

Farm Fresh Egg Dishes

OUTER BANKS BREAKFAST*	13
Two Eggs Any Style, Buttermilk Biscuit, Choice of Bacon or Sausage, White Corn Grits or Home Fries	
NORTHERN BANKS BREAKFAST*	15
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	
SANDERLING BLUE CRAB BENEDICT*	18
Two Poached Eggs, English Muffin, Carolina Crab Cake, Grain Mustard Hollandaise, White Corn Grits or Home Fries	
FIESTA BURRITO	15
Chorizo, Peppers, Onions, Jalapenos, Scrambled Eggs, Tortilla, Enchilada Sauce, Cotija Cheese, White Corn Grits or Home Fries	
HAM AND CHEESE OMELET* ☒	12
Ham, Smoked Gouda, 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 and Granola	
DUCKTRAP SMOKED SALMON PLATTER*	14
Toasted Bagel, Red Onions, Tomato, Capers, Chopped Boiled Egg, Cream Cheese	
FRUIT AND GRANOLA	10
House Made Granola, Sliced Fruit and Berries, Yogurt, Honey, Choice of Local Bagel, Toast, or Biscuit	

DRINKS

COFFEE, HOT TEA	3
ICED TEA	3
ESPRESSO	3
CAPPUCCINO, LATTE	5

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	13
BLUEBERRY HOTCAKES	15
APPLE CINNAMON HOTCAKES WITH WHITE ICING	15
CHERRY CHEESE BLINTZ	14
PECAN WAFFLE WITH MAPLE BUTTER	13
BELGIUM WAFFLES WITH BLACKBERRY COMPOTE WHIPPED CREAM	13

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 & PEPPERS	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.

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