



SANDERLING RESORT

FARM FRESH EGG DISHES

OUTER BANKS BREAKFAST *	12
two eggs any style, buttermilk biscuit, choice of link sausage or smoked bacon choice of: white corn grits or home fries	
NORTHERN BANKS BREAKFAST *	14
two eggs any style, two pancakes choice of: link sausage or smoked bacon	
SURRY SAUSAGE HASH *	16
two poached eggs, hollandaise	
EGGS SANDERLING *	15
two poached eggs, english muffin, carolina crab, grain mustard hollandaise sauce choice of: white corn grits or home fries	
CAROLINA BENEDICT *	15
two poached eggs, biscuit, carolina country ham, hollandaise sauce choice of: white corn grits or home fries	
BUILD YOUR OWN OMELET ☒ *	12
choice of: bacon, sausage, peppers, onions, cheddar cheese, tomatoes, spinach choice of: white corn grits or home fries	
FARMER'S OMELET ☒ *	12
three eggs, spinach, tomatoes, asparagus, mushrooms, goat cheese, choice of: white corn grits or home fries	

LIFESAVERS

ANSON MILLS STEEL CUT OATMEAL	8
with brown sugar and granola	
DUCKTRAP SMOKED SALMON PLATTER	13
toasted bagel, red onions, tomatoes, capers, chopped boiled egg and cream cheese	
FRUIT AND HOUSE MADE GRANOLA	9
sliced fruit and berries, yogurt, granola, local honey, choice of a bagel, toast or biscuit	
LIFESAVING STATION OMELET ☒ *	12
egg whites, spinach, mushrooms, tomatoes, choice of: fresh fruit or white corn grits	

FROM THE GRIDDLE

CHEF'S BUTTERMILK HOTCAKE	12
CHEF'S BLUEBERRY OR BANANA NUT HOTCAKE	14
CHEF'S PECAN WAFFLE WITH MAPLE BUTTER	12
CHEF'S WAFFLE WITH WARM APPLE BUTTER	12
all selections are served with warm Vermont maple syrup and a choice of link sausage or smoked bacon	

ADD IT ON THE SIDE

CHICKEN APPLE SAUSAGE ☒	5
COUNTRY HAM STEAK	8
SMOKED BACON OR LINK SAUSAGE ☒	4
WHITE CORN GRITS ☒	4
WITH CHEESE	
HOME FRIES ☒	3

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

DRINKS

COFFEE OR HOT TEA	3
ICED TEA	3
JUICE	4/6
HOT CHOCOLATE, MILK, CHOCOLATE MILK	4
COCA COLA, DIET COKE, SPRITE, MR. PIBB, GINGER ALE	3
CAPPUCCINO OR LATTE	6
ESPRESSO	4
SEASONAL SMOOTHIE ☒	6

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