



BOARD & BARREL

• BREAKFAST •

301 N WATER ST
Wilmington, NC

SHAREABLES

1. VANILLA HONEY YOGURT PARFAIT layered fresh seasonal berries, house granola	6
2. SEASONAL FRUIT PLATE seasonal selection of chef's choice	6
3. STEEL CUT OATS fresh seasonal berries, brown sugar, toasted pecans, raisins, almond milk.....	8
4. NOLA BEIGNETS tossed in powder sugar with raspberry-espresso gastrique	10
5. AVOCADO TOAST* two eggs (your way), grilled wheat berry bread, grilled tomato, fresh avocado spread.....	12

PRINCIPALS

1. BUTTERMILK CAKES powdered sugar, butter, warm syrup (add sliced bananas, strawberries, or chocolate chips \$2).....	8
2. BISCUITS & GRAVY jumbo fluffy biscuits smothered in homemade sausage country gravy.....	9
3. BELGIAN WAFFLEE fresh malted waffle with blueberry-lemon compote	9
4. BREAKFAST QUESADILLA* scrambled egg, chorizo, peppers, onion, three cheeses in a jalapeno wrap.....	11
5. HIPPIE HASH SHREDDED POTATO kale arugula blend, mushrooms, tomato, feta cheese	10
6. CHEF'S CAST IRON HASH* ale braised corned beef, diced potato, peppers, onions, two poached eggs served in cast iron pan	13
7. B&B BREAKFAST* two eggs (your way), bacon or sausage, hash browns, toast or biscuit	13
8. CHEF'S FAMILY RECIPE FRENCH TOAST orange zest and vanilla bean laced batter with butter, powdered sugar, warm syrup.....	12
9. EGGS BENEDICT (2)* toasted english muffin, canadian bacon, poached eggs, creole hollandaise.....	13
10. CAPE FEAR BENEDICT (2)* toasted english muffin, jumbo lump crab cakes, poached eggs, creole hollandaise	17

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!



SIDES

BISCUIT/CHEDDAR BISCUIT	2/2.5	CEREAL with milk	5
TOAST/BAGEL	2/3	COUNTRY HAM	5
EGGS COOKED TO ORDER*	3	FRESH FRUIT	5
CHEF NATE'S STONE GROUND GRITS	3	BACON OR SAUSAGE.....	5
HASHBROWNS	3		

**asterisk denotes 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 20% GRATUITY TO PARTIES OF 8 OR MORE