



# PRIMAL

FOOD & SPIRITS

## STARTERS

## MAIN

<b>BREAD &amp; BUTTER</b>	6	<b>WOOD GRILLED SALMON*</b>	24
ASSORTED 'IMAGINE THAT GF' BREADS		PINEAPPLE SALSA / MISO VINAIGRETTE / GINGER RICE / GREEN	
HERBED WHIPPED BUTTER		BEANS	
<b>DEVILED EGGS</b>	5	<b>SHRIMP &amp; GRITS (JUST LIKE BLU SEAFOOD)</b>	22
JALAPEÑO / BACON / SMOKED PAPRIKA AIOLI		APPLEWOOD BACON / BUTTON MUSHROOMS / LEMON BUTTER	
<b>BACON-WRAPPED DATES</b>	8	<b>BRAISED CHICKEN CASSOULET</b>	19
APPLEWOOD BACON / GOAT CHEESE / ARUGULA / SHERRY		LEG AND THIGH / WHITE BEANS / CHARRED CARROTS / ROSEMARY	
VINAIGRETTE		TOMATO	
<b>GRILLED ASPARAGUS</b>	10	<b>PASTURE RAISED PORK RIBS</b>	23
ROASTED WILD MUSHROOMS / POACHED EGG / BREAD CRUMB		SLOW ROASTED / WOOD GRILLED / SPICE RUB / PINEAPPLE BBQ	
GRILLED LEMON		SAUCE / SLAW / CREAMY MASHED POTATOES	
<b>GRILLED OCTOPUS</b>	11	<b>HANGER STEAK*</b>	24
PRESERVED LEMON / SHAVED FENNEL / KALAMATA OLIVES		COFFEE ENCRUSTED / CAULIFLOWER GRATIN	
<b>ROASTED CAULIFLOWER HUMMUS</b>	9	<b>NC DUCK BREAST*</b>	25
KALAMATA HERB SALAD / PICKLED VEGETABLES / GRILLED BREAD		COAL ROASTED CARROTS / WILD MUSHROOMS / SHALLOT CIDER	
<b>COAL FIRED BEETS</b>	9	JUS	
WHIPPED GOAT CHEESE / CARAMELIZED FENNEL / OAT CRUMBLE		<b>BRAISED BEEF BRISKET STROGANOFF</b>	22
<b>GRILLED GREEN TOMATOES</b>	8	PENNE PASTA / MUSHROOM / BEEF GRAVY / SOUR CREAM	
CORN PUREE / JALAPENO RANCH / ROASTED ROMA TOMATO /		<b>PENNE PASTA</b>	18
CORN BREAD CROUTONS		ZUCCHINI / MUSHROOM / TOMATO / GARLIC / PARMESAN	
<b>CARROT - GINGER SOUP (SERVED HOT OR COLD)</b>	7	*CHOICE OF CREAM OR OLIVE OIL	
SPICED PUMPKIN SEEDS		<b>GRILLED CHICKEN CAESAR SALAD</b>	16
<b>PRIMAL SALAD</b>	9	GRILLED HEARTS OF ROMAINE / CROUTONS / PARMESAN / ROASTED	
MIXED GREENS / SHAVED COCONUT / SPICED ALMONDS / HONEY		TOMATOES	
VINAIGRETTE			
<b>CHOPPED KALE SALAD</b>	9		
GOAT CHEESE / SUNFLOWER SEEDS / APPLES / ORANGES / CITRUS			
VINAIGRETTE			

## ~SIDES~

CAULIFLOWER GRATIN 5 / GREEN BEANS 4 / GRILLED ASPARAGUS ~ HERB BUTTER 6  
CREAMY MASHED POTATOES 4 / NC STONE GROUND GRITS 4

\*CONSUMING ANY RAW OR UNDERCOOKED SHELLFISH, MEAT, POULTRY, SEAFOOD OR EGG ITEMS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS

:: PARTIES OF 5 OR MORE SUBJECT TO 20% GRATUITY :: \* ITEMS COOKED TO ORDER