

FARM FRESH EGG DISHES

OUTER BANKS BREAKFAST*	12
Two eggs any style, buttermilk biscuit, choice of bacon or sausage, white corn grits or home fries	
NORTHERN BANKS BREAKFAST*	14
Two eggs any style, two pancakes, choice of bacon or sausage	
DUCK SAUSAGE HASH* ☒	16
Two poached eggs, local duck sausage, sweet potato, dried blueberries, hollandaise	
EGGS SANDERLING*	16
Two poached eggs, English muffin, Carolina crab cake, grain mustard hollandaise, white corn grits or home fries	
CAROLINA BENEDICT*	15
Two poached eggs, biscuit, country ham, hollandaise, white corn grits or home fries	
HAM AND CHEESE OMELET* ☒	12
Three eggs, ham, smoked gouda cheese, white corn grits or home fries	
SURFER'S OMELET* ☒	14
Three eggs, tomato, shrimp, avocado, mushrooms, goat cheese, lime crème, pico de gallo, micro greens, white corn grits or home fries	
LIFESAVING STATION OMELET* ☒	12
Egg whites, spinach, tomato, mushrooms, choice of fruit or white corn grits	

LIFESAVERS

ANSON MILLS STEEL CUT OATMEAL ☒	8
Brown sugar, granola	
DUCKTRAP SMOKED SALMON PLATTER*	14
Toasted bagel, red onions, tomato, capers, chopped boiled egg, cream cheese	
FRUIT AND GRANOLA ☒	10
Housemade granola, sliced fruit and berries, yogurt, honey. Choice of local bagel, toast, or biscuit	

FROM THE GRIDDLE

All dishes are served with warm Vermont maple syrup and a choice of link sausage or smoked bacon

VANILLA BEAN FRENCH TOAST	14
BUTTERMILK HOTCAKES	12
BLUEBERRY HOTCAKES	14
CRANBERRY-NUT HOTCAKES	14
CHERRY CHEESE BLINTZ	12
PECAN WAFFLE WITH MAPLE BUTTER	13
PUMPKIN-SPICED WAFFLE with white chocolate mousse	12

SIDES

CHICKEN APPLE SAUSAGE	5
COUNTRY HAM STEAK	8
SAUSAGE LINKS	4
SMOKED BACON	4
SUFFOLK SAUSAGE GRAVY AND BISCUITS	8
WHITE CORN GRITS WITH CHEESE	4
HOME FRIES W/CARAMELIZED ONION	3

LOCAL BAGEL	4
FRESHLY BAKED JUMBO BLUEBERRY MUFFIN	4
DAILY SMOOTHIE	6

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

☒ Indicates Gluten Free Menu Items. Other items can be easily modified to be Gluten Free.

DRINKS

COFFEE, HOT TEA	3	JUICE	3
ICED TEA	3	HOT CHOCOLATE, MILK, CHOCOLATE MILK	4
ESPRESSO	3	SAN PELLEGRINO SPARKLING 1.75L	5
CAPPUCCINO, LATTE	5	COCA COLA, DIET COKE, SPRITE, ROOT BEER, FANTA ORANGE, FRUIT PUNCH	3