



BAR & GRILLE

# BREAKFAST MENU

## MAINS

<b>Lowcountry Sunrise*</b>	12.50
Two Eggs Your Way, Toast or Biscuit Choice of Protein & Side	
<b>Ham &amp; Cheese Omelet*</b>	13.50
Diced Ham and Cheddar Cheese Toast or Biscuit, Choice of Side	
<b>Supreme Omelet*</b>	17.25
Onions, Bell Peppers, Mushrooms, Cheese Salsa, Toast or Biscuit, Choice of Protein Choice of Side	
<b>Waffles</b>	10
Golden Belgian Waffles Made to Order with Fresh Berries, Whipped Cream & Powdered Sugar Add Three Regular or Nashville Hot Chicken Tenders +3	
<b>Fripp Benedict*</b>	14
Toasted English Muffin, Two Poached Eggs Hollandaise Sauce, Choice of Protein & Side Add Smoked Salmon +6	
<b>Breakfast Burrito*</b>	16
Spinach or Flour Tortilla, Scrambled Eggs Sausage, Salsa, Bell Peppers, Cheddar Cheese Choice of Side	
<b>Breakfast Sandwich*</b>	12.50
Choice of Protein, Egg, Cheese Choice of Bread & Side	
<b>Frippin' Flapjacks</b>	10
Three Fluffy Buttermilk Pancakes Choice of Side Add Fresh Berries +1.75	
<b>French Toast</b>	10
Brioche Bread, Kiss of Vanilla, Cinnamon & Nutmeg, Choice of Side Add Fresh Berries +1.75	
<b>Breakfast Skillet GF</b>	15
Scrambled Eggs, Hash Browns, Cheese Onions, Peppers, Spinach Choice of Protein	

## BEVERAGES

3.75

Coca-Cola | Diet Coke | Sprite | Ginger Ale  
Orange Fanta | Root Beer | Lemonade  
Sweet Tea | Unsweet Tea | Coffee  
Juice: Orange | Grapefruit | Cranberry  
Grape | Apple  
2% Milk & 2% Chocolate Milk

## BISCUITS

<b>Chicken &amp; Clouds</b>	13.50
Buttermilk Biscuit Topped with Fried Chicken Tenders, American Cheese Sausage Gravy Add Egg +3	
<b>The Heatwave</b>	13
Buttermilk Biscuit Topped with Nashville Hot Style Fried Chicken Tenders, Pickles Honey Mustard Add Egg +3	
<b>The Lowcountry Over Easy*</b>	15.50
Open-Faced Buttermilk Biscuit Topped with Sausage Gravy, Two Eggs Over Easy Ham, Garnished with Chives	
<b>Biscuits &amp; Gravy</b>	10
Two Fresh Buttermilk Biscuits, Sausage and Gravy, Choice of Side	

## SIDES

Grits or Cheese Grits  
Hash Browns  
Fresh Fruit +3  
Grapefruit Half topped with Sugar +4

## PROTEINS

Bacon, Ham, Sausage

## TOAST

Sourdough | Wheat | Rye | English Muffin  
*Gluten-Free Available*

## À LA CARTE

One Egg*	2.50
Toast or Biscuit	2.50
Sausage or Bacon	4
Country Ham	4.25
Smoked Salmon	6
Grits or Hash Browns	4
Fresh Pastry of the Day	6
Fresh Fruit   Cup / Bowl	5 / 7
Yogurt, Granola & Fresh Berries	7.50
Croissant	2
Bagel	4

Order: **843-838-1508**  
Breakfast: 7:30 AM - 11 AM  
Lunch: 11 AM - 4 PM



Download our Fripp Island  
Golf & Beach Resort Mobile App.

\*Menu Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risks of food-borne illness, especially if you have certain medical conditions.

\*\*A 20% gratuity will be added to parties of 6 or more. To expedite service, please notify your server in advance if separate checks are desired.