

Order 843-838-1508

Breakfast 7:30am-11am

Lunch 11am-4pm



Download our Fripp Island Golf & Beach Resort Mobile App.

## BREAKFAST

### LOWCOUNTRY SUNRISE 10

2 Eggs Your Way, Toast or Biscuit,  
Choice of Protein & Side

### SUPREME OMELET 15

Choice of Protein, Onion, Peppers, Mushrooms  
Cheese, Salsa | Toast or Biscuit, Choice of Side

### SPINACH & FETA OMELET 13.50

Toast or Biscuit, Choice of Side

### FRIPP BENEDICT 14

Toasted English Muffin, 2 Poached Eggs  
Choice of Protein & Side | *Add Smoked Salmon +6*

### BANGING BURRITO 15

Spinach Tortilla, Scrambled Eggs, Peppers  
Onions, Cheese, Salsa, Choice of Protein & Side

### BREAKFAST SANDWICH 10

Pick your Protein, Egg, Choice of Cheese  
Choice of Bread & Side

### AVOCADO TOAST 14

Sliced & Seasoned Avocado, Choice of Bread  
1 Egg Your Way, Choice of Side  
*Make it Spicy! Add Calabrian Chili Pepper Oil +1.50*

### PANCAKES 9.50

Choice of Side  
*Add Blueberries +1.75 | Chocolate Chips +1*

### FRENCH TOAST 9.50

Choice of Side | *Add Fresh Berries +1.75*

### BREAKFAST SKILLET 15

Scrambled Eggs, Hashbrowns, Cheese  
Onions, Peppers, Spinach, Choice of Protein

### BAGEL & LOX 17

Smoked Salmon, Cream Cheese, Capers, Choice of Side

### BISCUITS & GRAVY 10

2 Fresh Baked Biscuits, Hot Sausage Gravy,  
Choice of Side

*Sides: Grits, Hash Browns | Substitute Fruit +3*  
*Proteins: Bacon, Ham, Sausage*  
*Toast: White, Wheat, Rye | Bagel, Croissant +2, Gluten Free Available*

## A LA CARTE

1 EGG 2.50

TOAST | BISCUIT 2.50

SAUSAGE | BACON 4

GRITS | HASHBROWNS 4

CINNAMON ROLL 7

FRESH FRUIT CUP 5 | BOWL 7

OLD FASHIONED OATMEAL 7

Brown Sugar, Fresh Berries

YOGURT, GRANOLA, FRESH BERRIES 7.50

## BEVERAGES

Coca-Cola, Diet Coke, Sprite, Ginger Ale

Orange Fanta, Rootbeer, Lemonade

Sweet Tea, Unsweet Tea, Coffee 3.75

Juice: Orange, Grapefruit, Cranberry

Grape, Apple 4

2% Milk & 2% Chocolate Milk 4

Iced Coffee 4

*Add Flavor: Vanilla, Caramel, or Hazelnut +1*

Island Oasis Smoothie 10

Strawberry, Pina Colada, or Lime

Menu Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risks of foodborne illness, especially if you have certain medical conditions.

A 20% gratuity will be added to parties of 6 or more. To expedite service, please notify your server in advance if separate checks are desired.

# LUNCH

## SMALL BITES

**SOUTHERN FRIED PICKLES 10**  
*Choice of Ranch or Bistro Sauce*

**JALAPEÑO POPPERS 8**  
*Choice of Ranch or Bistro Sauce*

**FRIED BRUSSELS SPROUTS 9**  
*Balsamic Reduction*

## HANDHELDS

**OPG BURGER 15**  
8oz Patty, Lettuce, Tomato, Onion

**SMOKED BRISKET CHEESESTEAK 16**  
Smoked Beef Brisket, Peppers, Onions  
Provolone Cheese, Milano Roll

**CLASSIC REUBEN 14**  
Corned Beef or Turkey, Sauerkraut  
Swiss Cheese, Rye Bread

**FRIPPIN' FRENCH PANINI 14.50**  
Turkey, Bacon, Strawberry Preserves  
Brie, Milano Roll

**PORTABELLO PANINI 13**  
Grilled Portabella, Fresh Mozzarella, Basil Pesto  
Tomato, Milano Roll

**CLUB SANDWICH 16**  
Ham, Turkey, Bacon, American Cheese, White Bread  
Lettuce, Tomato, & Mayonnaise

**ULTIMATE GRILLED CHEESE 12**  
Double Cheese, Bacon, Tomato

**BLT 12**  
Bacon, Lettuce, Tomato, Mayo

**HOT DOG 7.25**  
¼ Pound All Beef Hot Dog  
Add Sauerkraut or Coleslaw +1

**GRILLED CHICKEN SANDO 14**  
Herb Marinated Breast, Lettuce, Tomato  
Onion, Hawaiian Bun

**FRIED FLOUNDER POBOY 17**  
Lettuce, Tomato, Onion, Milano Roll

**CHICKEN TENDER PLATE 11**  
Choice of Dipping Sauce

**LOWCOUNTRY SHRIMP SALAD 16**  
Chilled Carolina Shrimp, Celery, Citrus Juice  
Old Bay Seasoning, Mayo

**TUNA SALAD SANDWICH 15**  
House-made with Celery, Mayo, Seasoning

**OLD FASHIONED CHICKEN SALAD 13**  
House-made with Celery, Mayo, Seasoning

*Served with Choice of Fresh Fried Chips, Coleslaw, French Fries, or Onion Rings | Substitute Fruit +3  
Add Cheese +1 | Add Bacon or Ham +3 | Add Tomato +1.50  
Bread: White, Wheat Berry, Rye, Texas Toast, Croissant, Spinach Wrap, Gluten Free Available  
Cheese: American, Cheddar, Provolone, Swiss*

## ON THE GREENS

**CAROLINA COBB SALAD 17**  
Crisp Romaine, Egg, Bacon, Grilled Chicken, Avocado  
Bleu Cheese Crumbles, Tomato

**CLASSIC CAESAR SALAD 11**  
Crisp Romaine, Shaved Parmesan, Toasted Croutons  
Caesar Dressing

**SPINACH SALAD 15**  
Avocado, Feta Cheese, Red Onion, Candied Pecans  
Blueberries, Strawberries, Apple Cider Vinaigrette

**OPG CHOPPED SALAD 16**  
Crisp Romaine, Roasted Turkey, Ham  
Colby Jack Cheese, Boiled Egg, Tomato

**TACO SALAD 15**  
Seasoned Sirloin or Grilled Chicken  
Lettuce, Tomato, Onion, Colby Jack Cheese  
Avocado, Taco Shell, Salsa, Sour Cream

*Dressings: Blue Cheese, Ranch, Thousand Island, Classic Caesar  
Balsamic Vinaigrette, Vidalia Onion, Apple Cider Vinaigrette*

*Add Protein: Grilled or Fried Chicken +5 | Scoop Tuna or Chicken Salad +5 | Bacon +3*