

GLUTEN FREE LUNCH MENU

ABOUT OUR GRITS

Our grits hail from the mountains of Georgia. They are known as "heirloom grits" due to the natural pollination of the plants. Once harvested, they are taken to a local mill to be stone ground, then shipped directly to us. Chef Neal adds his special touch while still preserving the character of the grit.

WHAT IS LOWCOUNTRY

Lowcountry cuisine is the cooking traditionally associated with the South Carolina Coastal plain from Charleston to Savannah. Early settlers from England, France, Spain, West Africa, and the Caribbean brought with them their traditions and rich, culinary history. Unique dishes such as Shrimp and grits, crab cakes, perlaw, she crab soup and fried green tomatoes are examples of Lowcountry cuisine.



Langermann's

SOUTHERN INSPIRED * FRESH KITCHEN

Small Plates

SOUP OF THE DAY Market Price
please ask your server

THE WEDGE 8
bacon, tomato, crumbled blue cheese, ranch dressing

CAESAR SALAD 7
shaved parmesan cheese, creamy Caesar dressing

BABY ARUGULA SALAD 7
shaved parmesan cheese, cherry tomatoes, lemon-olive oil

ROASTED BEET GOAT CHEESE SALAD 8
flocal beets, field greens, goat cheese, orange vinaigrette

CRAB AND SPINACH DIP 12
cream cheese, white cheddar, onions served piping hot
with carrots & celery

CAPE FEAR SCALLOPS 12
bacon studded butter sauce over heirloom grits
Summer Restaurant Week Winner 2010

BBQ RIBS 9
Creole spiced, brown sugar rubbed, BBQ sauce, pork ribs

LOW COUNTRY LOUIE 15
lobster, shrimp, crab meat, Creole mayonnaise

MISS VERBA'S PIMIENTO CHEESE 7
celery and carrots

Creekstone Farm Angus Burgers

served over mixed greens

HAMBURGER 11
add cheese .50 add bacon 1

Sans Bun

served over mixed greens

GRILLED CHICKEN 10
pimento cheese, tomato

BLACKENED CHICKEN 10
bacon, tomato, cheddar cheese, chipotle ranch

TURKEY BURGER 12
house-made with tomato, pepper jam mayonnaise

TURKEY APPLE BRIE 11
sliced turkey, Granny Smith apples, brie cheese,
Smokey Mountain Pepper Jam

BBQ PULLED PORK 10
cider braised and simmered in BBQ Sauce, Carolina cole slaw

Full Plates

STEAK FRITES 17
flat iron steak, garden greens

CHARLESTON SHRIMP AND GRITS 16
shallots, tomatoes, Andouille sausage,
buttery clam broth, heirloom grits

CHARLESTON PERLAU 16
Gulf shrimp, roasted chicken, red rice, Andouille sausage,
Crystal Hot Sauce, clam broth

Entrée Salads

COBB SALAD 14
crisp greens, blue cheese, avocado, pulled chicken, egg,
tomato, bacon, ranch dressing

BIG CAESAR SALAD 11
crisp romaine, parmesan cheese, creamy Caesar dressing
add chicken 4 add steak 6 add shrimp 6

GRILLED SALMON SALAD 17
roasted beets, goat cheese, walnuts,
orange vinaigrette

GRILLED STEAK SALAD 17
flat iron steak, fresh corn, caramelized onions,
blue cheese, raspberry vinaigrette

Sides

THREE SIDES choose any three sides as an entrée 11

APPLE-WILD MUSHROOM-SWEET POTATO HASH 6

ASPARAGUS 5

BRUSSEL SPROUTS 5

COLE SLAW 4

CREAMY HEIRLOOM GRITS 4

FRESH FRUIT 5

HARICOT VERTS 5

MAPLE WHIPPED YAMS 4

MASHED POTATOES 4

SAUTÉED SPINACH 5

STEWED GREEN BEANS 5