



BOARD & BARREL

• BREAKFAST •

301 N WATER ST
Wilmington, NC

TO BEGIN

	\$
1. FRIED BONUTS cinnamon sugar, ginger infused syrup	9
2. RAW HONEY YOGURT granola, blueberries, oranges	6
3. MONKEY BREAD bourbon caramel, bacon.....	8
4. TWO MINI SCONES, TWO MINI CINNAMON BUNS, TWO MINI MUFFINS, TWO MINI CROISSANTS	12
5. GRILLED FLATBREAD* scrambled eggs, cheddar cheese, choice of bacon & ham or mixed vegetables (V or M)	9/11
6. QUICHE DUET* bacon, smoked cheddar & tomato, spinach, feta cheese & wild mushroom.....	9
7. SWEET OAT PORRIDGE toasted almonds, toasted coconut.....	7

PRINCIPALS

1. B&B BREAKFAST* two eggs (your way), bacon or sausage, hashbrowns, grilled biscuit	12
2. POTATO LATKES smoked mountain trout, lemon creme fraiche, pickled onion	16
3. CORNMEAL PANCAKES strawberry-mint compote, orange maple syrup, chantilly cream	10
4. SMOKED CHEDDAR GRITS* sweet & spicy collards, over easy eggs, gochujang hollandaise	10
5. STUFFED FRENCH TOAST blueberry cream cheese, peach glaze	11
6. FRITATA* pickled vegetables, chipotle ketchup.....	11
7. TOFU MASALA CURRY* eggs, wild mushroom, onion, pepper, spinach, whole wheat wrap.....	9
8. POACHED EGGS* mint yogurt, smokey brown butter, warm bread.....	10
9. SHRIMP ETOUFFEE* smoked garlic grits, “perfect” egg yolk	15

a sampling of our breakfast buffet items

BREAKFAST BUFFET

items may vary per the day of the week

EGGS COOKED TO ORDER*

DEVILED EGGS

VARIETY OR ARTISANAL CHEESES

SLICED FRUITS AND MELON

YOGURT BAR WITH GRANOLA AND MIXED BERRIES

BAGELS WITH ASSORTMENT OF CREAM CHEESES

VARIETY OF STRATAS, QUICHE* AND FRITTATAS*

BREADS, PASTRIES, SCONES, DONUTS & CINNAMON ROLLS

\$12

SIDES

EGGS COOKED TO ORDER*	2	CEREAL with milk and berries.....	4
GRITS	3	HONEY YOGURT.....	3
HASH BROWNS	3	TOAST/BAGEL.....	1.5/2.5
FRESH FRUIT	5	BACON OR SAUSAGE.....	4.5

*consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness