

## Sanderling Signature Breakfast

**Anson Mills** Steel-cut oatmeal cooked in milk, served with bananas, 7.00

**Buttermilk Biscuits** and sausage gravy two eggs any style 10.00

**Country Ham and Hominy Hash** poached eggs, red eye gravy 12.00

**Eggs Sanderling** two poached eggs, English muffin, Carolina crab cakes topped with a light mustard sauce, choice of fresh milled grits or hash browns 14.00

### From the Griddle

Served with whipped butter, warm VT maple syrup and choice of sausage links or smoked bacon

**Chef's Daily Buttermilk Hotcake Creation** 9.50

**Brioche French Toast** 9.00

**Pecan Waffle** with Maple butter 9.00

### From the Pantry

**Smoked Salmon Platter** toasted bagel, red onions, tomatoes, capers and cream cheese 12.00

**Fresh Seasonal Fruit Platter** low fat cottage cheese, choice of bagel, toast or biscuit 8.50

**Cold Cereal** w/ banana and milk 5.00

**Smoothie of the Day** fresh fruit and yogurt 5.00

### Farm Fresh Egg Dishes

**Outer Banks Breakfast** two eggs any style, buttermilk biscuit, choice of link sausage or smoked bacon, choice of freshly milled grits or hash browns 9.00

**Northern Banks Breakfast** two eggs any style, two pancakes, choice of link sausage or smoked bacon 12.00

**The Lifesaving Station Omelet** hash browns or fresh milled grits and your choice of fillings shaved ham, sausage, cheddar cheese, jack cheese, wild mushrooms, spinach, tomatoes, or sautéed onions 11.00

### Breakfast Sides

**Fresh Seasonal Fruit Medley** 3.95

**Fresh Milled Grits or Hash Browns** 3.00

**Toasted Bagel** cream cheese 3.50

**Fruit and Yogurt Parfait** granola 8.00

**Half Grapefruit** 3.00

**Breakfast Breads** Fresh baked muffin or banana bread 1.95

### Beverages

**Coffee, Decaffeinated Coffee,**  
**Iced or Hot Teas** 2.50

**Orange, Grapefruit, Apple, Cranberry,**  
**Pineapple Tomato or Vegetable** 3.00

**Hot Chocolate, Milk, Chocolate Milk** 2.00