

BRUNCH



WWW.BAYLOCALVB.COM

Shore Drive (757) 227-4389

Laskin Road (757) 962-0044

APPETIZERS

BAY PARMESAN, SPINACH & CRAB DIP Local blue crab and spinach dip served with garlic Parmesan fried pita points. \$15.99

HUMMUS PLATTER Our house-made hummus served with mixed veggies, fruit and garlic Parmesan fried pita points. \$12.99

BAY WINGS 10 wings, fried then double grilled with Buffalo, BBQ, Crazy Asian, Garlic Parm, Sweet Chili, Chipotle Honey or Old Bay. Choice of Ranch or Blue Cheese. \$15.99

POPPIN CHAMPAGNE FRIED SHRIMP 6 Champagne battered shrimp served with cucumber salad over a bed of Cajun aioli and sweet chili sauce. \$14.99

CALAMARI Lightly fried with banana peppers and jalapeños, dusted with garlic Parmesan, and served with Cajun aioli & sweet chili sauce. \$13.99

TA-CHOS / NACHOS Choice of tater tots, fresh tortilla chips (or both) with bacon, tomatoes, arugula, black beans, jalapeños, onions, sour cream, and Cajun aioli with a side of cheese sauce. \$13.99

Add Chicken or Shrimp \$5.99 / Add Fresh Avocado \$1.99

BAY THREE WAY Assorted platter of homemade chicken salad, tuna salad* and hummus served with arugula, mixed greens, veggies and fruit with garlic Parmesan fried pita points. \$15.99

BANGING BALLS Crab balls melted 3-cheese blend, parmesan, mozzarella and cheddar cheese. Topped with bacon crumbles, old bay and Cajun aioli. \$15.99

PROPER ROCK (no shell) Our house-made Rockefeller mix, extra bacon, and Parmesan, topped with fried oysters, and drizzled with hollandaise. Served with garlic Parmesan fried pita points. \$15.99

BAY FAVORITES

CANDIED PECAN FRENCH TOAST BITES Smothered in crunchy candied pecans, vanilla icing, and powdered sugar with choice of applewood smoked bacon or smoky sausage links. Topped with fresh strawberries, caramel & whipped cream \$13.99

2 FRESH BLUEBERRY WAFFLES With choice of applewood smoked bacon or smoky sausage links. Topped with blueberry sauce, vanilla icing, whipped cream and powdered sugar. \$12.99

2 CINNABON PECAN WAFFLES With choice of applewood smoked bacon or smoky sausage links. Topped with Praline pecans, caramel, vanilla icing, whipped cream and powdered sugar. Served with vanilla ice cream \$13.99

“THE HANGOVER” Your choice of 8oz top sirloin filet* OR a grilled or fried chicken breast, served with two eggs any style*, home fries or tots, toast and one pancake. Wash it down with a can of Budweiser (No Substitutions) in a brown paperbag (Must be 21 years+). \$20.99

AVOCADO TOAST Toasted French bread topped with sliced avocado, arugula, radishes, sliced heirloom cherry tomato salad, and sprouts. Served with two poached eggs* and a side of house dressing. \$13.99
Add bacon, sausage, turkey bacon \$1.99 / Add cold smoked salmon* \$8.99

ONE LOVE Three eggs any style*, arugula salad, half grilled avocado, choice of bacon, sausage, or turkey bacon, home fries or Parmesan tots. Choice of toast or warm tortillas. \$13.99
Add grilled or fried chicken breast, or shrimp for \$5.99 Add crab cake \$9.99
Add a scoop of our house made chicken salad or tuna salad* for \$3.49

BUTTERMILK PANCAKES (3) Made from scratch and stacked high with your choice of one topping: Oreos, chocolate chips, pecans, blueberries, strawberries, bananas, granola or coconut. Served with your choice of bacon, smoky sausage links or fresh fruit. \$13.99 *Add more toppings for \$0.99 each*

POWER BOWL Big bowl of lightly sautéed fresh kale in garlic and olive oil, with two eggs any style*, slices of applewood smoked bacon or smoky sausage links, and a garlic Parmesan toasted pita. \$12.99
Substitute spinach for additional \$3.99

BISCUITS N SAUSAGE GRAVY Served with 2 eggs any style*, bacon or sausage. Served with tots or home fries. \$13.99

BAY BREAKFAST BURRITO Large flour tortilla stuffed with bacon, sausage, tomato, cheddar cheese, scrambled eggs, grilled potatoes, onions and peppers. Topped with black beans, sour cream, cheese sauce and Cajun aioli. Served with nacho chips. \$13.99

SAMMIE Bacon, sausage, 2 eggs any style*, choice of cheese on a croissant with home fries or tots. \$12.99

KITCHEN SINK 3 eggs scrambled with ham, turkey, bacon, sausage and cheddar cheese over tots or home fries. Served with toast. \$13.99

“ JUST RIGHT” Shrimp and Grits done our way. Sautéed with onions, andouille sausage, and sweet peppers over cheese grits, topped with crispy applewood smoked bacon and smoky sausage gravy. Served with toast. \$15.99 / *Add chopped sautéed scallops \$3.99*

“ BIG AL” Fresh baked biscuit stuffed with cheddar cheese, bacon and sausage baked to perfection and smothered with house-made sausage gravy. Served with two eggs any style* and home fries or tots. \$13.99

BIG COUNTRY Fried chicken breast, bacon, 2 eggs any style*, and cheddar cheese on a buttermilk biscuit, sandwich style. Served with a side of sausage gravy. Choice of tots or home fries. \$13.99

FRIED CHICKEN & WAFFLES Fresh fried boneless chicken breast, a crispy house made Belgian waffle and two eggs any style*. Served with butter and a side of home fries or tots. \$15.99 *Make it a cheddar or chocolate chip waffle for \$1.99*

JAMAICAN DARK RUM FRENCH TOAST Sliced French bread soaked in cinnamon, brown sugar and dark rum then grilled golden brown with choice of applewood smoked bacon or smoky sausage links. Served with a fresh fruit skewer. \$13.99

BRUNCH TACOS (BELLA VISTA STYLE) Build your own: Bacon, sausage, ham, or turkey bacon, plus three eggs any style* with tots or home fries, arugula, avocado, warm tortillas, black beans, Cajun aioli, and cheddar cheese. \$13.99

THE CAVALIER

Decadence for two in grand fashion. Choose any two appetizers, any two entrees, and a carafe of fresh squeezed juice or sorbet of your choice. Served with a chilled bottle of *Armand De Brignac* “Ace of Spades”, \$450

OUR BENNIES

Our Benedicts are served with 2 poached eggs on a toasted English muffin or French bread, drizzled with fresh hollandaise and served with home fries or garlic Parmesan tots. Upgrade to a side of fresh fruit for an additional \$1.99
Add fresh sliced avocado to any Bennie for \$1.99.*

BAY LOCAL* Fried oysters topped with our signature Rockefeller mix, applewood smoked bacon and Parmesan. \$14.99

CRAB CAKE BENNIE* Two pan seared crab cakes topped with crispy applewood smoked bacon. \$16.99

FRIED CHICKEN BENNIE* Lightly breaded fried chicken breast, topped with Swiss cheese, lightly sautéed spinach and topped with applewood smoked bacon. \$13.99

COLD SMOKED SALMON BENNIE* Served with Dill Lemon Cream Cheese Smear, Tomato, Red Onion and Capers \$14.99

SMOKE SHOW* Smoked sausage and cheddar cheese topped with applewood smoked bacon. \$12.99

GARDEN BENNIE* Baby spinach, arugula, onions, green peppers, tomatoes and mushrooms. \$11.99

EAT FRESH. EAT LOCAL.

EVERYTHING WE SERVE IS MADE FRESH. IN HOUSE USING
LOCALLY SOURCED PRODUCE. FISH AND SEAFOOD WHEN AVAILABLE.

972A Laskin Rd. Virginia Beach, VA 23451 (757) 962-0044

2917 Shore Dr. Virginia Beach, VA 23451 (757) 227-4389

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BAY LOCAL OMELETS

*Our three egg omelets are hand folded, cooked to perfection, and served with home fries or garlic Parmesan tots and your choice of toast or fried biscuit.
Substitute egg whites in any omelet for an additional \$1.49*

QUATTRO FROMMAGE Four Cheeses – swiss, american, provolone, and cheddar topped with hollandaise \$11.99

LIGHT TOWER Shrimp, crab meat and cheddar cheese, topped with hollandaise \$15.99 Add chopped sautéed scallops \$3.99

PASTRAMI Grilled pastrami and Swiss \$14.99

CHICKS BEACH DELIGHT (veggie) Grilled onions, green peppers, tomatoes, baby spinach, arugula, mushrooms and Swiss topped with sprouts. \$11.99

WILLIS WHARF SPECIAL House Rockefeller mix folded into an omelet with mozzarella cheese and served with hollandaise, topped with fried oysters, bacon and Parmesan \$15.99



#bay_local



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All guest checks will have automatic 18% gratuity added.

*Notice: The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness
These foods may be cooked to order upon request



The Bay Local Char-Grilled Steak Burger

Seven Hills is a Virginia family owned business that only purchases premium Virginia grown beef. 7 Hills fresh ground beef is never frozen and consists of various steak cuts giving it it's unique steak flavor and bite. The 7 Hills Steak Burger truly embodies the "Local Virginia farm to table" concept.

- Served with lettuce, tomato & onions on a brioche bun with your choice of fresh cut fries, tots, potato salad or cole slaw. -

CLASSIC Half pound char-grilled burger. \$13.99
add cheese: Swiss, American, Provolone, or Cheddar. \$1.99

DOUBLE D* Two 8oz. patties topped with cheddar, Swiss and lots of bacon. \$19.99

MUSHROOM BURGER* Char-grilled burger topped with grilled mushrooms, onions and Swiss. \$14.99

THE LOCAL* Char-grilled burger topped with a broiled crab cake and cheddar cheese. \$16.99

BURGER ADD-ONS

Fresh Avocado	\$1.99	Arugula	\$1.99	Bacon	\$1.99	Substitute a gluten-free bun	\$1.99
One Egg* Any Style	\$1.99	Mushrooms	\$1.99	Crab Cake	\$7.99	Fried Soft Shell Crab	(mkt.)
Cheese	\$1.99	Grilled onions	\$1.99	Veggie Burger	\$3.49	(available in season)	

SEAFOOD CHOWDA OF THE DAY

Served with toasted French bread. Ask us what's fresh today!
Cup - \$9.99 / **Bowl** - \$12.99

FRESH SANDWICHES

All sandwiches served with fresh cut fries, tots, potato salad or cole slaw.
Substitute a gluten free bun for \$1.99. Add bacon for \$1.99

CRISPY CHICK Hand breaded fried chicken breast, Swiss cheese, bacon, lettuce, tomato, arugula and a side of Cajun aioli on a brioche bun. \$14.99

CRAB CAKE SANDWICH Signature crab cake, fried or broiled, served with lettuce and tomato on a grilled brioche bun. \$16.99
Add bacon and cheese. \$2.99

BAY CHICKEN SALAD Chopped chicken breast, apples, celery and chopped praline pecans. All tossed together with mayo, sour cream and a blend of spices with lettuce and tomato in a pita pocket. \$13.99

TUNA SALAD SANDWICH Fresh yellowfin tuna salad* packed in a pita pocket with lettuce and tomato. \$13.99 or grilled with cheese for \$1.99 extra

DA CLUB A giant traditional club sandwich towering with smoked turkey, Virginia ham, applewood smoked bacon, lettuce and tomato, Swiss and cheddar cheese with mayo and spicy ground mustard. Served on your choice of bread. \$15.99

GARDEN GRILLED CHEESE Swiss, American and provolone cheese melted together with vine ripe tomatoes and sprouts on your choice of bread. \$11.99

HOT SMOKED TURKEY, BACON & CHEDDAR Smoked turkey, melted cheddar and applewood smoked bacon with lettuce, tomato and served with a side of Cajun aioli on a grilled brioche bun. \$13.99

BAY REUBEN Hot corned beef and pastrami, sauerkraut, and a layer of melted Swiss, grilled on marble rye and served with a side of Thousand Island dressing and spicy mustard. \$15.99

HOT PASTRAMI AND SWISS Grilled pastrami covered with melted Swiss, served on marble rye with a side of Thousand Island dressing and spicy mustard. \$15.99

TURKEY REUBEN Thinly sliced turkey breast with sauerkraut covered in melted Swiss on marble rye, grilled and served with a side of Thousand Island dressing and spicy mustard. \$14.99

GRILLED OYSTER MELT 6 fried oysters on rye, grilled with American, Swiss, provolone, tomatoes, arugula, and a side of Cajun aioli. \$14.99

THE HIPPIE Pita stuffed with arugula, cucumber salad, lettuce, tomato and house-made hummus. Topped with sprouts. \$11.99

YELLOWFIN TUNA SANDWICH* (when available) Fresh yellowfin tuna sandwich served grilled or blackened to your temperature, topped with arugula and tomatoes on a grilled brioche bun. \$ Mkt. Price

GRILLED AVOCADO PITA CLUB Sliced turkey, Virginia ham, Swiss, applewood smoked bacon, avocado, mayo & spicy mustard on a grilled pita. \$13.99

BAY "CHEESE STEAK" With onions, peppers, bacon on a sub roll topped with melted American and provolone cheese. \$14.99

PO' BOY Choice of fried shrimp or oysters served atop a bed of lettuce and tomato on a grilled sub roll with a drizzle of Cajun aioli. \$15.99

SIDES

BASIC SIDES

Potato Salad	\$4.99	Cole Slaw	\$4.99
Cheese Grits	\$4.99	Parmesan Garlic Tots	\$4.99
French Fries	\$4.99	Make your tots or	
Home Fries	\$4.99	fries loaded	\$4.99

PREMIUM SIDES

Basket of Hand Cut Fries or Tots	\$5.99	Sautéed Kale	\$5.99
Fruit Salad	\$5.99	Sautéed Spinach	\$6.99
Syrup Upgrade: Bourbon		Mac N Cheese	\$5.99
Barrel Pure Maple Syrup, 2oz.	\$3.00		

OYSTER ROCK BURGER* Char-grilled burger topped with our house Rockefeller mix, fried oysters, bacon and Parmesan cheese. \$16.99

PITA "PATTY MELT"* Grilled onions, mushrooms, bacon, American, Swiss and arugula. \$14.99

BAY BACON* Char-grilled burger topped with crispy applewood smoked bacon, American cheese and 1 egg any style*. \$14.99

BAY BLT's

Choice of fresh cut fries, tots, potato salad, or cole slaw. Choice of white, wheat, or rye bread. Add an egg any style* to your BLT for \$1.99. Add avocado for \$1.99

THE REGULAR Applewood smoked bacon, lettuce, vine ripe tomatoes and mayo. \$12.99

AVOCADO Sliced avocado, applewood smoked bacon, cheddar cheese, fresh lettuce, vine ripe tomatoes, sweet red onions and mayo. \$13.99

LOADED VIRGINIA BEACH'S BIGGEST BLT! Over 1 lb of crispy applewood smoked bacon, sweet vine ripe tomatoes, lettuce and mayo. Not for the faint of heart! \$19.99

FC BLT A chicken breast pounded thin, lightly breaded and fried, and topped with applewood smoked bacon, crisp lettuce, vine ripe tomatoes and mayo. Choose BBQ, Buffalo or regular style. \$14.99

SMOKED SALMON* Stacked high with cold smoked lox, applewood smoked bacon, vine ripe tomatoes, lettuce, sweet red onions, cream cheese and mayo. \$15.99

LETTUCE WRAPS

LETTUCE WRAPS Fresh crisp lettuce, topped with sliced apples, cucumbers, grapes, arugula, shredded carrots, and sprouts with a side of onions and cucumber salad. *No Substitutions* \$15.99

Choose One: Grilled Chicken, Grilled Shrimp, House Made Hummus, Bay Chicken Salad, or Bay Tuna Salad*

Choose One Dressing: House (olive oil, fresh lemon juice, salt & pepper), Olive Oil & Balsamic Vinegar, Bleu Cheese, Ranch, Thousand Island, Honey Mustard, Raspberry Vinaigrette

LIGHT & FRESH SALADS

All salads include choice of dressing: House, Olive Oil & Balsamic Vinegar, Bleu Cheese, Ranch, Thousand Island, Caesar, Honey Mustard or Raspberry Vinaigrette.
Add grilled or fried chicken breast or shrimp to any salad for \$5.99 Add crab cake \$9.99
Add a scoop of our house made chicken salad or tuna salad* for \$3.49
Add half a grilled avocado for \$1.99

CHOPPED KALE & ARUGULA CAESAR SALAD Chopped kale and arugula tossed in our house Caesar dressing and topped with dried cranberries, shredded carrots, house made herb croutons and parmesan cheese. \$13.99

BAY LOCAL SALAD Fresh Romaine, mixed baby greens, praline pecans, dried cranberries, bleu cheese crumbles, granny smith apples, strawberries, shredded carrots topped with house-made herb croutons \$14.99

HOUSE SALAD Mixed baby greens, tomatoes, cucumbers, carrots, red onions and cheddar cheese topped with house-made herb croutons. Side \$6.99/ Large \$11.99

SMOKED SALMON AND BABY SPINACH* Cold smoked lox, capers, cucumber and praline pecans atop a bed of baby spinach tossed in our house dressing. Served with a garlic Parmesan toasted pita and a smear of cream cheese. \$15.99

CLASSIC CAESAR Crisp Romaine and shredded parmesan tossed in our house Caesar dressing topped with house-made herb croutons. Side \$7.99/ Large \$12.99

ASIAN GRILLED CHICKEN SKEWER SALAD Citrus teriyaki marinated chargrilled chicken served with mixed greens, carrots, cucumbers and arugula tossed in our house dressing with a side of Cajun aioli and Crazy Asian dipping sauce. \$14.99

GRILLED ROMAINE WEDGE Hearts of Romaine covered in Caesar dressing and grilled. Topped with tomatoes, bacon, bleu cheese crumbles, sweet red onions, arugula, a poached egg* and a drizzle of balsamic glaze. \$14.99

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