

## Lighter

**YOGURT PARFAIT 7**  
Greek Yogurt, Honey, Granola, Seasonal Fruit

**DONUT HOLES 7**  
Cinnamon Sugar

**SEASONAL FRUIT PLATE 10**  
Banana Bread Waffle, Honey Butter

**AVOCADO TOAST 12**  
Grain Bread, Avocado, Blistered Tomato,  
Toasted Pumpkin Seeds

**STEEL CUT OATMEAL 9**  
Banana Brulee, Candied Pecans, Berries

## Hearty

**BREAKFAST SANDWICH 7**  
Fresh Baked Croissant, Egg, Ham, American Cheese

**TRADITIONAL BREAKFAST 10**  
2 Eggs Any Style, Choice Of Protein, Potatoes,  
English Muffin or Toast

**SALTAIRE FRENCH TOAST 10**  
Bread topped with Mascerated Berries, Whipped Cream,  
Choice of Bacon or Sausage

**BEACHSIDE PANCAKES 9**  
Fluffy pancakes, served with your  
choice of sausage or bacon

**CHICKEN FRIED STEAK AND EGGS 15**  
Baked Eggs, Pork Sausage Gravy,  
Crispy Sweet Potatoes, Grits

## Build Your Own Omelette

Served with Potatoes, English Muffin or Toast 11

( Pick 3 Items, Additional Items \$1 Each )

SHRIMP • HAM • SAUSAGE • BACON • PEPPERS •  
MUSHROOMS • ONIONS • CHEESE • SPINACH

## Benedict

**TRADITIONAL BENEDICT 12**  
Country Ham, English Muffin, Hollandaise, Potato

**HEALTHY BENEDICT 13**  
Quinoa Cake, Kale, Avocado, Poached Egg, Hollandaise, Potato

## Sides

ENGLISH MUFFIN, TOAST 3  
GRIDDLED POTATOES 5  
HAM, SAUSAGE, BACON 5  
ONE EGG 2  
CEREAL 3  
STONE GROUND GRITS 5

## Beverages

HOT BEVERAGE 3  
JUICE 4  
SODA 3  
ICED TEA 3  
MILK 2

**GOOD SALTY MORNING TO YOU!**