

SEA OATS

KITCHEN + BAR

CHEF SPECIALS

served with choice of home fried seasoned potatoes or southern grits

Sea Oats Breakfast* 18
Two cage-free eggs any style with choice of applewood smoked bacon or country style pork sausage.

B.E.L.T.* 20
Two cage-free eggs scrambled or fried, applewood smoked bacon, romaine, and vine-ripened tomatoes on a croissant.

House Omelet 19
Three cage-free eggs with your choice of three toppings: mushrooms, tomatoes, onions, roasted red peppers, spinach, jalapeños, ham, applewood smoked bacon, country-style pork sausage, or chorizo.

Add Cheese +2: Cheddar • Swiss • Pepper Jack

Belgian Pearl Waffles 18
Three sugar pearl waffles with whipped cream, fresh berries, maple syrup, and country style pork sausage.

Breakfast Burrito 18
Flour tortilla filled with scrambled eggs, choice of applewood smoked bacon, country style pork sausage, or chorizo, pico de gallo, cheddar cheese, and home fried seasoned potatoes.

Avocado Toast* 14
Two slices of wheat toast with fresh avocado spread, pico de gallo, and eggs your way. **Add Smoked Salmon 8**

Breakfast Sandwich 16
Scrambled eggs with cheese on Texas toast with choice of applewood smoked bacon or country style pork sausage.

PARFAITS

served with vanilla yogurt and granola

First Light **V** 8
Strawberries and bananas.

Tropical Tide **V** 10
Kiwi, strawberries, and pineapple.

Island Grove **V** 10
Mango, strawberries, and blueberries.

SKILLETS

served with two eggs your way and home fried seasoned potatoes with sautéed peppers and onions

Southern Sunrise* 15
Ham and cheddar cheese.

Southwestern* 16
Chorizo, cheddar cheese, pico de gallo, and sliced avocado.

Garden Fresco* **V** 18
Spinach, mushrooms, feta, egg whites, and diced tomatoes.

FRENCH TOAST

custard-soaked Texas toast, griddle fried and dusted with powdered sugar

Classic **V** 14
Served with maple syrup.

Berry Bliss **V** 18
Topped with mixed berry compote, fresh seasonal berries, and whipped cream.

Island Indulgence **V** 18
Topped with Nutella and fresh bananas.

A LA CARTE

Two Eggs Your Way* **V** 7

Applewood Smoked Bacon 8

Country Style Pork Sausage 8

Home Fried Seasoned Potatoes 6

Southern Grits 6

Oatmeal **V** 6

Toast white or wheat **V** 4

Bagel with cream cheese **V** 5

Yogurt plain or strawberry **V** 6

Seasonal Fruit cup or bowl **V** 5 | 10

MORNING SPIRITS & BEVERAGES

Mimosa 10
Choice of Orange, Cranberry, Peach, or Guava

Bloody Mary 12
Vodka, Spicy Green Beans, Olives, and Lime

Islander Sangria 14
Choice of Red or White with Fresh Seasonal Fruit

Espresso Martini 16
Tito's Vodka, Crème de Cacao, Crème de Café, Vanilla Syrup, Espresso

Coffee 4

Espresso 6

Latte 7

Cappuccino 7

Mocha 8

Add Flavors *vanilla, caramel, or hazelnut* 1

Black Tea *iced or hot* 4

Hot Chocolate 6

Milk 5

Juice *orange, cranberry, or apple* 5

Soda *Coke, Diet Coke, Sprite, or Dr. Pepper* 4

G GLUTEN-FREE **D** DAIRY-FREE **S** SHELLFISH **V** VEGETARIAN

A GRATUITY OF 20% WILL BE ADDED TO ALL PARTIES OF 6 OR MORE GUESTS.

* CONSUMER ADVISORY: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. SECTION 3-603.11, FDA FOOD CODE



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