

# COASTAL PROVISIONS

OYSTER BAR & WINE BAR CAFE

# Dinner Menu

MONDAY-SATURDAY FROM 5PM-9PM



## OYSTERS

We are proud to offer one of the largest selections of oysters in the US, and also the largest offering of North Carolina oysters.

See our menus boards for today's offerings.  
Served with a variety of condiments & sauces:

Cocktail Sauce  
Prepared Horseradish  
Pickled Ginger Ice

Hog Island Mignonette  
Cucumber Mignonette

<b>OYSTERS ROCKEFELLER (6)</b>	<b>\$ 17</b>
<i>Fresh spinach, gorgonzola, bacon &amp; cream sauce</i>	
<b>OYSTERS IMPERIAL (6)</b>	<b>\$ 18</b>
<i>With creamy lump crab gratin</i>	
<b>OYSTERS GRATIN (6)</b>	<b>\$ 15</b>
<i>With garlic butter &amp; Parmesan</i>	

**Sampler of all 3 (2 of each) for \$17**

## APPETIZERS

<b>BREAD &amp; FOUR</b>	<b>\$ 6</b>
<i>Fresh-baked rosemary ciabatta bread with four dippers</i>	
<b>CHEESE TRAY</b>	<b>\$ 12</b>
<i>A selection of artisan cheese served with fruit garnish &amp; ciabatta crisps</i>	
<b>MINI CRAB CAKES (6)</b>	<b>\$ 15</b>
<i>Our award-winning recipe served with remoulade sauce</i>	
<b>CRAB CLAWS *GFO</b>	<b>\$ 15</b>
<i>Blue crab cocktail fingers pan BBQ style with garlic butter, white wine, Texas Pete &amp; Old Bay over ciabatta bread</i>	
<b>STEAMED CLAMS *GFO</b>	<b>\$ 13</b>
<i>Garlic butter, white wine &amp; ciabatta bread</i>	
<b>STEAMED MUSSELS *GFO</b>	<b>\$ 12</b>
<i>Garlic butter, white wine &amp; ciabatta bread</i>	

## SOUPS & SALADS


<b>OYSTER STEW VICHY</b>	<b>\$ 15</b>
<i>Sherry-poached oysters (6) in potato leek cream</i>	
<b>CAESAR *GFO</b>	<b>\$7 LG</b>
<i>Romaine, Caesar dressing &amp; Parmesan with oyster cracker croutons</i>	
<b>MIXED GREENS *GF</b>	<b>\$7 LG</b>
<i>Tomatoes, cucumbers &amp; balsamic vinaigrette</i>	
<b>KALE CAPRESE *GFO</b>	<b>\$ 12</b>
<i>Fresh mozzarella, roasted tomatoes, olives &amp; roasted pine nuts over baby kale with pesto balsamic vinaigrette</i>	
<b>TRIPLE B *GF</b>	<b>\$ 11</b>
<i>Beets, brussels sprouts, blue gorgonzola &amp; spiced walnuts over mixed greens with balsamic vinaigrette</i>	

## SEAFOOD ENTREES

**CRAB CAKES (2)** **\$ 29**  
*Served with remoulade sauce, seasoned fries & bluegrass mustard slaw*

**SCALLOP PASTA** **\$ 34**  
*Six dry-pack sea scallops, seared over egg fettuccine with pesto cream, pancetta bacon & Parmesan*

**SHRIMP & GRITS \*GF** **\$ 30**  
*Local shrimp (8) sauteed with NC-smoked sausage, tomatoes, white wine & garlic butter over Carolina stone-ground grits*

**FRESH OUTERBANKS CATCH**  **\$MARKET**  
*Served with mashed potatoes and seasonal vegetables & topped with your choice of lemon butter, mango salsa or mushroom ragout*

## NC GRASS-FED STEAKS

*Heritage Aberdeen Angus beef, naturally pasture raised by Joyce Farms, grilled to your liking, topped with fried onions & served with truffle Parmesan steak fries. (Substitute mashed potatoes & seasonal vegetables, additional \$2.99)*

We temp all steaks as follows:

**Rare:** 105°-115°  
**Medium Rare:** 115°-125°  
**Medium:** 125°-135°  
**Medium Well:** 135°-145°  
**Well:** 145°+

<b>FILET MIGNON (8 OZ) *GFO</b>	<b>\$ 42</b>
<b>PRIME NY STRIP (12 OZ) *GFO</b>	<b>\$ 41</b>
<b>RIBEYE (14 OZ) *GFO</b>	<b>\$ 40</b>
<b>SURF &amp; TURF</b>	<b>\$ 42</b>
<i>(4 OZ FILET WITH A CRAB CAKE)</i>	

## STEAK ENHANCEMENTS

*Make your own surf & turf by adding to any of our steaks*

<b>LOBSTER TAIL (4 OZ) *GF</b>	<b>\$ 14</b>
<b>CRAB CAKE (4 OZ)</b>	<b>\$ 13</b>
<b>GRILLED SHRIMP (5) *GF</b>	<b>\$ 12</b>

## MEATLESS & LESS>MEAT Plant-Focused Plates

<b>BROCCOLINI &amp; BEEF *GF</b>	<b>\$ 19</b>
<i>Wok-charred broccolini &amp; NC grass-fed beef tenderloin tips (4oz) with Chinese black bean sauce, sriracha mayo &amp; crispy shallot</i>	
<b>VEGAN OPTION WITH TOFU *GF</b>	<b>\$ 14</b>
<b>GREEN BEANS &amp; CARROTS WITH TANDOORI CHICKEN *GF</b>	<b>\$ 17</b>
<i>Harissa-roasted beans &amp; heirloom carrots, tandoori-spiced all-natural chicken breast, tahini yogurt sauce &amp; herbs</i>	
<b>VEGETARIAN OPTION WITH TANDOORI TOFU *GF</b>	<b>\$ 14</b>
<b>BRUSSELS SPROUTS &amp; SHRIMP *GF</b>	<b>\$ 18</b>
<i>Shaved brussels sprouts with Thai curry spice, sautéed local shrimp (4) with lemongrass &amp; ginger, green curry aioli &amp; micro cilantro</i>	
<b>VEGAN OPTION WITH FRIED TOFU *GF</b>	<b>\$ 14</b>

*Consuming raw or undercooked meats, seafood and shellfish may increase the risk of foodborne illness*

\*GF denotes Gluten Free  
\*GFO denotes Gluten Free Option

Menu and prices are subject to change  
Substitutions are subject to an up charge  
Parties of 8 or more may be subject to 20% gratuity

A split plate charge of \$5 applied for shared entrees  
Please note that split checks take time and compromise prompt service to other guests-  
a \$5 fee may be applied for each split check

Dan Lewis, Chef/Proprietor, Sommelier  
NC State Oyster Shucking Champion