



*Fall / Winter
Hours of Operation:*

Monday ~ Thursday: 4pm-2am

Friday: 11am-2am

Saturday & Sunday: 8am-2am

Ask us about having your Party, Event or Fundraising at Swell !!!



"Swell Locals Break"

2181 Upton Drive, Suite 400, Virginia Beach, VA 23454

Tel. 757.689.3340 Fax. 757.689.3343 Email: swell.redmill@gmail.com

APPETIZERS

PICK UP STIX

Coconut Shrimp w/Wasabi Aoli **\$9.99**

OUR MOM'S FAMOUS LUMPIA **\$7.99**

Locally rolled Filipino-style Egg Rolls served with Swell Chili Sauce

MUDDER CLUCKERS **\$8.99**

Wings served Firecracker/Hot/Girly/Honey Teriyaki/Ragin' Cajun Dry Rub/Garlic Parmesean or "Swell It"...Grilled w/BBQ Sauce

TUNA BITES **\$8.99**

Blackened, seared, served with Seaweed Salad and Swell Lava Sauce

CRABBY BITES **\$8.99**

Lump Crab Bites lightly fried and served with Swell Lava Sauce

BOARDWALK CHEESE FRIES **\$6.99**

Fries piled high with Bacon, Cheddar Jack Cheese & Ranch Dressing

CHEESE STICKS **\$7.49**

Lightly breaded Cheese Sticks served with Marinara

HOT SPINACH AND ARTICHOKE DIP **\$7.99**

Served with Yellow Corn Chips. Crab it up..add **\$3.99**

SWELL NACHOS **\$6.99**

Huge Swell of Yellow Corn Chips, topped with Bean Chili, Cheddar Jack Cheese and Homemade Island Salsa. Beef..**\$7.99**. Chicken..**\$8.49**. Tuna..**\$9.99**

POTATO SKINS **\$7.99**

Potato Skins with Cheddar Jack Cheese, crispy Bacon, Sour Cream and Chives

FRIED CHICKEN PLANKS **\$6.99**

Battered fried Chicken Strips served with Ranch. Choice of Plain, Buffalo or Honey Teriyaki

RIPPING CALAMARI **\$9.49**

Hand-cut tender fried Calamari served with Honey Wasabi Aioli and Swell Chili Sauce

BOWL O BEANS **\$4.49**

Steamed Edamame dusted with the salt of the sea

PEPPERONI BREAD **\$7.99**

A Locals' favorite. Sweet bread filled w/Mozzarella & Pepperoni and homemade Marinara for dipping

SOUPS & SALADS

SOUP OF THE DAY....**\$4.99**

SWELL LOCAL CHOP SALAD **\$7.49**

Fresh garden variety Lettuce with Tomatoes, Red Onions, and Green Peppers. Chicken...add **\$2.00**. Tuna, Shrimp or Steak...add **\$4.00**

CAESAR SALAD **sm \$3.99/ lg \$7.49**

Chopped Romaine Lettuce with classic Caesar dressing croutons and fresh Parmesan. Chicken...add **\$2.00**. Shrimp or Steak...add **\$4.00**

BUFFALO CHICKEN SALAD **\$9.49**

Swell's hand-breaded chicken Breast tossed in our homemade Buffalo seasoning atop of our large Chop Salad

GREEK SALAD **\$8.99**

Baby Spinach, Black Olives, Diced Tomatoes, Feta Cheese with Banana Peppers and homemade Greek dressing

CHEF SALAD **\$9.49**

Deli sliced Ham and Turkey, Cheddar Jack Cheese, Seasoned Crouton, Fresh Boiled Egg on top of Fresh Greens, Tomatoes, Onions and Peppers

DRESSINGS

Ranch, Blue Cheese, Italian, Honey Mustard, 1000 Island, Sesame Ginger, Balsamic Vinaigrette, Pepper Parmesan, House Vinaigrette, Oil and Vinegar



* NOTE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

SWELL BASKETS

SOUTHWESTERN CHICKEN BURRITO \$7.99

Served with Chips & Salsa

FRIED OYSTERS	\$9.99
BUFFALO SHRIMP	\$9.99
CLAM STRIPS	\$7.99
FISH TACOS	\$8.99
SWELL SHELLS	\$7.99

Choice of Beef, Chicken or Pork Tacos

Served with Boardwalk Fries, Sweet Potato Fries,
Chips & Salsa or Small Chop Salad

SEAFOOD PLATTER

Served with Two Sides

Choice of One \$12.99

Choice of Two \$15.99

Shrimp Scampi, Crab Cake, Clam Strips
Broiled or Fried Flounder, Fried Oysters,
Grilled or Fried Shrimp

PEEL-N-EAT SHRIMP

1 LB \$15.99

1/2 LB \$8.99

Steamed or Sautéed
with our House
Seasoning



SWELL PIZZAS

It doesn't get any better!

ALOHA CHEESE \$9.49

Swell tomato sauce and mozzarella

SWELL ISLAND CHEESE STEAK \$14.99

Local's favorite sandwich on a pizza....Chicken or Beef

SWELL ISLAND-STYLE \$13.99

Ham, bacon, pineapple

BANZAI PIPE BBQ \$14.99

Choice of grilled Chicken or pulled Pork with roasted
Red Onions

DA CLUCKER PIE \$14.99

Grilled marinated Chicken, Mozzarella and Honey
Teriyaki sauce

VEGGIE \$13.99

Mushrooms, Red Onions, Green Peppers, Olives,
Tomatoes, Mozzarella & Swell Tomato Sauce

SHRED YOUR OWN \$9.49

Choose from Sausage, Pepperoni, Ham, Beef, Pork,
Chicken, Bacon, Onions, Green Peppers, Black Olives,
Pineapples, Tomatoes, Mushrooms, Twister Mac &
Cheese, Swell Tomato Sauce, or Swell Alfredo Sauce
\$.99 per topping

PASTAS

Served with a House or Caesar Salad

MEDITERRANEAN PASTA \$14.99

Penne Pasta tossed with a Mediterranean Blend of
Vegetables in a Garlic & Parmesan White Wine Sauce
With Chicken...\$15.99. With Shrimp...\$16.99

ALFREDO PASTA \$10.99

Penne Pasta tossed in your choice of our house made
Crema Rosa or Alfredo Sauce topped with Parmesan.
Add Veggies...\$11.99. Chicken...\$12.99.
Shrimp...\$14.99. Combo....\$14.99

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eggs may increase your risk of food borne illness.

KAHUNA SMASHBURGERS

Chargrilled, Juicy Angus beef served with Lettuce, Tomato, Onion, Choice of Cheese and 1 Side



KAHUNA The Original	\$7.99
LOCAL'S ONLY Kahuna topped with Lump Crab Meat	\$9.99
BACON KAHUNA Kahuna with Applewood Bacon	\$8.99
MUSHROOM & SWISS Duh!	\$8.99
CHILI KAHUNA Kahuna topped with Chili, Jalapenos & Cheddar	\$9.49

HAWAIIAN BBQ Kahuna with Sautéed Onions, Grilled Pineapple & Pepper Jack Cheese smothered in our Sweet & Tangy BBQ	\$8.99
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THE HANGOVER Bacon Kahuna with a Fried Egg on top	\$9.49
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SWELL ISLAND SMASHER Bacon Kahuna topped with Twister Mac & Cheese	\$9.99
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"CREATE YOUR OWN SMASHBURGER"

You can add "almost" anything to your favorite Swell Smashburger, if we have it at Swell. We aim to please!
Topping prices and item availability may vary.

SWELL SIDES

BAKED POTATO
BOARDWALK FRIES
TWISTER MAC & CHEESE
FRIED RICE
STEAMED RICE
SWEET POTATO FRIES
CHOP SALAD
SWELL VEGGIES
SEAWEED SALAD
ASIAN SLAW
BOWL OF FRUIT
RICE & RED BEAN CHILI

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SANDWICHES

All Sandwiches served with Choice of Side

SWELL ISLAND CHEESE STEAK Beef or Chicken sautéed with grilled peppers & onions, provolone cheese and topped with our Twister Mac & Cheese	\$9.49
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BANZAI PORK BBQ Pulled Pork marinated in Sweet & Tangy BBQ sauce topped with Asian Slaw	\$7.99
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TUNA CLUB Blackened Tuna, topped with Applewood Bacon, Lettuce, Tomato & Red Onion drizzled with our Swell Lava Sauce	\$9.99
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PAWLEY CLUCKER Marinated Chicken Breast topped with Applewood Bacon, Pepper Jack cheese with choice of Swell Lava Sauce or Honey Mustard	\$8.49
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CRABBY PATTY Homemade lump Crab Cake, broiled, fried or sautéed with our house Tartar Sauce	\$9.99
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ASIAN CHICKEN WRAP Chicken Breast glazed in Honey Teriyaki, wrapped in a warm flour tortilla seasoned with Swell Lava Sauce and stuffed with Cheddar Jack Cheese, Lettuce and Tomato...or Tuna	\$8.49 \$9.99
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CHICKEN CAESAR WRAP Warm Flour tortilla stuffed with fresh Romaine Lettuce tossed with classic Caesar dressing and grilled Chicken Breast topped with shredded parmesan	\$8.49
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BUFFALO CHICKEN WRAP Breaded Chicken Breast tossed Buffalo-style wrapped with Lettuce, Tomato, Onion and Cheddar Jack Cheese	\$8.49
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GARLIC PEPPER TURKEY BURGER Juicy Turkey Burger with Lettuce, Tomato, Red Onion and Choice of Cheese	\$7.99
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CUBAN PANINI Canadian Bacon layered over marinated Pulled Pork topped with Kosher Dill Pickle Spears, Dijon Mustard and Swiss Cheese	\$8.99
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FISH SANDWICH Panko-crusted Flounder served with Lettuce, Tomato, Red Onion and Tartar Sauce	\$7.99
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CLASSIC CLUB As classic as it get	\$7.99
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MENEHUNE MENU

Served with Choice of Side and Beverage
Children under the age 12 please.....Mahalo!

\$4.99

Twister Mac and Cheese
Mini SmashBurger
Planks-o-Chicken
Fish Stix
Grilled Cheese
Corn Dog Nuggets
Cheese Stix
PB&J Sandwich
Twister Pasta with Meat Sauce
Kid Dog

DESSERTS

VOLCANO CHEESECAKE ROLL	\$5.99
CHEESECAKE	\$4.99
BREAD PUDDING	\$4.99
CHOCOLATE LAVA CAKE	\$4.99
BROWNIE SUNDAE	\$4.99
SWELL SMOOTHIES	\$4.99

Strawberry, Mango, Pina Colada, Wild Berry Blast or
Any Combination



BEVERAGES

Coke, Diet Coke, Sprite, Pink Lemonade,
Orange, Mr Pibb, Coffee, Hot Tea, Milk,
Freshly Brewed Sweetened & Unsweetened Ice Tea

Try Our Swell Smoothies

Strawberry, Mango, Pina Colada, Wild Berry Blast or
Any Combination

FROM THE BAR

On Tap Daily

Swell Draft, Miller Light, Coors Light, Bud Light,
Fat Tire, Fat Tire Seasonal, Sam Adams,
Sam Adams Seasonal, Sam Adams IPA, Blue Moon,
Shock Top, Yuengling, Legend, Longboard,
Magners, Harpoon IPA, Guinness

Bottles

Bud Light, Coors Light, Miller Light, Bud, PBR, Corona,
Corona Light, Yuengling, Amstel Light, Pacifico,
Newcastle, Sierra Nevada Pale Ale, Stella Artois,
Bud Light Lime, Bud Select, Landshark, Dos Equis,
Red Stripe Light, Mike's Hard Pink Lemonade

Wines by the Glass

Chardonnay, Pinot Grigio, Riesling, Zinfandel,
Pinot Noir, Cabernet, Merlot

Signature Drinks

Lazy Daze Martini \$8

Vodka, Apple Nectar,
Splash of Love & a Twist of Sweetness

Pungo Punch \$6

Melon Liqueur, Vodka, Hint of Sour & Swell Bubbles

Sandbridge Stinger \$7

Fresh Squeezed Lemon & Lime juice, Triple Sec, Tequila & Swell Bubbles

Orange Crush Martini \$8

Classic Orange Crush, Rocked, Shook,
Strained & Served in a Cold Martini Glass

Surfs Up \$7

Mango Pulp, Malibu Rum, Vodka

Reckless Days \$7

Raspberry Absolute, Cherry Vodka, Strawberry Pinnacle,
Grenadine, Cranberry & a Burst of Lime

Sams Sangria \$6

Its Our Secret!!!

Tiger Blood Shooter \$6

Jager layered with Fireball

Swell Breakfast Session

Served Saturday & Sunday from 8am-2pm

Loco Moco - "A Hawaiian Favorite" \$7.99

2 Mini Smashburgers topped with 2 Fried Eggs, Brown Gravy over Steamed Rice

Breakfast Burrito \$6.99

Warm Tortilla stuffed with Scrambled Eggs, Cheese, Tomatoes, Green Peppers, Onions and your choice of Bacon or Sausage.
Served with Hash Browns and Salsa.

High Tide \$5.99

3 Homemade Buttermilk Pancakes Stacked High and served with 2 Eggs cooked to your liking and Bacon Wrapped Sausage

Rip Curl \$6.99

Freshly Baked bread with Swirls of Cinnamon dipped in a light egg batter and dusted with powdered sugar.
Served with 2 Eggs and your choice of savory Sausage or crispy Bacon.

Steak and Eggs \$7.99

6 oz New York Strip on the grill with 2 eggs and Hash Browns. Add Onions and Cheese \$0.99

Sandbridge Omelets \$5.99

Served with Toast and Choice of Hash Browns, Grits or Fruit
(Egg Beaters and Egg Whites available on request \$1.00)

Cheese Omelet – Choice of Swiss, American, Colby Jack or Cheddar
Veggie Omelet – Green Peppers, Onions, Tomatoes, Mushrooms & Spinach

Upton Omelets \$6.99

Served with Toast and Choice of Hash Browns, Grits or Fruit

Meat Lovers – Bacon and Sausage with Onions & Cheese
Greek Omelet – Feta Cheese, Spinach, Black Olives & Tomatoes

Swell Breakfast \$4.99

2 Eggs cooked to order and served with your choice of 2 items
Bacon, Sausage, Corned Beef Hash, Hash Browns, Fruit, Grits or Toast...Wheat, White or Rye

Original or Greek Eggs Benedict \$6.99

Chesapeake Bay Benedict \$7.99

2 Poached Eggs served over warm English Muffins topped with sweet Crab Meat and Hollandaise Sauce
All Benedicts are served with your choice of Swell Hash Browns, Grits or Fruit

Kids Swell Breakfast \$3.99

1 Egg, 1 Pancake or Slice of French Toast and served with a choice of Bacon or Sausage

Swell Stackers \$3.99

Choice of 3 Pancakes or 2 slices of Cinnamon Swirl French Toast

Join us for our Swell Sunday Brunch Buffet 9am-3pm

Omelet & Belgium Waffle Station, Beef, Ham, Eggs to Order, Pancakes, Lox & Bagels, Biscuits & Gravy, Fruit & Much More
Adults \$11.99 / Kids \$5.99

Weekly Specials

Sunday Funday & Monday

\$8.99 Domestic Bucket
\$7.50 Landshark Bucket
\$5 PBR Pitchers
\$6 Domestic Pitchers
\$2 Pizza Slices, \$.40 Wings*
* 12p on Sundays

Taco Tuesday

\$1 Beef or Chicken Tacos,
\$2 Fish Tacos
\$2 Dos Equis or Sol,
\$2.50 16oz Tecate Cans

Weekly Specials

Wednesday

\$5.50 Build-A-Smashburger
\$2 Corona Light (All Day)

Thursday

\$2 Red Strip Light
1/2 Off Appetizers 4pm

Early Birds 4p-7p

Tuesday ~ Thursday

Prime Rib \$8.99*

Friday

Baskets \$6.99

Kids Eat Free

Monday

~ Family Night ~
Buy 1 Adult Entrée,
Get 1 Kids Meal Free

Military Kids

Buy 1 Adult Entrée,
Get 1 Kids Meal Free
with Military ID

Saturday Brunch

Buy 1 Adult Entrée,
Get 1 Kid Breakfast Free

Happy Hour Specials

Monday ~ Friday Food 4p-7p

\$2 Pizza Slices
\$2 Nachos, \$2 Cheese Fries
\$2 Cheese Quesadillas
\$.45 Wings

Drinks 4p-7p

\$1.50 Swell or PBR Draft
\$1.50 PBR or Fatty Natty
\$2 Domestic Draft
\$2 Well, \$3 Wine
\$1 Off Import Beers