



# SHAREABLES

## QUESADILLAS

served with sour cream, tropical fruit salsa, & tallow chips  
Cheese \$11 | Black bean \$13  
Chicken or Pork \$16.5 | Steak \$ 19

## NACHOS

Tallow chips, smoked meat, bbq, queso\*, pickled onion, burnt end baked beans, pico de gallo, scallions, & lime.  
Pork \$ 16 | Brisket \$25

## TALLOW CHIPS & DIP

Tallow fried tortilla chips served with your favorite dip!  
Chips & Pico \$ 9 | Chips & Guac \$10.50  
Chips & Queso\* \$10.50

# TACOS

Two Tacos: \$13  
Three Tacos: \$18

All tacos are served on corn tortillas with tallow fried tortilla chips & lime.

## GRILLED FISH

Grilled cod w/ avocado aioli, sesame slaw, pickled red onion, & tropical salsa.

## GRILLED SHRIMP

Grilled shrimp w/ sesame slaw, pickled red onion, tropical salsa, & avocado aioli.

## BAJA FISH\*

Battered and fried cod w/ white sauce & sesame slaw

## BBQ CHICKEN

BBQ chicken, coleslaw, white sauce, cotija cheese, & pico de gallo

## CARNE ASADA

Grilled steak w/ coleslaw, white sauce, pico de gallo & cotija cheese.

## GINGER BEEF

Slate Hill Farm beef ginger, w/ caramelized onion, tropical salsa, & white sauce

## KALUA PULLED PORK

Smoked Kalua pulled pork w/ coleslaw, house BBQ sauce, white sauce, & grilled pineapple

## BRISKET TACO +\$1 EACH

Smoked grassed fed beef brisket, white sauce, slaw, BBQ sauce and pickled red onion.

# BURRITOS

Wrapped in a large flour tortilla & served with Tallow Chips

## BAJA FISH\* 15

Baja fish, cheddar jack cheese, white rice, black beans, sesame slaw, pico, & white sauce

## CARNE ASADA 17

grilled steak, white rice, black beans, cheddar jack cheese, pico, & avocado aioli

## KALUA PORK 15

Kalua pulled pork, cheddar jack cheese, pico, white sauce, black beans, & white rice

## AVOCADO SHRIMP 15

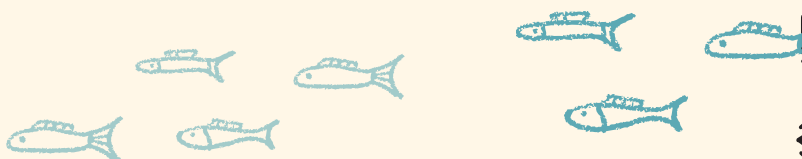
grilled shrimp w/ guac, white rice, black beans, pico, cheddar jack cheese, & white sauce

## AVOCADO BEAN 11

Black beans, white rice, pico, cheddar jack cheese, white sauce, & guac.

## BEEF BRISKET 17

Grass fed beef brisket, cheddar jack cheese, white rice, white sauce & fried plantains



# SOUTHERN BBQ

## PLATES & SAMMIES



SANDWICHES: ½ lb meat, coleslaw, pickles, potato roll & sauce

PLATES: ½ lb meat, coleslaw, pickles, sauce, cornbread & honey butter

	SAMMIE	PLATE
KALUA PULLED PORK	12	17
BEEF BRISKET	17	25.5
ST. LOUIS PORK RIBS ½ RACK		23

**Choose your sauce**    Original BBQ | Carolina | Dijon

# BOWLS

Includes meat, rice, fried plantains, sauce, black beans, pickled red onions & scallions

	SM.	REG	DBL
KALUA PULLED PORK	10	16.5	23
MESQUITE CHICKEN	10	16.5	23
GRILLED SHRIMP	11	17	24
SLICED STEAK	12	20	32
COMBO BOWL choose any 2 proteins		17	24
		+ 3 steak	+ 6 steak

**Choose your rice**    White Rice | Brown Rice

**Choose your sauce**    Teriyaki | Barbecue | Sweet Chili

## VEGGIE BOMB 17

Brown rice, black beans, broccoli, sweet potato, brussels sprouts, crispy wontons, feta, & house spicy BBQ mayo.

## BLACKENED COD 19

grilled blackened cod served with brown rice, black beans, sesame slaw, white sauce, pickled red onion and lime.


# ADD-ONS

Extra Sauce 1

Grilled Pineapple 1 Chili Crunch  2.5

Pickled Red Onion 2 Cheddar Jack Cheese 2.5

We're here to raise the bar on fast casual dining- eliminating seed oils, enriched grains, corn syrup, and artificial junk. Every sauce, rub, and side is made from scratch using real ingredients and clean cooking fats like tallow, avocado, olive, and coconut oils. Food as it should be.



GRILLIN' WITH AVOCADO OIL | BAKIN' WITH COCONUT OIL | BLENDIN' WITH OLIVE OIL | FRYIN' WITH TALLOW

Please notify us of any food allergies & allow extra cook time as we clean our surfaces to prepare your order, thank you!  
Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness  
\*MARKED ITEMS MAY CONTAIN TRACES OF SEED OILS



# SALADS

KICKIN' SESAME CHICKEN	17
Grilled sweet chili chicken, cucumber, tomato, chia & flax seeds, sesame slaw, shredded carrots, & sesame dressing	
RHODY SALAD	16
Grilled Chicken, cucumber, pico de gallo, grilled pineapple, & ginger dressing	
THE ISLANDER	16
Pulled Pork, cucumber, crispy wonton, grilled pineapple, pico de gallo, & ginger dressing.	

# SIDES & EXTRAS

	1/2 PINT	PINT	QUART
HOT SIDES			
BURNT END BAKED BEANS	\$7	\$14	\$20
MAC & CHEESE	\$6	\$11	\$20
SEASONED VEGGIES	\$7	\$14	\$25
QUESO*	\$7	\$14	--
BROWN OR WHITE RICE	\$3	\$5	--
RICE & BEANS	--	\$6	--
FRIED PLANTAINS (4)	\$3.5	--	--
COLD SIDES			
HOUSE PICKLES	\$5	--	--
COLESLAW	\$5.5	--	--
STREET CORN SALAD	\$5.5	--	--
GUACAMOLE	\$7	--	--
PICO DE GALLO	\$5	--	--
TALLOW CHIPS	\$4 small	\$5 large	
CAST IRON CORNBREAD	\$4.5 each		
W. HONEY BUTTER			

# ACAI & PITAYA BOWLS

Frozen bowls are made with a refreshing frozen fruit sorbet over a layer of our house made granola!  
Acai & Pitaya are organic, vegan, gluten free, dairy free, non-GMO, & fair trade  
\*Granola contains coconut. Bowls can be made without granola.

- SUNSHINE BOWL**  
Granola, pineapple, strawberries, & honey
- BEACH BOWL**  
Granola, pineapple, blueberries, coconut chips, & Nutella
- DRAGON FUEL**  
Granola, strawberries, blueberries, coconut chips, & Nutella

- TROPICAL BOWL**  
Granola, banana, pineapple, coconut chips, honey, and chia & flax seeds
- BERRY BOWL**  
Granola, strawberries, blueberries, coconut chips, & honey.
- NUTELLA BOWL**  
Granola, banana, coconut chips, honey, & Nutella
- PROTEIN BOWL**  
Granola, coconut flakes, almond slivers, crushed walnuts, chocolate chips, peanut butter, & honey

# BYO Bowl

- CHOOSE YOUR BASE!** \$9+  
Açai  
Pitaya
- PREMIUM TOPPINGS** \$.75  
banana, pineapple, almonds, walnuts, Nutella, peanut butter
- BASIC TOPPINGS** \$.50  
chocolate flakes, coconut chips, honey, chia & flax seeds, xtra granola
- SEASONAL MARKET PRICE**  
strawberries, blueberries

# SWEET TREATS

- KEY LIME PIE SLICE \$7
- “CUP OF DIRT” \* \$4
- FRESHLY BAKED COOKIE\* \$3

# AWARD WINNING MAC & CHEESE

16oz bowl of Italian 00 pasta with scratch-made artisan cheese sauce  
Voted #1 in the Newport Winter Fest 2025 “Mac & Cheese Smackdown”

JUST MAC & CHEESE	11
BURNT END BEAN MAC	12
BBQ BRISKET MAC	18
BBQ PORK MAC	13

# SMOKED MEATS A-LA-CARTE



Our beef is grass fed & finished, sourced locally from Slate Hill Farm or Niman Ranch, both committed to sustainable, humane practices. All pork is organic and Certified Humane from Du Breton, and our poultry is organic & pasture-raised for the best flavor and integrity.

- GRASS FED BEEF BRISKET** \$36/LB  
Sliced or Chopped
- KALUA PULLED PORK** \$17/LB
- ST. LOUIS PORK RIBS** \$19/HALF \$38/FULL

We recommend about 1/3 lb per person for sandwiches, or 1/2 lb per person for a meal. All meats are gluten-free.  
**Includes Sauce!**



# KIDS MEALS



- |  |    |  |   |
|--|----|--|---|
| KIDS RICE BOWL   | 10 | MAC & CHEESE   | 6 |
| White rice, black beans, sauce, & choice of chicken, pulled pork, or grilled shrimp (+\$1) |    | MINI QUESADILLA  | 9 |
|  |    | Add grilled chicken +4<br>black beans +2<br>pulled pork +3 |   |

