



HOME OF THE EGGS BENEDICT

- Your choice 16
English muffin, poached egg, Hollandaise, house potatoes
- Candian bacon, smoked salmon, crab cake, or fried green tomato
- add: filet \$2

CROISSANT BREAKFAST SANDWICHES

American cheese, scrambled eggs, served with house potatoes

- Ham, Egg, & Cheese 10
- Bacon, Egg, & Cheese 10
- Sausage, Egg, & Cheese 10
- Egg, & Cheese 10
- Smoked Salmon 13
smoked salmon, dill mayo, capers, red onions, sliced tomatoes

SOUTHERN GEORGIA FAVORITES

- Shrimp & Grits 15
gouda grits, shrimp sauté, poached egg, Hollandaise
- Southern Biscuits with Gravy 10
served with 2 eggs any style, biscuits, homemade sausage gravy
- Grouper Breakfast 15
blackened, grilled, or fried, served with gouda grits & Hollandaise
- Praline French Toast 14
grilled brioche topped with pecan praline syrup & whipped cream, served with bacon or sausage

HEALTH & WELLNESS

- East Beach Frittata 10
egg white frittata with tomatoes, spinach, squash, and zucchini, garnished with frisée salad, pomegranate, smoked gouda, sunflower seeds, & lemon vinaigrette
- Smoked Salmon Plate 13
capers, boursin, eggs, red onion, tomatoes, toasted bagel
- Warm Peach Parfait 7
warm peaches, yogurt, house granola
- Berry Parfait 7
mixed berries, yogurt, house granola
- Seasonal Fruits & Berry Plate 10
served with a muffin & yogurt
- Selection of Seasonal Berries 8
- Georgia Peach Steel-cut Oatmeal 7
- Steel-cut Oatmeal 6
add: \$2 each (berries or bananas)
- House Granola 6
- Greek Style Yogurt 6
- Half Grapefruit 4

BAKE SHOP

- Muffin 3
Chef's daily selection
- Bagel 4
(choice of: plain, cinnamon raisin, everything)
- Fresh Baked Pastries 4
Chef's daily selection
- Southern Style Biscuit 3
- Croissant 3
(choice of: plain or chocolate)
- ECHO Doughnuts 7
cinnamon sugar waffle bites, chocolate dipping sauce
- Jumbo Cinnamon Roll 5
cream cheese icing
- Toast 3
white, wheat, rye, sourdough, cinnamon raisin



SUNRISE

Bed & Breakfast 16
eggs or pancakes, fruit bowl, bacon or sausage, grits or house potatoes, toast, juice or milk, & coffee

Salmon at Sunrise 15
pan seared salmon, poached egg, Hollandaise, served with house potatoes

King's Breakfast 15
two pancakes, two eggs, bacon or sausage, grits or house potatoes, toast, & a miniature parfait

SOUTHERN BREAKFAST BOWLS

served on house potatoes with scrambled eggs, cheddar cheese, & a biscuit

Georgia Farmer's Bowl 14
Georgia sausage, smoked bacon, southern biscuit, smothered with homemade sausage gravy

Low Country Bowl 14
Wild Georgia Shrimp, andouille sausage, sweet corn

Garden Bowl 11
tomatoes, onions, peppers, mushrooms, spinach

St. Simons Bowl 13
tomatoes, onions, peppers, ham

IRON & GRIDDLE

Buttermilk Pancakes 12
honeycomb, whipped butter, maple syrup, served with bacon our sausage
add: \$2 each (strawberries, bananas, chocolate chips, or blueberries)

Belgian Style Waffle Napoleon 12
honeycomb, whipped butter, maple syrup, served with bacon or sausage

Steak & Eggs 19
5 oz. filet, 2 eggs any style, house potatoes or grits, toast, Hollandaise

Praline French Toast 14
grilled brioche topped with pecan praline syrup & whipped cream, served with bacon or sausage

OMELETS

Georgia Omelet 14
spinach, sundried tomatoes, mushrooms, ham, Georgia gouda, served with grits or house potatoes & a miniature parfait

Veggie Omelet 13
spinach, tomatoes, mushrooms, onions, peppers, cheddar cheese, served with grits or house potatoes & a miniature parfait

Seafood Omelet 15
crab, Wild Georgia Shrimp, grouper, served with grits or house potatoes & a miniature parfait

Cheese Omelet 10
served with grits or house potatoes & a miniature parfait
add: \$1 each (sausage, ham, bacon, peppers, onions, mushrooms, tomatoes, onions, spinach, feta cheese, or jalapeños)

A LA CARTE

Your Choice 4

egg (any style)	bacon strips
Georgia sausage	turkey sausage
smoked ham	grits
potatoes	cheese grits
ham steak	sausage gravy

Cereal 5
(Corn Flakes, Special K, Honey Nut Cheerios, Raisin Bran, Frosted Mini-Wheats)

BEVERAGES

Beverages 3

Coffee

Hot tea (panfired green, earl grey, chamomile lemon, English breakfast, berry white, chai, mint green, black tea)

Juice (orange, grapefruit, apple, cranberry, tomato, or V8)

Milk (whole, 2%, skim, or soy) 3