



1206 N. Lake Park Blvd. Carolina Beach  
 (910) 458-7761  
 www.mikesfood.com



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**MICHAEL'S SEAFOOD RESTAURANT & CATERING**  
**MENU SAMPLING**

Voted #1 Restaurant of the Year! –Wilmington Chamber of Commerce & Small Business Coalition | Patio Dining Available | All ABC Permits | Smoke-Free | Open 7 Days a Week for Lunch & Dinner | Eat in/Take out

**LUNCH MENU**

Lunch is served daily from 11 a.m. until 4 p.m.  
 Our full menu is available from open to close.

Please review our full menu for the following selections:  
 Beverages and bar menu, famous soups and salads, flatbreads, appetizers and dinner entrees.

**LUNCH ENTREES**

- Shrimp & Grits** 9.00  
garlic parmesan sauce, smoky bacon and fresh tomato served over our house made grit cake
- Blackened Fish & Grits\*** 10.00  
garlic parmesan sauce, corn, fresh tomato and scallion served over our house made grit cake, topped with your choice of today's fresh blackened fish
- Fish Market Tacos\*** 9.00  
taco seasoned fresh catch selection served on 2 soft corn tortillas with lettuce, tomato, red onion, shredded cheese and cilantro sour cream, served with a side of salsa and crunchy tortilla chips
- Pasta Chu-Chu** 8.00  
linguini pasta tossed with a bayou cajun cream sauce, black olives, fresh tomato and artichoke hearts  
Add: grilled chicken 5, shrimp or fish\* 6, sea scallops 8

- Pick Two** (choose any 2 of the following) 9.00
- Soups** – cup of our world famous seafood chowder or homemade soup of the day (upgrade to a bowl for only \$1 extra)
- Salads** – house salad, Caesar salad, Greek salad or roasted beet salad
- Melts** – petite chicken salad, tuna salad or seafood salad melt  
house made dressing choices  
balsamic vinaigrette, champagne vinaigrette, ranch, bleu cheese, honey mustard, creamy Greek

**SANDWICHES**

- All choices served on ciabatta unless otherwise noted, served with lettuce and tomato, accompanying house sauce, kettle potato chips and homemade cole slaw substitute gluten free bun (Add 1.5)
- Fish Market BLT\***  
today's freshest catch with crisp smoky bacon, pesto aioli (4 oz.) 10 (8 oz.) 16
- Crab Cake** 10.00  
house recipe, red pepper aioli
- Oyster Po Boy** 9.00  
breaded oysters baked until golden brown, served on a toasted hoagie roll, French tarter

**Homemade Salad Sandwich**

- first choose from our homemade tuna salad, chicken salad or seafood salad, then make it a:
- Classic** 8.00  
toasted ciabatta bun
- Melt** 9.00  
baked open faced with fresh tomato, red onion and melted cheese
- Wrap** 8.00  
spinach tortilla

**BURGERS\* AND CHICKEN BREAST YOUR WAY**

- First choose**  
half pound flame grilled beef patty\* 9.5, boneless chicken breast 8.5
- Add any (or all): lettuce, tomato, raw red onion, ketchup, mayo, mustard
- Add any (\$1 each): sliced jalapeno peppers, cheese (mozzarella, feta, bleu, cheddar, jack)
- Add any (\$1.5 each): sautéed mushrooms, crispy smoky bacon, sautéed onions, sautéed bell peppers

**ALL DAY MENU**

**FAMOUS SOUPS & SALADS**

- Captain M's Seafood Chowder**  
Bowl 6.50 Cup 5.50  
(international Award Winning Recipe)  
our international award winning chowder is a rich cream base loaded with clams, crabmeat, scallops, veggies, potatoes, herbs & spices.  
Take some home!  
Quart 14.00 Pint 7.50  
our delicious chowder is readily available for you to take home and enjoy. Definitely a crowd pleaser! Available hot, cold or frozen. (We ship also)
- Homemade Soup of the Day**  
Bowl 6.00 Cup 5.00  
ask your server for today's creation  
Add to the following salads  
grilled chicken 5, shrimp or \*fish 6, sea scallops 8, scoop of homemade tuna salad, chicken salad or seafood salad 4
- House Salad** 7.00  
romaine, garden vegetables, shredded cheese
- Caesar Salad** 7.00  
romaine, shaved parmesan, house croutons, tossed in Caesar dressing

- Greek Salad** 8.50  
mixed greens, artichoke hearts, fresh tomato, red onion, cucumbers, black olives and feta cheese tossed in creamy Greek dressing
- Roasted Beet Salad** 8.50  
spring baby greens, roasted red beets, fresh tomato, red onion, bleu cheese crumbles, sunflower seeds
- Side Salad** 6.00  
choose from a smaller version of our house 4.00, Caesar 4.00 or Roasted Beet Salad 6.00  
house made dressing choices  
balsamic vinaigrette, champagne vinaigrette, ranch, bleu cheese, honey mustard, creamy Greek

**APPETIZERS**

- Steamed Oysters\*** 10.00  
one dozen, steamed in the shell, you shuck
- Steamed Clams** 10.00  
one dozen, steamed in the shell
- Steamed Shrimp** 10.00  
half pound, you peel & peeled and deveined
- Fresh Black Mussels** 8.00  
half pound, served with garlic bread
- You choose:**  
Drunken  
lager butter broth
- Scampi**  
garlic butter with scallion and fresh tomato
- Loaded Oysters** 10.00  
(5) baked oysters topped with cheddar jack cheese, smoky bacon, diced jalapeno's, finished with cilantro sour cream
- Mini Crab Cakes** 8.00  
(3), cole slaw, roasted red pepper aioli
- Blue Fin Crab Dip** 9.00  
served with garlic bread
- Athenian Bruschetta** 8.50  
tender shrimp sautéed with sundried tomatoes and black olives in a garlic parmesan cream sauce, served over garlic bread
- Bacon Scallops** 9.50  
(3), spicy cabbage mix, spicy cilantro lime aioli
- Sashimi Tuna\*** 9.00  
seared rare yellow fin, wrapped in nori and sesame seeds, served with a warm cabbage, onion and seaweed soy salad
- Spinach and Artichoke Dip** 7.50  
topped with feta, served with warm pita



**SEE OUR AD ON THE INSIDE FRONT COVER**

**3 TIME  
INTERNATIONAL  
CHOWDER  
COOK-OFF  
CHAMPION**

**ADMIRAL'S  
DELIGHT  
(SERVES 2)**



Children's Menu | Full Service Bar | Extensive Wine List | MasterCard, Visa and American Express accepted. | Items and Prices Subject to Change.

**FLATBREADS**

All choices baked on pita crust flatbread, substitute gluten free bread 1.50

- Cheese** 5.50  
*marinara sauce and mozzarella cheese*
- BBQ Chicken** 8.50  
*smoky bbq sauce, chopped chicken breast, red onion, bacon, jack cheese*
- Bill's Crab Pie** 9.00  
*blue fin crab spread, jalapeno peppers and parmesan cheese*
- Greek** 8.50  
*spinach and artichoke spread, fresh tomatoes and feta cheese, finished with drizzled balsamic reduction*
- Shrimp Scampi** 10.00  
*tender shrimp, garlic butter, fresh tomato, scallion and mozzarella cheese*

**OCEAN FAVORITES**

From the steamer – all steamer entrees are accompanied by our garlic red smashed potatoes, corn on the cob and homemade cole slaw

- Shrimp Boat**  
*old bay, cajun or plain, you peel 15.00, peeled and deveined 17*
- Snow Crab Legs** 22.00  
*one pound*
- Snow's Cut Combo**  
*half pound snow crab legs, half pound steamed shrimp, you peel 20.00; peeled and deveined 22.00*
- Admiral's Delight for Two** 43.00  
*a steamed sampler of snow crab legs, mussels, clams, oysters and shrimp*
- Captain's Catch** 26.00  
*a smaller, but still hearty version of the Admiral's Delight*
- Flame grilled and oven roasted**  
*all dishes served with house risotto and our seasonal fresh vegetable of the day*
- Fish Market Special\*** 19.00  
*choose your favorite from today's freshest catches*
- Classic**  
*topped with a lemon, garlic, caper relish*
- Island**  
*topped with fresh seasonal fruit salsa*

**Mediterranean**

*black olive, artichoke and tomato tapenade*

- Blackened**  
*cajun iron skillet seared*
- Scampi Style**  
*garlic butter with scallion and fresh tomato*
- Galley Sampler\*** 23.00  
*a house favorite sampler of today's freshest fish selection, paired with seasoned broiled shrimp and scallops. Season your fish with any of the listed styles under "Fish Market Special"*
- Crab Cakes** (1) 11.00; (2) 17.00
- Sea Scallops** 23.00  
*half pound seasoned and seared*

**PASTA & GRITS**

- Shrimp & Grits** 18.00  
*garlic parmesan sauce, smoky bacon and fresh tomato served over our house made grit cake*
- Blackened Fish & Grits\*** 19.00  
*today's freshest catch, garlic parmesan sauce, corn, fresh tomato and scallion served over our house made grit cake*
- Shrimp & Scallop Scampi** 21.00  
*tender linguini sautéed with shrimp and sea scallops in a garlic wine butter with fresh tomato and scallion*
- Seafood Mac & Cheese Bake** 18.00  
*shrimp and blue fin crabmeat baked with penne pasta, smoky bacon and a 4 cheese sauce, finished with a parmesan breadcrumb crust*
- Add to the following pasta dishes**  
*grilled chicken 7, shrimp or fish\* 8, sea scallops 10*
- Pasta Alfredo** 9.50  
*tender linguini tossed in a parmesan cream sauce with fresh tomato and scallion*
- Penne Rachelle** 11.00  
*penne pasta tossed in a parmesan cream sauce with fresh mushroom, sun-dried tomato and scallion*

All pasta entrees accompanied with garlic bread



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OUR NEW  
APP**



**LAND LOVER'S**

All dishes served with garlic red smashed potatoes and our seasonal fresh vegetable of the day

- Island Chicken** 15.00  
*teriyaki glaze basted boneless chicken breast topped with fresh seasonal fruit salsa*
- Reef & Beef\*** 22.00  
*6 oz. flame grilled Angus sirloin coupled with your choice of the following (pick 1): 4 oz. choice from today's freshest catches (1) crabcake, 1/2 lb. snow crab legs, 1/4 lb. sea scallops, 1/4 lb. peeled and deveined shrimp*
- Rib Eye\*** 20.00  
*12 oz. flamed grilled, hand cut Angus beef*
- Angus Sirloin\*** 17.00  
*10 oz. flamed grilled Angus beef*
- Southern Pork Chop** 16.00  
*sweet and brined pork tenderloin, garlic sauce, chunky applesauce*
- STEAMER POT TO GO MENU**
- 1/2 lb Alaskan Snow Crab Legs** (1 cluster) 10.00
- A dozen Shrimp** 7.00
- 4 jumbo Sea Scallops** 8.00
- Don't forget the Seafood Chowder to go with it!** Pint 7.50

**KIDS MENU AVAILABLE**

\*CONTAIN OR MAY CONTAIN RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

An 18% Gratuity will be added to tables of 6 or more

*In Loving Memory of  
Michael McGowan  
Who Is Forever  
Present In Our Hearts*



When Michael McGowan passed away in October 2012, his family, friends, customers and the entire community lost a special person. Although Michael was a Cystic Fibrosis patient and lung transplant recipient, he would not allow physical conditions to limit or define who he was or how he lived. He was a champion for those suffering from Cystic Fibrosis. He and his wife Shelly poured their energies and imagination into their family and business, Michael's Seafood Restaurant. Michael and Shelly became a vital part of Pleasure Island and we have been richer as a community for all that they have given and done.

We all knew Michael as a renowned Chef and for his international award winning seafood chowder, but what made him a person so loved and respected was the way he chose to live his life: as an awesome husband, father and son; to be active in his community as a volunteer, by sponsoring athletic teams; holding spirit nights to donate a percentage of a day's income to local schools; organizing the annual Shrimp Open Golf Tournament to benefit the Cystic Fibrosis Foundation and Duke Lung Transplant Program; and to always greet his customers with enthusiasm and genuine desire to provide them with the best service to make their dining experience a pleasure. Through it all, medically, professionally and personally, Michael always gave back, not only for medical research but in every way, every day. There was nothing limited in the life of Michael McGowan except too short a time with us.

Shelly is committed to keeping Michael's legacy alive and will continue operating Michael's Seafood Restaurant. Michael will always hold a special place in all of our hearts.