

PALMS GASTRO PUB



ASK ABOUT THE WEEKLY CHEF FEATURES

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



- TUNA TARTAR 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 Marinara, Lemon Aioli, Fine Herbs, 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 | Fats 15g | Calories 220



ENTREES

- GRILLED MAHI MAHI 35** Brown Rice, Roasted Corn, Poblano Renish, Grilled Asparagus (gf/df)
Protein 48g | Carbs 60g | Fats 18g | Calories 620
- GRILLED SUMMER VEGETABLE PASTA 18** Pappardelle Pasta, Pesto Parmesan Brado, Crispy Basil
Protein 24g | Carbs 90g | Fats 34g | Calories 740
- FRESH CATCH* MP**
- STEAK FRITES 25** 6 oz Grilled Flatiron Steak*, Herbed Butter, Fingerling Potato Salad (gf/dfo)
- CAROLINA FLOUNDER FISH & CHIPS 24** Beer Battered, Pickled Jalapeno 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 Fresh Yukon Mashed Potatoes, Mushroom Demi, Parsnip Chips (gf)

HANDHELDS

Served with Fries

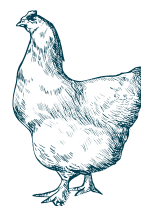
- FISH OR SHRIMP TACOS 23** Blackened White Fish or Shrimp, House-Made Blue Corn Tortillas, Salsa Verde, Avocado (gf/df)
Protein 32g | Carb: 36g | Fats 22g | Calories 450
- FRIED GREEN TOMATO BLT 15** Candied Bacon, Boston Bibb Lettuce, Avocado Aioli, Ciabatta (df)
- FRENCH DIP 19** Slow Roasted Beef, French Roll, Au Jus, Creamy Horseradish (gfo)
- ITALIAN MEATBALL GRINDER 22** Housemade Veal, Pork & Beef Meatball, Whipped Ricotta, Fried Mozzarella, Tomato Gravy
- CHICKEN SALTIMBOCCA SANDWICH 17** Crispy Prosciutto, Fontina, Sage Aioli, Brioche (gfo)
- CRISPY FOUNDER 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 16 | Dozen 28 (gf/df)
(12) Protein- 18g | Carbs- 6g | Fats- 10g | Calories- 110
- NORTHERN SELECTION***
- WEST COAST SELECTION***
- LOCAL SELECTION***
- ACCOMPANIMENTS** Served with Classic Cocktail Sauce & Aged Bourbon Mignonette



- F L A T B R E A D** *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, Fine Herbs
- ITALIAN DUO 17** Red Sauce, Spicy Sausage, Oregano, Pepperoni, Fresh Mozzarella
- BEEF & BLUE 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 | Fats 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