



301 North Water St. · Wilmington, NC 28401

BREAKFAST

BOARD & BARREL



SHAREABLES	
VANILLA HONEY YOGURT PARFAIT layered fresh seasonal berries, house granola	7
SEASONAL FRUIT PLATE seasonal selection of chef's choice	7
STEEL CUT OATS fresh seasonal berries, brown sugar, toasted pecans, cranberries, almond milk	9
AVOCADO TOAST* two eggs (your way), grilled wheat berry bread, grilled tomato, fresh avocado spread	13
QUICHE spinach, melted onion, Monterey Jack cheese.	12
NOLA BEIGNETS tossed with powder sugar, raspberry-espresso syrup	9
PRINCIPALS	
BUTTERMILK CAKES powdered sugar, butter, warm syrup (add sliced bananas, strawberries, or chocolate chips \$3)	13
BISCUITS & GRAVY jumbo fluffy biscuits smothered in housemade country gravy.	13
BELGIAN WAFFLE fresh malted waffle with blueberry-lemon compote	13
BREAKFAST QUESADILLA* scrambled eggs, chorizo, peppers, onion, three cheeses in a jalapeño wrap	12
HIPPIE HASH diced potato, arugula, mushroom, heirloom tomato, pepper and onion, riced cauliflower and feta cheese.	15
CHEF'S TEXAS STYLE CAST IRON HASH* smoked brisket, peppers and onions, two poached eggs, shredded potatoes, three cheese blend	15
B&B BREAKFAST* two eggs (your way), bacon or sausage, hash browns, toast or biscuit.	14
CHEF'S FAMILY RECIPE FRENCH TOAST orange zest and vanilla bean laced with butter, powdered sugar, warm syrup	14
EGGS BENEDICT (2)* toasted English muffin, Canadian bacon, poached eggs, creole hollandaise	15
CAPE FEAR BENEDICT (2)* toasted English muffin, jumbo lump crab cakes, poached eggs, creole hollandaise	18
LOADED BISCUIT* fresh buttermilk biscuit with hash brown potato, bacon, sausage, cheese, two eggs (your style), and sausage gravy	16
OMELETS* with choice of grits or hash browns and bread, choice of cheese (American, Swiss, cheddar, feta)	18
VEGGIE OMELET spinach, mushroom, tomato	
WESTERN OMELET onions, peppers, ham	
THE BIG MEATS bacon, sausage, ham	

served sat & sun only **BREAKFAST BUFFET** *includes coffee, tea, or juice*

A SAMPLING OF TRADITIONAL BREAKFAST ITEMS, INCLUDING BUT NOT LIMITED TO FRESH FRUIT, BREAKFAST BREADS & PASTRIES, EGGS, COLD AND HOT CEREALS, BREAKFAST MEATS, BREAKFAST POTATOES AND CHEF'S SPECIALTIES. BUFFET ITEMS VARY BY THE DAY OF THE WEEK. SO ASK YOUR SERVER ABOUT TODAY'S AVAILABILITY. GOOD MORNING TO YOU FROM ALL OF US AT HOTEL BALLAST!

\$18
plus tax

SIDES			
BISCUIT/CHEDDAR BISCUIT	3/3.5	CEREAL WITH MILK	6
TOAST/BAGEL	3/4	TURKEY SAUSAGE	6
EGGS COOKED TO ORDER*	4	FRESH FRUIT	6
CHEF NATE'S STONE GROUND GRITS	4	BACON OR SAUSAGE	6

*asterisk notes items that contain raw ingredients or can be cooked to order. consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

WE RESERVE THE RIGHT TO ADD 19% GRATUITY TO PARTIES OF 8 OR MORE