

FARMED

Mixed Baby Lettuce **CS**  8
Blueberries, Asher Blue Cheese, Pecans,
Buttermilk-Herb Vinaigrette

Chopped Ceasar 9
Shaved Parmesan, Garlic Croutons,
Preserved Lemon

Fried Green Caprese 10
Burrata, Fried Green Tomatoes,
Aged Balsamic

Roasted Wild Mushroom Tart **CS** 12
Crispy Potato, Over Easy Farm Egg, Pesto

Chick'n & Waffle 12
Crispy Chicken, Herbed Waffle, Artisanal Honey

RAISED

Springer Mountain Farms Buttermilk
Fried Chicken **CS**
Mac & Cheese, Cole Slaw, Green Beans
22

Seared Duck Breast
Confit Cannelloni, Caramelized Honey Port
28

Local Berkshire Pork Chop **CS** 
Grilled Pork Belly, Apple Sauce, Sour Cabbage Slaw
28

Mixed Grill of Carolina BBQ 
Baby Backs, Smoked Pork, Beer Can Chicken, Corn
Bourbon Sweet Potatoes
28

Country Fried Steak
Beef Tenderloin, Grit "Fries," Creamed Collards
34

FISHED

Seared Local Tuna Steak **CS**
Heirloom Tomato Risotto, Shaved Currituck Asparagus,
Lemon Basil Pesto
26

Seared Sea Scallops 
Sweet Corn-Bacon Succotash, Roasted Cauliflower Puree
28

Crab Stuffed NC Flounder **CS**
Sweet Potato Hash
28

Shrimp & Grits **CS**
Grilled North Carolina Shrimp, Surry Sausage,
Anson Mills Grits, Smoked Tomatoes, Mushrooms
26

Grilled Local Grouper **CS**
Vegetable Cous Cous, Baby Greens, Tomato Vinaigrette
28

CAUGHT

Sanderling Blue Crab Chowder 6/9
Bacon and Potato
Sea Salt and Pepper Calamari 9
Sweet Chili Mayo

Steamed Mussels 11
Garlic, Bacon, Tomatoes, White Wine with
Grilled Baguette

Blue Crab Cake **CS** 12
Corn and Black Bean Relish,
Smoked Tomato Remoulade

Crab and Jalapeno Dip 9
Sliced Baguette and Charred Pepper

Chilled Seafood **CS**  24
Oysters, Shrimp and Crab served with
Grilled Lemon, Cocktail and Mignonette Sauce

SIDES

Mac & Cheese

Sweet Corn Succotash 

Duck Fries 

Goat Cheese Hushpuppies

Fried Green Tomatoes

Cheese Grits

Creamed Collards

6

Our Lifesaving Station
Restaurant is the location of the
former Caffey's Inlet U.S.
Lifesaving Station #5.
It is one of the original seven
stations built along
North Carolina's treacherous
coast when the
Lifesaving Service
was founded in 1874.
The mission of the
U.S. Life Saving Service
was the systematic saving of
shipwreck victims, their cargos
and the ship, in that order. In
1915, the Lifesaving Service
joined the Cutter Revenue
Service to form the modern
U.S. Coast Guard.

CS - We proudly prepare these products in ways that celebrate the sustainable, organic, artisanal and local approach of our Southern & American producers who are dedicated to sustaining the cultures and environments that embody the places they call home. That lets you know you are in our beautiful North Carolina. Welcome to our home!

 Indicates Gluten Free Menu Items. Other Items can be modified to be Gluten Free.