



## A Bistro on the Manteo Waterfront

208 Queen Elizabeth Street Manteo Waterfront • 252-473-MOON • www.thefullmooncafe.com

# Lunch Menu

### SOUPS

Prepared daily from the freshest ingredients  
and a little bit of magic.

Cup....\$3.50 Bowl....\$4.50 Sourdough Bread  
Bowl....\$6.50  
*Seafood soups add \$1.00*

### SALADS

#### BLUE MOON WALDORF

A classic combination of robust romaine, aged bleu  
cheese, crisp apples and walnuts. Drizzled with  
homemade balsamic vinaigrette....\$6.99

#### GREEK SALAD

Select romaine, ripe tomatoes, black olives, Bermuda  
onion, cucumbers and aged feta cheese tossed with  
our Greek vinaigrette....\$6.99

With a side of our famous hummus  
and pita points....\$8.99

#### BRIE SALAD

Warm, creamy brie served on a bed of romaine with  
crisp apples, toasted almonds and balsamic  
vinaigrette....\$9.99

#### CAESAR SALAD

Select romaine, aged parmesan and homemade  
croutons....\$6.99

With roasted chicken breast.....\$8.99  
With our famous shrimp salad....\$9.99

#### SHRIMP SALAD

Sauteed shrimp mixed with bay seasonings, celery  
and onions piled on a bed of greens....\$9.99

### HOUSE TOSSED SALAD

House greens piled with fresh veggies:  
small...\$2.99 large...\$4.99

### SOUP AND SALAD

Our tossed salad with a cup of homemade soup du  
jour.

With cup of soup....\$6.99 With bowl of  
soup....\$7.99

With Sourdough Bread Bowl....\$9.99  
*Seafood soups add \$1.00*

**Homemade dressings include:** house herb, honey  
mustard,  
raspberry, ranch, bleu cheese, Greek or Balsamic  
vinaigrette.

Add Crumbled Bacon...\$1.00

### SIDES & EXTRAS

Mashed Potatoes...\$2.99

Parmesean Polenta...\$2.99

Vegetable Medley...\$2.99

Rice Florentine...\$2.99

Beans and Rice...\$3.99

Applesauce...\$1.50

Extra Dressing or Salsa...\$ .50

Extra Cheese, Sour Cream,  
Pita Points or Bread...\$1.00

Additions (to Pasta, Salads, etc.):

Chicken...\$2.25

Shrimp Salad...\$3.00

Lump Crab...\$4.00

## APPETIZERS

### BAKED CRAB DIP

Our savory au gratin dip topped with a generous pile of lump crab.

Served with toasted garlic pita points.....\$9.99

### STUFFED PORTABELLA MUSHROOM CAP

A huge portabella cap topped with seasoned shrimp, homemade bread crumbs and white cheddar. Baked in butter, garlic and white wine.....\$9.99

### BAKED BRIE

Creamy, imported brie served with toasted almonds, crisp apples and toasted baguette.....\$8.99

### NACHOS

White corn tortilla chips piled high with white cheddar, black olives, jalapenos, tomatoes, black beans, sour cream and salsa....\$8.99

add guacamole.....\$1.50,  
add Cajun chicken.....\$2.50,  
add crumbled bacon ....\$1.00,  
add extra cheese.....\$2.00

### HUMMUS

Our famous version of the Middle-Eastern classic bean dip. Drizzled with tahini and served with toasted pita points and cucumbers.....\$7.99

### CHIPS AND SALSA

White corn tortilla chips served with our homemade salsa....\$4.99  
add guacamole....\$1.50, add sour cream....\$1.00

## QUESADILLAS & ENCHILADAS

*All quesadillas stuffed with olives, jalapenos, tomatoes, onion, bell peppers and select cheeses then topped with homemade salsa and sour cream.*

*All are served with chips and salsa.*

*Add Cajun chicken.....\$2.50,  
add black beans.....\$1.50,  
add guacamole.....\$1.50*

### SHRIMP AND CRAB ENCHILADA

Local shrimp and lump crab wrapped in a tortilla with all the goodies. Topped with white cheddar, our special cheese sauce and sour cream.....\$14.99

### CAJUN CHICKEN QUESADILLA

Tender roasted chicken breast tossed with Cajun spices.....\$8.99

### PORTABELLA MUSHROOM QUESADILLA

Seasoned roasted portabellas baked with provolone.....\$8.99

### BLACK BEAN QUESADILLA

Cuban-style black beans baked with everything. south-of-the-border and white cheddar.....\$8.99

### ROAST BEEF & CHEDDAR QUESADILLA

Thinly sliced with aged cheddar.....\$8.99

### SHRIMP QUESADILLA

Our famous shrimp mix topped with all the goodies.....\$12.99

### ROASTED VEGETABLE QUESADILLA

Seasonal roasted veggies & provolone.....\$8.99

### BEANS & RICE

Cuban-style beans & brown rice topped with cheddar, salsa & sour cream....\$7.99

## SPECIALTIES

### LOW COUNTRY SHRIMP AND GRITS

A regional favorite! Shrimp sauteed with peppers, tomatoes, onions, black beans and creole spices. Finished with cream and served over parmesan polenta and toast points...\$16.99  
With lump crab....\$18.99

### SHRIMP AND CRAB AU GRATIN

Sauteed local shrimp and lump crab baked with our special au gratin sauce, homemade bread crumbs and provolone cheese.  
Served with a side salad.....\$18.99

### SHRIMP CAESAR BAKE

Our select shrimp mix baked with spinach, tomatoes, onions, Swiss and parmesan, served with a side salad....\$14.99

### **EGGPLANT NAPOLEON**

Roasted eggplant and seasonal veggies layered with marinara sauce and select cheeses. Served with a side salad...\$11.99

### **CHICKEN PARMESAN BAKE**

We smother a roasted chicken breast with marinara, parmesan and provolone. The ultimate comfort food served with a side salad....\$12.99

### **CHICKEN CAESAR BAKE**

Roasted chicken breast baked with spinach, tomatoes, onions, Swiss cheese, parmesan, and Caesar dressing. Served with a side salad...\$12.99

### **PASTA DU JOUR**

Our daily noodle tossed with creative sauces that change daily..... \$MARKET

### **QUICHE DU JOUR**

Delectable pies baked daily from an ever-changing palate of fresh ingredients, served with a side salad....\$MARKET

## **WRAP IT UP**

### **HUNTER WRAP**

Choice roast beef wrapped in a flour tortilla with onions, tomatoes, white cheddar and a creamy horseradish sauce....\$7.99

### **GOBBLER WRAP**

Smoked turkey breast wrapped with onions, tomatoes, Swiss cheese, bell peppers and creamy honey mustard sauce....\$7.99

### **BAYOU WRAP**

Cajun spiced all white meat chicken rolled with tomatoes, bell peppers, onions, black olives, white cheddar and jalapenos....\$7.99

### **MEDITERRANEAN WRAP**

Spinach, feta, tomatoes, black olives, onions and tahini sauce baked with provolone cheese....\$7.99 with roasted portabella mushrooms....\$8.99

### **CHICKEN CAESAR WRAP**

Roasted chicken breast wrapped with tomatoes, romaine lettuce, parmesan cheese, provolone and Caesar dressing....\$7.99 (cold only)

### **SHRIMP ROANOKE WRAP**

Our famous shrimp salad rolled with lettuce, tomatoes and Swiss cheese....\$9.99 (cold only)

### **GATHERER WRAP**

Hummus, guacamole, cukes, tomatoes, carrots and white cheddar finished with our lemon tahini sauce....\$7.99 (cold only)

## **SANDWICHES**

*All served with chips and homemade salsa*

### **CAROLINA CRAB CAKE**

A special blend of all-lump crab and bay seasonings broiled to perfection and topped with our creamy au gratin sauce....\$10.99

### **ROANOKE SHRIMP MELT**

Carefully seasoned bay shrimp baked on a baguette with provolone and ripe tomatoes....\$9.99

### **CAESAR CHICKEN MELT**

Roasted chicken breast topped with Caesar dressing, parmesan, provolone and tomatoes....\$7.99

### **CHICKEN PARMESAN MELT**

Roasted chicken breast smothered with marinara, parmesan and provolone cheeses on baguette....\$7.99

### **FRENCH ONION AU JUS**

Thinly sliced roast beef, grilled onions, topped with melted Swiss on baguette, served with a dipping side of sweet onion au jus....\$8.99  
Add portabellas...\$9.99

### **TUSCAN BAKE**

Smoked turkey breast baked on a baguette with a sun-dried tomato spread and provolone....\$7.99

### **TURKEY PHILLY**

Smoked turkey breast, bell peppers, onions, portabella mushrooms, honey mustard sauce and provolone baked on a baguette....\$7.99

### **MOON MELT**

Roasted eggplant, portabellas and roasted bell peppers baked on a baguette with sun-dried tomato spread, hummus and provolone....\$7.99

## **RAINFOREST**

A motherlode of cucumbers, carrots, tomatoes, onions, olives, portabellas, and spinach drizzled with the house herb dressing, baked on a baguette with Swiss cheese....\$7.99

## **THE BURGER JOINT**

*All burgers are half-pound Angus beef grilled and served on a Kaiser with chips and homemade salsa.*

### **CHEESEBURGER IN PARADISE**

Your choice of cheddar, provolone or Swiss....\$7.99

### **BLACK AND BLUE**

Topped with aged blue cheese....\$8.99

### **PORTABELLA SWISS**

Our burger topped with roasted portabellas and Swiss cheese....\$8.99

### **LUMP CRAB BURGER**

Our burger topped with lump crab and special sauce....\$11.99

### **SHRIMP BURGER**

Our burger topped with our famous shrimp mix and your choice of cheese....\$9.99

## **KIDS**

*Available for those 12 and under. All meals served with choice of white corn tortilla chips or applesauce.*

### **PITA PIZZA**

Baked with sauce and plenty of cheese.....\$4.99

### **NOODLE HEADS**

The daily noodle with your choice of butter or marinara sauce and parmesan.....\$4.99

### **BEANS AND RICE**

Kids portion of our seasoned black beans and buttered rice.....\$4.99

### **CHICKEN AND RICE**

Sliced, roasted chicken and buttered rice with carrots served with our tangy honey mustard.....\$5.99

### **GRILLED CHEESE**

Goey cheese baked on a baguette.....\$4.99

### **MEXICAN GRILLED CHEESE**

Tortilla stuffed with melted cheese.....\$4.99

## **BEVERAGES**

Pepsi, Diet Pepsi, Root Beer, Pink Lemonade, Sierra Mist, Mt. Dew....\$1.99 (free refills)

Unsweetened Iced Tea, locally roasted freshly brewed Coffee....\$1.99 (free refills)

Sparkling Water, Bottled Water, Hot Tea, 100% Apple Juice, 100% Grape Juice....\$1.99

## **WINES**

Ask your server for our sophisticated yet cheeky wine list.

## **BEERS**

Ever changing draft beer selection from North Carolina to Ireland. We even have our own label Lager! Ask your server.

## **DESSERTS**

Ask your server about our scrumptious homemade dessert choices.

## **GRATUITY**

**An 18% GRATUITY MAY BE ADDED TO PARTIES OF 6 OR MORE.**

Please limit the number of separate checks to 2 per table. Keep in mind that separate checks take additional time. Please be patient. Thank you!

*Please keep in mind that our food is prepared to order. If you are in a hurry, please inform your server and we will do what we can to expedite your order.*

*We accept Visa, MasterCard, Discover.*

**Full Moon Tumblers, T-Shirts, and Hand-thrown Coffee Mugs are available.**

*Proudly owned and operated by  
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