



BAR & GRILLE

BREAKFAST MENU

All Dishes come with Choice of Side

SAVORY

- Lowcountry Sunrise*** 14
Two Eggs Your Way, Toast or Biscuit
Choice of Protein
- Western Omelette*** 14
Diced Ham, Roasted Peppers & Onions
Cheddar Cheese, Toast or Biscuit
- Greek Omelette*** 13
Caramelized Onions, Tomatoes, Arugula
Feta Cheese, Toast or Biscuit
- Chicken & Waffles*** 13
Fresh Waffle, Old Bay Spiced Chicken
Hot Honey
- Southern Benedict*** 14
Buttermilk Biscuit, Black Forest Ham
Poached Eggs, Hollandaise
Substitute Smoked Salmon +6
- Bodega Breakfast Sandwich*** 12
Choice of Protein, Scrambled Egg
American Cheese, Roasted Garlic Aioli
Brioche Bun
- New York Style Bagel*** 16
Toasted Everything Bagel, Cream Cheese
Smoked Salmon, Hard Boiled Egg, Tomato
Capers, Onions
- Biscuits & Gravy** 13
Two Fresh Buttermilk Biscuits
Sausage Gravy, Eggs your way
- Fripp Breakfast Burrito** 13
Scrambled Egg, Hashbrowns
Peppers & Onions, Cheddar Cheese
Garlic Aioli
- Chicken & Biscuits** 15
Two Buttermilk Biscuits, Crispy Fried Chicken
Pickles, Hot Honey Drizzle

SWEET

- French Toast** 13
Brioche Bread, Kiss of Vanilla, Cinnamon
Nutmeg, Fresh Berries
- Frippin' Flapjacks** 13
Three Fluffy Buttermilk Pancakes
Fresh Berries, Butter & Maple Syrup
- Belgium Waffles** 14
Cooked to Order, Belgian Waffles
Butter, Maple Syrup
- Yogurt & Granola** 8
Mixed Berries, Maple Syrup
Greek Yogurt & House Granola

SIDES

- Stone Ground Grits
- Hash Browns
- Cheese Grits
- Fresh Fruit Cup

PROTEINS

Bacon | Country Ham | Sausage

TOAST

Sourdough | Wheat | Bagel | Brioche
Gluten-Free Available

À LA CARTE

- One Egg* Toast or Biscuit 2
- Sausage or Bacon 4
- Grits or Hash Browns 4
- Fresh Fruit | Cup / Bowl 4 | 7

BEVERAGES

- Coca-Cola | Diet Coke | Sprite | Ginger Ale 4
- Orange Fanta | Root Beer | Lemonade
- Sweet Tea | Unsweet Tea | Coffee 3
- Juice: Orange | Grapefruit | Cranberry 4
- Grape | Apple
- 2% Milk & 2% Chocolate Milk 4



Download our Fripp Island
Golf & Beach Resort Mobile App.

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

*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.