



HOME OF THE EGGS BENEDICT

Eggs Benedict 15
 English muffin, Canadian bacon, poached egg,
 Hollandaise, house potatoes
 Substitute: smoked salmon \$1
 Substitute: crab cakes \$2

GFA

CROISSANT BREAKFAST SANDWICHES

American cheese, scrambled eggs, served with house potatoes
 Ham, Egg, & Cheese 11
 Bacon, Egg, & Cheese 11
 Sausage, Egg, & Cheese 11
 Egg & Cheese 11

SOUTHERN GEORGIA FAVORITES

Shrimp & Grits 17
 gouda grits, shrimp sauté, poached egg, Hollandaise
GF

Southern Biscuits with Gravy 11
 served with 2 eggs any style, biscuits, homemade
 sausage gravy
GFA

Georgia Farmer's Bowl 15
 Georgia sausage, smoked bacon, southern biscuit,
 smothered with homemade sausage gravy
GFA

Praline French Toast 15
 grilled brioche topped with pecan praline syrup &
 whipped cream, served with bacon or sausage

HEALTH & WELLNESS

East Beach Frittata 11
 egg white frittata with tomatoes, spinach, squash, and
 zucchini, garnished with frisée salad, pomegranate,
 smoked gouda, sunflower seeds, & lemon vinaigrette
GF

Smoked Salmon Plate 14
 capers, boursin, eggs, red onion, tomatoes, toasted
 bagel
GFA

Warm Peach Parfait 11
 warm peaches, yogurt, house granola
GF

Berry Parfait 11
 mixed berries, yogurt, house granola
GF

Seasonal Fruit & Berry Plate 11
 served with a muffin & yogurt
GFA

Selection of Seasonal Berries 10
GF
 Steel-Cut Oatmeal 7
 add: \$2 each (berries, bananas, or warm peaches)

House Granola 8
GF

Greek Style Yogurt 6
GF

Half Grapefruit 6
GF

BAKE SHOP

Muffin 5
 Chef's daily selection
 Bagel 5
 (choice of: plain, cinnamon raisin, everything)
 Southern Style Biscuit 5

Croissant 5
 (choice of: plain or chocolate)

ECHO Doughnuts 7
 cinnamon sugar waffle bites, chocolate dipping sauce

Jumbo Cinnamon Roll 7
 cream cheese icing

Toast 5
 white, wheat, rye, sourdough, cinnamon raisin
GFA

*Advisory: The consumption of raw or undercooked food such as meat, poultry, fish, shellfish, or eggs which contain harmful bacteria, may cause serious illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked.

GF indicates gluten free items **GFA** indicates gluten-free option is available

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SUNRISE

Bed & Breakfast 17
eggs or pancakes, fruit bowl, bacon or sausage, grits or house potatoes, toast, juice or milk, & coffee

King's Breakfast 16
two pancakes, two eggs, bacon or sausage, grits or house potatoes, toast, & a miniature parfait

SOUTHERN BREAKFAST BOWLS

served on grits with scrambled eggs, cheddar cheese, & a biscuit

Low Country Bowl 15
Wild Georgia Shrimp, andouille sausage, sweet corn
GFA

Garden Bowl 12
tomatoes, onions, peppers, mushrooms, spinach
GFA

IRON & GRIDDLE

Buttermilk Pancakes 13
honeycomb, whipped butter, maple syrup, served with bacon or sausage
add: \$2 each (strawberries, bananas, chocolate chips, or blueberries)

Steak & Eggs mkt.
Chef's choice of cut, 2 eggs any style, house potatoes or grits, bacon or sausage, choice of toast, Hollandaise

Belgian Style Waffle Napoleon 13
honeycomb, whipped butter, maple syrup, served with bacon or sausage

OMELETS

Georgia Omelet 15
spinach, sundried tomatoes, mushrooms, ham, Georgia gouda, served with grits or house potatoes & a miniature parfait
GF

Seafood Omelet 16
crab, Wild Georgia Shrimp, gouda cheese, served with grits or house potatoes & a miniature parfait
GF

Veggie Omelet 14
spinach, tomatoes, mushrooms, onions, peppers, cheddar cheese, served with grits or house potatoes & a miniature parfait
GF

Cheese Omelet 11
served with grits or house potatoes & a miniature parfait
GF
add: \$1 each (sausage, ham, bacon, peppers, onions, mushrooms, tomatoes, onions, spinach, feta cheese, or jalapeños)

A LA CARTE

Your Choice 6
2 eggs (any style) bacon strips
sausage patties turkey sausage
grits potatoes
cheese grits sausage gravy
Cereal 6
(Corn Flakes, Special K, Honey Nut Cheerios, Raisin Bran, Frosted Mini-Wheats)

BEVERAGES

Coffee 4
Hot tea (lemon, Earl Grey, Egyptian chamomile, English breakfast, berry white, mint green, black tea) 4
Espresso, Latte, or Americano 5
Juice (orange, grapefruit, apple, cranberry, tomato, or V8) 4
Milk (whole, 2%, or skim) 4

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