



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	
SANDERLING BENEDICT	15
Two poached eggs, english muffin, Carolina crab cake, grain mustard hollandaise White corn grits or home fries	
CAROLINA BENEDICT CS	15
Two poached eggs, biscuit, country ham, hollandaise, White corn grits or home fries	
HAM AND CHEESE OMELET ☒	12
Onions, bell pepper, ham, smoked gouda cheese, White corn grits or home fries	
FARMER'S OMELET ☒	12
Three eggs, tomatoes, asparagus, mushrooms, goat cheese White corn grits or home fries	
LIFESAVING STATION OMELET	12
Egg whites, spinach, tomatoes, mushrooms, Choice of Fruit or white corn grits	

Lifesavers

ANSON MILLS STEEL CUT OATMEAL ☒	8
Brown sugar and granola	
DUCKTRAP SMOKED SALMON PLATTER ☒	13
Toasted bagel, red onions, tomatoes, capers, chopped boiled egg, and cream cheese	
FRUIT AND GRANOLA ☒	9
Housemade 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	12
BLUEBERRY HOTCAKES	14
BANANA NUT HOTCAKES	14
PECAN WAFFLE WITH MAPLE BUTTER	13
WAFFLE WITH BLACKBERRY PORT COMPOTE	12

Sides

CHICKEN APPLE SAUSAGE	5
COUNTRY HAM STEAK	8
SAUSAGE LINKS	4
SMOKED BACON	4
WHITE CORN GRITS WITH CHEESE	4
HOME FRIES O'BRIEN	3
LOCAL BAGEL	4
FRESHLY BAKED MUFFIN	4
SEASONAL 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.