

Springtide  *Market & Deli*

MENU

OPEN TO THE PUBLIC
Before The Fripp Island Gate

SANDWICHES | DRINKS | SNACKS
SUNDRIES | ACCESSORIES
Springtide Liquor next door



OPEN DAILY | (843) 838-0040
CARD | ATM MACHINE ON PREMISES

ALL-DAY BREAKFAST

BISCUIT	3
Served with Butter, Jelly, or Cream Cheese	
BAGEL OR CROISSANT	6
Served with Butter, Jelly, or Cream Cheese	
BISCUIT SANDWICH	8
Served with Egg, Cheese, and Ham Bacon, or Sausage	
BAGEL OR CROISSANT SANDWICH	10
Served with Egg, Cheese, and Ham Bacon, or Sausage	
BREAKFAST BURRITO	9
Served with Egg, Cheese, and Ham Bacon, or Sausage	

PIZZA

Make any Pizza a *TAKE & BAKE!*

ONE MEAT TOPPING AND CHOICE OF VEGGIES	19
TWO MEAT TOPPINGS AND CHOICE OF VEGGIES	22
MEATS: Bacon Pepperoni Ham Sausage Meatballs Chicken Steak Pork	
Additional Pepperoni + 1 Up Charge for Additional Meat	
VEGGIES: Green Peppers Onions Black Olives Banana Peppers Jalapeños	

BBQ

PULLED PORK	9
Served with Island BBQ Sauce on a Potato Roll	

Proudly Featuring



Springtide Market, Liquor & Deli
1 TARPON BLVD, FRIPP ISLAND 29920
Parking Lot to the right of security gate.

SPECIALTY SANDWICHES

SPRINGTIDE CLUB	14 16
Ham, Turkey, Bacon, Provolone Cheese, Lettuce, Tomato, and Mayo on White or Wheat Sub Roll	
THE FRIPPER	14 16
Roast Beef, Turkey, Provolone Cheese, Lettuce, Tomato, and Mayo on White or Wheat Sub Roll	
THE DOLPHIN	14 16
Choose from Roast Beef, Turkey or Ham, Choice of Cheese Lettuce, Tomato, and Mayo on White or Wheat Sub Roll	
THE LATTIMORE	14 16
Chicken Salad on White or Wheat Sub Roll	
THE NORM	13
Bacon, Lettuce, Tomato, Extra Mayo on Corn Dusted Jalapeño Bread	
THE TARPON	11
Our Homemade Chicken Salad on Toasted Croissant	
THE FRIPPIN' PIMENTO	13
Pimento Cheese on Grilled Corn Dusted Jalapeño Bread	
THE PHILLY	15 17
Tender Fajita Steak Sautéed Green Peppers and Onion Toasted with Provolone Cheese	
THE ISLAND BURGER	10
Choice of Cheese, Lettuce, Tomato Onion, Pickle, and Mayo (Add Jalapeños) Add Bacon + 3	

CHEESES: American | Cheddar | Swiss Provolone | Pepper Jack

VEGGIES: Lettuce | Tomato | Green Peppers Pickles | Banana Peppers | Onion | Jalapeños Black Olives

TOPPERS: Mayo | Mustard | Salt & Pepper Oregano | Oil & Vinegar

Make any Sandwich a Wrap or Croissant!

SOUTH OF THE BORDER

CHICKEN BURRITO	10
Served with Salsa, Sour Cream Choice of Veggies	
STEAK BURRITO	13
Served with Salsa, Sour Cream and Choice of Veggies	
CHEESE QUESADILLA	7
Served with Salsa and Sour Cream Add Steak + 4 Add Chicken + 3	

SALADS AND SOUPS

SEASONAL SOUP (Changes Daily)	12
WHITE CHICKEN CHILI	12
GREEN SALAD	10
Choice of Veggies	
SPECIALTY SALAD	14
Served with Chicken Salad or Grilled Chicken and Choice of Veggies	
DRESSINGS: Honey Mustard Ranch Blue Cheese Balsamic Vinaigrette	

GRAB & GO

SHRIMP SALAD	
Half Pound One Pound	11 17
POTATO SALAD	
Half Pound One Pound	9 12
CHICKEN SALAD	
Half Pound One Pound	9 14

FROM THE FRYER

SOUTHERN FRIED CHICKEN SANDWICH	10
Served with Pickle, Mayo Served on a Potato Roll	
CHICKEN WINGS (6)	10
CHICKEN TENDERS (3)	9
JALAPENO POPPERS (5)	8
MOZZARELLA STICKS (5)	8
WEDGES OR CURLY FRIES	5

MINNOW MENU (Kids 12 & Under)

GRILLED CHEESE SANDWICH	6
American Cheese on Grilled White or Wheat Bread	
MINI CORN DOGS	7
2 TENDERS	6
SAUCES: Ranch Blue Cheese BBQ Honey Mustard Texas Pete Buffalo	

SELF SERVE

ALL BEEF HOT DOGS	4
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CALL FOR DAILY SPECIALS
Pickup Orders Available! Call (843) 838-0040