



BAKE SHOP

Muffin.....	3	Southern Style Biscuit.....	3
Chef's daily selection			
Bagel.....	4	Croissant.....	3
(choice of: plain, cinnamon raisin, everything) includes regular or cream cheese of the day		(choice of: plain or chocolate)	
Fresh Baked Pastries.....	4	Echo Doughnuts (4).....	4
Chef's daily selection		chocolate dipping sauce	
		Jumbo Cinnamon Roll.....	5
		melted cream cheese icing	

HEALTHY STARTERS

House-made Granola.....	6
Seasonal Fruit Plate.....	7
Selection of Berries.....	9
Half Grapefruit.....	6
add turbinado sugar \$.50	
Steel-Cut Oatmeal.....	6
Berry Parfait.....	6
strawberry or blueberry, greek yogurt, house granola	

ECHO PO' BOYS

served with breakfast potatoes and a miniature parfait

Fried Catfish.....	13
scrambled egg, American cheese, dill mayo	
Fried Green Tomato.....	11
smoked ham, scrambled egg, swiss cheese	
Turkey Sausage.....	12
scrambled egg, American cheese	
Cracked Egg.....	10
bacon, fried egg, American cheese	

IRON & GRIDDLE

Buttermilk Pancakes.....	10	Belgian Style Waffle Napoleon.....	10
honey comb, whipped butter, maple syrup add: banana, strawberries, blueberries \$2		honey comb, whipped butter, maple syrup , served with potatoes or grits & a miniature parfait	
Steak & Eggs.....	mkt.	French Toast.....	12
Today's beef, two eggs, house potato or grits, toast, hollandaise		house breaded French baguette, cream cheese frosting, peach compote, fresh whipped cream	

WELLNESS

East Beach Frittata.....	10	Smoked Salmon Plate.....	12
egg white frittata with tomatoes, spinach, squash, and zucchini; garnished with frisée salad, pomegranate, smoked gouda, and sunflower seeds		capers, boursin, eggs, red onion, and tomatoes served with a toasted bagel	



SUNRISE

Eggs Benedict14	Eggs Lowcountry16
Choice of: smoked salmon, Canadian bacon, crab cake, or fried green tomato, poached egg, hollandaise	shrimp, andouille, corn, potato, fried egg
Eggs Coastal14	Grouper15
salmon, grit crake, crunchy egg, dill mayo	blackened, fried, or pan seared grouper, gouda cheese grits, creole hollandaise
Corned Beef Hash10	Biscuits and Gravy10
topped with an over easy egg	biscuits topped with house-made sausage gravy, served with scrambled eggs
King's Breakfast14	
two pancakes, two eggs, bacon or sausage, potatoes, & a miniature parfait	

BED & BREAKFAST

Your choice16
Scrambled eggs, small fruit cup, (bacon, sausage, or ham), (grits or potatoes), (toast or biscuit), (juice or milk), coffee
or
Buttermilk pancakes, small fruit cup, (bacon, sausage, or ham), (juice or milk), coffee

OMELETS

served with breakfast potatoes and a miniature parfait

Low Country Omelet15
andouille, shrimp, potatoes, corn, cheddar
Seafood Omelet15
crab, shrimp, grouper
Veggie Omelet9
tomato, spinach, mushrooms, onions, peppers, cheddar
Three Egg Omelet8
choice of three ingredients

A LA CARTE

Your Choice4
egg (any style) bacon strips
pork sausage turkey sausage
smoked ham grits
potatoes sausage gravy
premium yogurt
Cereal3
(Corn Flakes, Special K, All Bran, Honey Nut Cheerios, Raisin Bran, Shredded Wheat)

BEVERAGES

Beverages3
Coffee
Hot tea (panfired green, earl grey, chamomile lemon, English breakfast, grenade et bleu, berry white, chai, mint green)
Juice (orange, grapefruit, apple, cranberry, tomato, or V8)
Milk (whole, 2%, skim, or soy).....3