

DINNER



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 \$11.99

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. \$13.99

CALAMARI Lightly fried with banana peppers and jalapeños, dusted with garlic Parmesan, and served with Cajun aioli & sweet chili sauce. \$12.99

BRAISED BEEF SHORT RIB QUESADILLA Grilled flour tortilla stuffed with smoked gouda, cheddar, peppers, onions and spinach. Served with sour cream, and Cajun aioli. \$15.99

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. \$12.99

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. \$14.99

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. \$14.99

BAY FAVORITES

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. \$11.99

Substitute spinach for additional \$3.99

“ 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. \$14.99 / *Add chopped sautéed scallops \$3.99*

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

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. \$12.99. *Add grilled or fried chicken breast or shrimp for \$5.99*

Add a crab cake for \$9.99

Add a scoop of our house made chicken salad or tuna salad for \$3.49*

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. Served with tots. \$12.99

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 tots. \$14.99 *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. \$12.99

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. \$12.99
Add bacon, sausage, turkey bacon \$1.99 / Add cold smoked salmon* \$8.99

ENTRÉES

BRAISED BEEF SHORT RIB Served with Newport potatoes, grilled asparagus, veal bone demi- glaze and honey-rosemary goat cheese. \$20.99

POTATO ENCRUSTED SALMON* Served with parmesan risotto cake, sautéed spinach, and Godiva cinnamon glaze. \$21.99

JUMBO JIMMY CAKES Two Jumbo Lump crab cakes folded in a mild aioli and broiled. Served with Newport potatoes, grilled asparagus, and roasted red pepper rémoulade. One \$18. Two \$26

STEAK CHIMICHURRI* Pan seared sirloin steak cooked to temp and served with Newport potatoes , sautéed spinach, and red chimichurri. \$19.99

THAI SAUTÉED VEGGIES Mixed vegetables sautéed in spicy coconut cream sauce. Served over jasmine rice and topped with a grilled melon slaw. \$15.99

BAY PASTA Shrimp, scallops and crab meat with cavatappi pasta, spinach, roasted red peppers, cherry tomatoes and parmesan cream sauce. \$23.99

LETTUCE WRAPS & TACOS

3 TACOS served with cheese, bacon, cilantro, arugula, jalapeños, cabbage, cajun aioli and sour cream with flour tortillas. Served with Cilantro Ranch \$15.99
add Avocado for \$1.99

Choose One

Chicken - Grilled, fried or blackened | **Shrimp** - Grilled, fried or blackened
Tuna* Grilled or blackened | **Oysters** - Fried

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

THE BAY LOCAL CHAR-GRILLED STEAK BURGER



Seven Hills is a Virginia family owned business that only purchases premium Virginia grown beef cattle. 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. \$12.99 *add cheese: Swiss, American, Provolone, or Cheddar. \$1.49*

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. \$13.99

THE LOCAL* Char-grilled burger topped with a broiled crab cake and cheddar cheese. \$15.99

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. \$13.99

BAY BACON* Char-grilled burger topped with crispy applewood smoked bacon, American cheese and 1 egg any style*. \$13.99

BURGER ADD-ONS

Fresh Avocado	\$1.99	Arugula	\$1.00	Bacon	\$1.99	Substitute a gluten-free bun	\$1.99
One Egg* <i>Any Style</i>	\$1.00	Mushrooms	\$1.49	Crab Cake	\$9.99	Fried Soft Shell Crab	(mkt.)
Cheese	\$1.49	Grilled onions	\$1.00	Veggie Burger	\$3.49	(available in season)	

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

WWW.BAYLOCALVB.COM



#bay_local



baylocalvb

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 born illness

These foods may be cooked to order upon request

SEAFOOD CHOWDA OF THE DAY

Served with toasted French bread. Ask us what's fresh today!
Cup - \$8.99 / Bowl - \$11.99

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. \$13.99

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. \$12.99

TUNA SALAD SANDWICH Fresh yellowfin tuna salad* packed in a pita pocket with lettuce and tomato. \$13.99 or grilled with cheese for \$1.49 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. \$14.99

GARDEN GRILLED CHEESE Swiss, American and provolone cheese melted together with vine ripe tomatoes and sprouts on your choice of bread. \$10.99

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. \$12.99

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. \$14.99

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. \$13.99

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. \$10.99

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. \$13.99

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. \$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 \$1.00. Add avocado for \$1.99

THE REGULAR Applewood smoked bacon, lettuce, vine ripe tomatoes and mayo. \$11.99

AVOCADO Sliced avocado, applewood smoked bacon, cheddar cheese, fresh lettuce, vine ripe tomatoes, sweet red onions and mayo. \$12.99

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. \$13.99

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

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 a crab cake for \$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. \$12.99

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. \$13.99

HOUSE SALAD Mixed baby greens, tomatoes, cucumbers, carrots, red onions and cheddar cheese topped with house-made herb croutons.
Side \$5.99/ Large \$10.99

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 \$6.99/ Large \$11.99

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. \$13.99

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. \$13.99

SIDES

BASIC SIDES

Potato Salad	\$3.99	Cole Slaw	\$3.99
Cheese Grits	\$3.99	Parmesan Garlic Tots	\$3.99
French Fries	\$3.99	Make your tots or	
Home Fries	\$3.99	fries loaded	\$3.99

PREMIUM SIDES

Basket of Hand Cut Fries or Tots	\$5.99	Sautéed Kale	\$4.99
Fruit Salad	\$4.99	Sautéed Spinach	\$6.99
Syrup Upgrade: Bourbon		Mac N Cheese	\$4.99
Barrel Pure Maple Syrup, 2oz.	\$3.00		

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

WWW.BAYLOCALVB.COM



#bay_local



baylocalvb

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 upon your request can be cooked to order.