




APPETIZERS

sanderling blue crab and corn chowder smoked bacon, potatoes	6/9
steamed mussels 	11
garlic, bacon, tomatoes, white wine served with grilled baguette	
sea salt and pepper calamari sweet chili mayo	12
hand cut duck fries 	8
malt vinegar and blue cheese or old bay	

SALADS


classic caesar salad chopped romaine, croutons, preserved lemon	9
mixed baby lettuce 	8
blueberries, asher blue cheese, pecans, buttermilk-herb vinaigrette	
add grilled chicken 4 add crab cake 10	add gulf shrimp 6 add white anchovies 4
fried chicken cobb romaine and iceberg, bacon, tomatoes, hard cooked egg, avocado blue cheese, red wine vinaigrette	10

COASTAL CATCH

coastal crab cake sandwich pan seared carolina lump crab cake, remoulade	14
sanderling lobster roll claw meat, celery, and spice lightly dressed on a grilled brioche roll	12
fish and chips beer battered local flounder, cole slaw, malt vinegar	16

DRINKS

coffee or hot tea	2.5
iced tea	2.5
juice	3
espresso	3



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

SANDWICHES & BURGERS

*all sandwiches and burgers are served with homemade chips. gluten free bread and rolls are available upon request.

sanderling sandwich roasted turkey breast, cheddar cheese, apple wood smoked bacon, lettuce, tomato, cranberry mayo, on grilled wheat berry bread	10
vine ripe tomato sandwich hand pulled mozzarella, sweet basil, arugula, balsamic reduction, toasted ciabatta bread	13
blackened chicken wrap lettuce, avocado, salsa, with sour cream on the side	10
eastern carolina barbeque pork seasoned pulled pork, house slaw, soft roll	13
deep south burger short rib burger, topped with pulled pork, cajun bacon, and pimento cheese	18
grilled half pound “prime” burger cheddar, american, swiss, provolone or blue cheese	13

BREAKFAST

classic eggs benedict poached eggs, ham and hollandaise served on an english muffin, choice of white corn grits or home fries	13
keeper’s omelet 	12
three eggs, bacon, sausage, peppers, onions, cheddar cheese, choice of white corn grits or home fries	
farmer’s omelet 	12
spinach, tomatoes, asparagus, mushrooms, goat cheese, choice of white corn grits or home fries	
smoked salmon platter toasted bagel, red onions, tomatoes, capers, chopped boiled egg and cream cheese	12
pecan waffle with maple butter served with warm vermont maple syrup, choice of link sausage or smoked bacon	10
shrimp and grits grilled north carolina shrimp, surry sausage, anson mills grits, smoked tomatoes, mushrooms	14

hot chocolate, milk, chocolate milk	2
cappuccino or latte	5
san pelligrino sparkling 1.75L	5
coca cola, diet coke, sprite, root beer, fanta orange, fruit punch	3

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. LifeSaving 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.

