

## Sanderling Signature Breakfast

**Eggs Sanderling** two poached eggs, English muffin, *fresh* Rainbow meadow ham topped with a light mustard sauce, choice of fresh milled grits or hash browns 9.95

**Anson Mills** Steel-cut oatmeal cooked in milk, served with bananas, 6.95

**The Lifesaving Station Skillet Breakfast** two eggs any style over *fresh* ham, fried potatoes, cheddar cheese 9.95

**Buttermilk Biscuits** and sausage gravy two eggs any style 9.95

### From the Griddle

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

**Chef's Daily Pancake Creation** 8.50

**Stuffed French Toast** cinnamon - raisin bread, cream cheese 8.50

**Pecan Waffle** with Maple butter 8.25

### From the Pantry

**Cured Meats** melons, hard cheese, toast and hard boiled egg 7.95

**Smoked Salmon Platter** toasted bagel, red onions, tomatoes, capers and cream cheese 9.95

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

**Cold Cereal** w/ banana and milk 4.95

**Smoothie of the Day** fresh fruit and yogurt 3.95

### Egg Dishes

**Fried catfish topped with grits, bacon, melted cheese and fried egg** 9.95

**Outer Banks Breakfast** two eggs any style, buttermilk biscuit, choice of link sausage or smoked bacon, choice of hash browns or fresh milled grits 8.25

**Northern Banks Breakfast** two eggs any style, two pancakes, choice of link sausage or smoked bacon 9.50

**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 10.95

**Sausage Egg and Cheese Burrito** sour cream and tomato salsa 7.95

### Breakfast Sides

**Fresh Seasonal Fruit Medley** 3.95

**Fresh Milled Grits or Hash Browns** 2.2

**Toasted Bagel** cream cheese 2.25

**Fruit and Yogurt Parfait** granola 3.95

**Half Grapefruit** 2.95

**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