

Farm Fresh Egg Dishes

OUTER BANKS BREAKFAST* 15

Two Eggs Any Style, Buttermilk Biscuit,
Choice of Bacon or Sausage Links,
White Corn Grits or Home Fries

SANDERLING BLUE CRAB BENEDICT* 19

Two Poached Eggs, English Muffin, Carolina Crab Cake,
Grain Mustard Hollandaise, White Corn Grits or Home
Fries

HAM AND CHEESE OMELET* ☒ 14

Ham, Smoked Gouda, White Corn Grits or Home Fries

SURFER'S OMELET* ☒ 16

Three Eggs, Tomato, Shrimp, Avocado, Mushrooms,
Goat Cheese, Lime Crème, Pico De Gallo, Micro
Greens, White Corn Grits or Home Fries

LIFESAVING STATION OMELET* ☒ 14

Egg Whites, Spinach, Tomato, Mushrooms,
Choice of Fruit or White Corn Grits

Lifesavers

ANSON MILLS STEEL CUT OATMEAL ☒ 9

Brown Sugar and Granola

DUCKTRAP SMOKED SALMON PLATTER* 16

Toasted Bagel, Red Onions, Tomato, Capers,
Chopped Boiled Egg, Cream Cheese

FRUIT AND GRANOLA 12

House Made 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 sausage links or smoked bacon

VANILLA BEAN FRENCH TOAST 15

BUTTERMILK HOTCAKES 14

PECAN WAFFLE WITH MAPLE BUTTER 16

Sides

CHICKEN APPLE SAUSAGE 6

COUNTRY HAM STEAK 8

SAUSAGE LINKS 5

SMOKED BACON 4

SUFFOLK SAUSAGE GRAVY AND BISCUITS 8

WHITE CORN GRITS 4

WHITE CORN GRITS WITH CHEESE 4.50

HOME FRIES W/CARAMELIZED ONION & PEPPERS 4

LOCAL BAGEL 6

FRESHLY BAKED JUMBO BLUEBERRY MUFFIN 5

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

DRINKS

COFFEE, HOT TEA 3

ICED TEA 3

JUICE 3

HOT CHOCOLATE, MILK, CHOCOLATE MILK 4

COCA COLA, DIET COKE, SPRITE, ROOT BEER, 3

FANTA ORANGE, FRUIT PUNCH