



NEPTUNE STATUE 0.1 MI.

NORTH

BEACH

BAR &

GRILL

LIGHTHOUSE 5.1 MI.

3107 ATLANTIC AVENUE  
VIRGINIA BEACH, VA 23451  
INSIDE HAMPTON INN NORTH  
OPEN TO PUBLIC  
757.491.1800

## • APPETIZERS •

### CHICKEN WINGS

**10 11.95 OR 20 19.95**

Deep fried chicken wings tossed in garlic parmesan, teriyaki w/ toasted sesame seeds, hot, mild or barbecue sauce, w/ your choice of ranch or bleu cheese dressing

\*Flavors served only in multiples of 10

### MOZZARELLA STICKS 8.95

Six jumbo mozzarella sticks fried golden brown and dusted w/ grated parmesan cheese served w/ marinara sauce

### CAPRESE 8.95

Fresh mozzarella, fresh tomatoes, fresh basil and roasted red peppers topped w/ balsamic drizzle

### \*LEMON PEPPER STEAK BITES 9.95

Flat iron cubed and grilled. Available medium to well done served w/ our house made horsey sauce

### SOUTHWEST EGG ROLLS 9.50

Hearty blend of chicken, cheese, black bean and corn in crispy flour tortilla atop a bed of shredded lettuce. Served w/ ranch dressing

### CALAMARI 10.95

Breaded w/ our house made seafood seasoning, deep fried and dusted w/ grated parmesan cheese, served w/ marinara sauce

### STEAMED SHRIMP

**HALF LB. 10.95 OR 1 LB. 18.95**

Steamed in old bay served w/ melted butter, cocktail sauce, and lemon garnish

## • BREAD & SOUP •

### BASKET OF 6 BREAD STICKS 4.95

### SHE CRAB SOUP

**CUP 5.95 BOWL 9.95**

Our cream-based she crab soup is one of our most popular items. We make it in house from the best ingredients available, flour free and top it w/ old bay seasoning.

\* \$2.00 CHARGE FOR EXTRA PLATE

\* These items are cooked to your preferred temperature. Consuming raw or under cooked meats, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions, as well as for the elderly and infants.

## • SALADS •

### CAESAR SALAD

**SMALL 5.95 LARGE 10.95**

Crisp hearts of Romaine tossed w/ Tuscan Caesar dressing, topped w/ fresh tomatoes, shaved parmesan cheese, and seasoned croutons

### ITALIAN SALAD 11.95

Spring mix, chopped lettuce, celery, red onion, mixed olives, pepperoncinis, and tomatoes w/ shaved parmesan cheese served w/ balsamic vinaigrette

### HARVEST SALAD

**SMALL 4.95 LARGE 8.95**

Fresh spring mix w/ tomato, cucumber, and carrot, topped w/ seasoned croutons

### SUMMER SALAD 11.95

Arugula tossed in a raspberry honey vinaigrette topped w/ walnuts, diced berry blend, and gorgonzola cheese crumbles

#### ADD ONS:

Chicken **5.00** Shrimp **6.00** Crabcake **8.50**

Steak Bites **8.00** Salmon Chunks **5.00**

Extra Parmesan or Gorgonzola Cheese **2.25**

## • SEAFOOD •

CHOICE OF 2 SIDES OR

SIDE HARVEST OR CAESAR SALAD FOR ADDITIONAL 3.50

### CRAB CAKES 1 16.95 OR 2 24.95

Made w/ crab and shrimp, breaded w/ Lays potato chips and topped w/ our zesty bistro sauce on the side, flavored w/ garlic, horseradish and dijon

### SALMON 17.95

A generous half pound portion of fresh salmon filet. Available grilled or broiled

### FRIED FLOUNDER 13.95

1 healthy piece of flounder fillets, seasoned and breaded in house and fried to golden brown, served on a bed of french fries w/ a side of cole slaw (available fried only)

### FRIED SHRIMP 14.95

8 pieces of hand breaded shrimp in our house made seafood seasoning w/ cole slaw and french fries

### KING NEPTUNE'S SEAFOOD FEAST 24.95

5 fried shrimp, 3 fried scallops, and healthy piece of fried flounder (or change 1 to crabcake for 5.00)

## •BEEF, POULTRY, & PORK•

CHOICE OF 2 SIDES OR  
SIDE HARVEST OR CAESAR SALAD FOR ADDITIONAL 3.50

### PORK CHOP 16.95

Grilled 10 oz. french cut, bone-in pork chop w/ a sweet and savory chipotle rub

### \*PRIME RIB 19.95

10 oz. serving of our house roasted prime rib, seasoned w/ onion, garlic, and pepper. Cooked to order.

Make it **SURF & TURF:**

6 fried or sauteed shrimp 6.00

3 fried or sauteed scallops 7.50

Crabcake 8.50

### SMOTHERED CHICKEN 14.95

Grilled and seasoned chicken breast, topped w/ sauteed onions and mushrooms. Topped w/ fresh mozzarella cheese and balsamic drizzle

## •PASTA•

SERVED WITH BREAD STICK

### "MRS. HENNESSEY'S"

#### SMOKED PENNE GOUDA 15.95

Inspired by our chef's mother, chunks of grilled chicken breast, sauteed w/ red and green peppers and red onions w/ generous portion of penne pasta, tossed in a smoked gouda cream sauce topped w/ bacon chunks and grated parmesan cheese

#### SHRIMP PESTO TORTELLINI 17.95

5 shrimp sauteed w/ tomatoes and red onions, tossed w/ cheese tortellini in a pesto sauce

#### VODKA PENNE 15.95

Our house made San Marzano tomato vodka and cream sauce tossed w/ fresh mozzarella and fresh basil

#### SHRIMP & SCALLOPS SCAMPI 24.95

5 shrimp and 3 scallops sauteed in our made to order scampi sauce served over spaghetti

## •WRAPS•

ALL WRAPS SERVED ON A FLOUR TORTILLA  
CHOICE OF 1 SIDE

### SMOKE HOUSE WRAP 11.95

Smoked turkey, apple wood smoked bacon and smoked gouda, on a bed of chopped lettuce, red onions and tomatoes w/ a ranch dressing

### GOLD BEEF WRAP 11.95

Our delicious prime rib, shaved cold on a bed of mixed greens, tomatoes, red onions and shaved parmesan cheese w/ our house made horsey sauce

### CHICKEN PESTO WRAP 11.95

Our seasoned grilled chicken cubed w/ chopped bacon, red onions, tomatoes, on a bed of mixed greens w/ a pesto-mayo and shaved parmesan cheese

### CHICKEN CAESAR WRAP 10.95

Grilled chicken, crisp romaine hearts, fresh tomatoes, parmesan cheese and caesar dressing

## •SIDES•

WILD RICE

WAFFLE SWEET POTATO FRIES TOSSED  
IN BROWN SUGAR & CINNAMON

FRESH GREEN STRING BEANS

HOUSE MADE COLE SLAW

FRENCH FRIES



\*These items are cooked to your preferred temperature. Consuming raw or under cooked meats, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions, as well as for the elderly and infants.

## •BURGERS & SANDWICHES•

ALL 8 OZ. BURGERS & SANDWICHES ARE  
SERVED ON A BRIOCHE ROLL W/ 1 SIDE

### \*BUILD A BURGER 9.95

Beef patty on a brioche roll w/ lettuce, tomato, red onions  
Additional toppings:

Applewood Smoked Bacon 1.25

Cheddar Cheese 1.00

Swiss Cheese 1.00

Sauteed Onions .50

Sauteed Mushrooms .75

Additional Patty 5.00

### \*SURF BURGER 13.95

Mini signature Crab Cake set atop the burger w/ lettuce,  
tomato, and red onion

### \*TRUCK STOP BURGER 13.95

Burger cooked to order topped w/ fried egg (served runny,  
fried hard) w/ applewood bacon & cheddar cheese

### \*B.M.S. BURGER 12.95

Applewood Bacon, sauteed mushrooms & Swiss cheese  
served over top a cooked to order burger w/ lettuce tomato  
& red onion

### FRIED CHICKEN SANDWICH 11.95

Seasoned & breaded chicken breast fried golden brown  
then topped w/ lettuce, tomato & red onion

### FRIED FLOUNDER SANDWICH 12.95

In house seasoned & breaded Flounder fried golden brown  
then topped w/ lettuce, tomato & red onion

### PRIME RIB SANDWICH 11.95

Thick slice of our slow roasted Prime Rib topped w/  
sauteed mushrooms, onions, Swiss cheese, lettuce &  
tomato

### CRAB CAKE SANDWICH 14.95

Our signature crab cake made w/ jumbo lump crab meat  
& shrimp breaded w/ Lays potato chips w/ bistro sauce,  
lettuce, tomato & red onion

## •DESSERTS•

### GLUTEN FREE CHOCOLATE TORTE 7.95

Simple, timeless and elegant. When a knockout chocolate  
punch is in a unassuming delivery, the flourless chocolate  
torte is for you

### FOUR HIGH CARROT CAKE 9.95

Four layers of dark moist carrot cake all studded w/ raisins,  
walnuts and pineapple. Finished w/ smooth cream  
cheese icing

### BLUEBERRY COBBLER

### WHITE CHOCOLATE CHEESECAKE 9.95

Vanilla bean cream cake, swirls of berry compote meets  
creamy white chocolate cheesecake

### SALTED CARAMEL

### VANILLA CRUNCH CAKE 10.95

Buttery vanilla flecked w/ caramel cake, w/ layers of  
creamy custard and a salted crunch layer

## •DRINKS•

COKE  
DIET COKE  
SPRITE

GINGER ALE  
LEMONADE  
MR. PIBB

SWEET TEA  
ICED TEA

PLANNING A CORPORATE EVENT, REUNION OR OTHER  
CELEBRATION? WE DO SMALL BUFFET STYLE PARTIES.  
CALL SALLY AT 757.491.1800 FOR DETAILS.

\*LIKE US ON FACEBOOK\*

\*These items are cooked to your preferred temperature.  
Consuming raw or under cooked meats, seafood, shellfish, or eggs  
may increase your risk of food borne illness, especially if you have  
certain medical conditions, as well as for the elderly and infants.