILLED MAHI MAHI 35

Brown Rice, Roasted Corn, Poblano Relish,  
Grilled Asparagus (gf/df)  
*Protein 48g | Carbs 60g | Fat 18g | Calories 620*

## GRILLED SUMMER VEGETABLE PASTA 18

Pappardelle Pasta, Pesto Parmesan Brado,  
Crispy Basil  
*Protein 24g | Carbs 90g | Fat 34g | Calories 740*

## FRESH CATCH\* MP

## STEAK FRITES 25

6oz Grilled Flat Iron Steak\*, Herbed Butter,  
Fingerling Potato Salad (gf/dfo)

## CAROLINA FLOUNDER FISH & CHIPS 24

Beer Battered, Pickled Jalapeño Tartar, Fries, Lemon  
(gf/df)

## BUTTER CHICKEN CURRY 26

Braised Chicken Thigh, Spiced Tomato Cream  
Sauce, Basmati Rice, Grilled Naan (gf)

## PRIME BEEF TENDERLOIN FILET\* 47

Grilled Asparagus, Crème Fraîche Yukon Mashed  
Potatoes, Mushroom Demi, Parsnip Chips (gf)

HANDHELDS

Served  
with Fries

## FISH OR SHRIMP TACOS 23

Blackened White Fish or Shrimp, House-Made Blue  
Corn Tortillas, Salsa Verde, Avocado (gf/df)  
*Protein 32g | Carbs 36g | Fat 22g | Calories 450*

## FRIED GREEN TOMATO BLT 15

Candied Bacon, Boston Bibb Lettuce, Avocado Aioli,  
Ciabatta (df)

## FRENCH DIP 19

Slow Roasted Beef, French Roll, Au Jus,  
Creamy Horseradish (gfo)

## ITALIAN MEATBALL GRINDER 22

House-Made Veal, Pork & Beef Meatball, Whipped  
Ricotta, Fried Mozzarella, Tomato Gravy

## CHICKEN SALTIMBOCCA SANDWICH 17

Crispy Prosciutto, Fontina, Sage Aioli, Brioche (gfo)

## CRISPY FLOUNDER SANDWICH 18

Classic Tartar, Shredded Lettuce, Tomato, Brioche (gfo)

## TURKEY BURGER 15

Harissa Aioli, Shaved Brussels, Tomato, Brioche (gfo)

## PALM BURGER 19

Angus Beef\*, Cheddar, Garlic & Worcestershire Mayo,  
Lettuce, Tomato, Brioche (gfo)  
*Impossible Burger Available*

# OYSTERS

## On Half Shell

Half Dozen 18 | Dozen 32 (gf/df)  
*(12) Protein 18g | Carbs 6g | Fat 10g | Calories 110*

## NORTHERN SELECTION\*

## WEST COAST SELECTION\*

## LOCAL SELECTION\*

## ACCOMPANIMENTS

Served with Classic Cocktail Sauce &  
Aged Bourbon Mignonette

*Make it Gluten Free +2*

## MARGHERITA PLUM 17

Red Sauce, Roasted Garlic, Fresh Tomato,  
Mozzarella, Ricotta, Basil (v)

## PEACH & PROSCIUTTO 19

Goat Cheese, Onions, Arugula, Balsamic

## WHITE 16

Morney Sauce, Roasted Garlic, Ricotta, Fines  
Herbes

## ITALIAN DUO 17

Red Sauce, Spicy Sausage, Oregano,  
Pepperoni, Fresh Mozzarella

## BEEF & BLEU CHEESE 19

Caramelized Onions, Mushrooms, Demi

# SOUPS

## SHE CRAB SOUP 14

## SOUP DU JOUR 12

# SALADS

## PROTEINS

Shrimp 10 | Chicken 8 | Crab Cake 20  
Prime Tenderloin Medallions\* 14 | Salmon\* 13

## WATERMELON CAPRESE 14

Watermelon, Fresh Mozzarella, Crispy Basil,  
White Balsamic Glaze (gf)

*Protein 14g | Carbs 18g | Fat 8g | Calories 360*

## KICKED UP CAESAR 15

Romaine Heart, Caesar Dressing, Grilled  
Squash & Bell Peppers, Grana Padano,  
Croutons, Balsamic Glaze (gfo)

## BHI SALAD 14

Mixed Greens, Feta, Dried Cranberries, Candied  
Pecans, Balsamic Vinaigrette (v/gf/dfo)

# SIDES

FRIES (V) 8 | ROASTED CAULIFLOWER (V) 8

BROCCOLINI (V) 8 | GRILLED ASPARAGUS (V) 8

SAUTÉED SQUASH (V) 8 | FRESH FRUIT (V) 8

v - vegetarian | gf - gluten free | df- dairy free | o- optional | -healthy option  
\*\*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