

## fall specials

Crabby Benedict crab cakes, poached eggs with hollandaise on english muffin & side	10	3-Way Mess layers of home fries, scrambled eggs, chili, cheddar with toast	12
Pumpkin Pancakes... 2 fluffy, delicious pumpkin pancakes, sprinkled with pecans & side of syrup and whipped cream	8	Chili	cup 4 bowl 5

## combos

Business Man's Breakfast 2 eggs, bacon, home fries, toast	9	Steph's Sampler 2 eggs, bacon, sausage, 2 hotcakes, side	11	Bonnie's Bounty 2 eggs, bacon, sausage, home fries, biscuit & gravy	10
Marje's Metabolism Booster 2 egg whites scrambled with 1 omelet filling, fruit, cup of oatmeal	8	Breakfast Sandwich egg, cheese, meat, toast, side	9	Eggs Benedict Traditional (canadian bacon), Florentine (spinach), or Echo (goetta) with hollandaise & side	10
Corned Beef Hash 2 eggs on top of fried hash, toast	10	Breakfast Burrito flour tortilla, scrambled eggs, meat*, cheese, side *replace with vegetarian Sante Fe mix, zesty black bean, corn, tomato mix	10	Country Boy (biscuit with sausage) with sausage gravy & side	

## hangover helpers

Belgian Bird Sandwich chicken tenders, fried egg, & cheddar on a waffle with powdered sugar, syrup, side	12	Flying Pig Sandwich ham, bacon, & swiss on french toast with powdered sugar, syrup, side	12
Hot Mess layers of home fries, scrambled eggs, bacon, sausage, sausage gravy, cheddar with toast	12	Lumberjack 2 scrambled eggs filled with goetta, banana peppers & pepper jack, side of potato cakes & biscuit & gravy	12

## omelets

served with toast & side	10	Loaded Potato bacon, cheddar, home fries, topped with chives, side of sour cream		Aztec sausage, green peppers, tomatoes, onions, pepper jack, side of sour cream & salsa	
Create Your Own Pick 3*: bacon, goetta, ham, sausage, banana or green peppers, broccoli, onions, spinach, zucchini, american, cheddar, cream cheese, feta, mozzarella, pepper jack, or swiss, *extra items \$1		Oktoberfest goetta, home fries, onions, swiss, side of sour cream		Victory Garden spinach, zucchini, tomatoes, onions, cheese	

## extras

Biscuits & Gravy 3 biscuits, bowl of sausage gravy	6	Oatmeal or Homemade Granola add almonds, bananas, cranberries, pecans, or raisins	4 .75	Kris's Healthy Start yogurt topped with homemade granola, fruit	7
Specialty Toast cinnamon sugar, cinnamon raisin, cinnamon roll, croissant, gluten-free, homemade muffin, plain bagel, raisin, or rosemary multigrain	3	Seasonal Fresh Fruit Bowl	4.5	Bacon, Sausage, Goetta, Ham, Canadian Bacon, or Corned Beef Hash	3.5

## griddle goodies

3 Hotcakes	7
Waffle	6.5
French Toast	6.5
add bananas, blueberries, chocolate chips, or pecans	1.5

## sides

Grits, Home Fries, Potato Cakes, Seasonal Fresh Fruit, or Yogurt	2
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## kids

Pick 2: 1 egg with toast, 1 plain, chocolate, or blueberry hotcake, 1 slice of french toast, 1/2 waffle, 2 pieces of bacon or sausage*, home fries, potato cakes, or seasonal fruit *upgrade to goetta	5 .75
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## sandwiches

served with chips if requested. make it a platter with french fries & cole slaw \$3

<b>Club</b> turkey, bacon, lettuce, tomato, mayo on white toast	8	<b>Sante Fe Wrap</b> chicken, cheese, sante fe mix with black beans, corn, onions, tomatoes, & peppers, side of tortilla chips & salsa ranch	9	<b>Cheeseburger</b> lettuce, tartar sauce, cheese	8
<b>BLT</b> bacon, lettuce, tomato, mayo	6	<b>Egg Salad</b> homemade egg salad with lettuce & mayo	5	<b>Fried Cod</b> on white bun, side of tartar sauce	9
<b>Grilled Reuben</b> corned beef or roasted turkey, swiss, sauerkraut, homemade thousand island	8	<b>Tuna Salad</b> homemade tuna salad with lettuce & mayo	7	<b>Create Your Own</b> baked ham or roasted turkey	6
<b>Grilled Cheese</b> add bacon, ham, or turkey	4.5 3	<b>Tuna Melt</b> homemade tuna salad grilled with cheese	8		

## salads

dressings: homemade french, homemade ranch, homemade thousand island, balsamic vinaigrette, bleu cheese, honey mustard, fat-free italian, or oil & vinegar. extra dressing \$.75

<b>Echo Club</b> roasted turkey or grilled chicken, bacon, onions, tomatoes, egg, cheddar, homemade croutons	11	<b>Taco</b> chicken or sante fe (black bean, corn, tomato mix), tortilla chips, cheddar, onions, tomatoes with side of sour cream, salsa, & homemade ranch	11
<b>Chef</b> american, swiss, ham, turkey, egg, tomatoes, bacon, homemade croutons	12	<b>Echo Scoops</b> 3 scoops of cottage cheese, tuna, or egg salad in any combo with tomatoes & pineapple	11
<b>Spinach</b> bacon, mozzarella, onions, tomatoes, egg, homemade croutons	8		

## entrees

<b>Chicken Tenders &amp; French Fries</b> side of honey mustard	10
<b>Fried Cod</b> 2 sides, roll, side of tartar sauce	12

## soups

<b>Vegetable</b>	cup	bowl	quart
	4	5	9
<b>Daily Soup</b> ask your server			

## kids

grilled cheese, hamburger, chicken tenders, or peanut butter & jelly with side	5
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## sides

all lunch sides	2
<b>Fruits &amp; Vegetables</b> fruit salad, green beans, steamed broccoli, spinach, tossed salad, zucchini	

<b>Potatoes</b> french fries, home fries, onion rings, potato cakes
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<b>Extras</b> cottage cheese, homemade cole slaw
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## drinks

<b>Coffee or Hot Tea</b>	2.40
<b>Herbal Tea</b>	3
<b>Hot Chocolate</b> with homemade whipped cream	3.50
<b>Milk</b> Vitamine D, 2%, skim, or chocolate	small large 2.25 3

<b>Soft Drinks, Tea, &amp; Lemonade</b>	2.40
Coke, Cherry Coke, Diet Coke, Caffeine-Free Diet Coke, Coke Zero, Pink Lemonade, Sprite, Root Beer, or Unsweetened Tea	

<b>Shakes or Malts</b> chocolate, vanilla, or strawberry	4.50
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<b>Juice</b> apple, cranberry, grapefruit, orange, tomato	small large 2.25 3
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<b>Beer or Wine</b> ask your server
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## monday-friday specials

### breakfast

<b>Beginner's Breakfast</b> 1 egg, 2 slices of bacon or sausage, toast	5	<b>Carolyn's Combo</b> 1 egg, half order of home fries, toast	4	<b>Griddle Breakfast</b> 1 hotcake or 1/2 order of french toast or 1/2 a waffle & bacon or sausage	5	<b>Simple Breakfast</b> 1 egg, 2 hotcakes	6
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### lunch

<b>Half Sandwich &amp; Tossed Salad or Cup of Soup</b> egg or tuna salad, roasted turkey, baked ham, or BLT	7	<b>Cheeseburger &amp; Fries</b> lettuce, tartar sauce, cheese	8.50	<b>Soup</b> add cup of soup to any full salad or sandwich. does not apply to already discounted lunch specials.	cup bowl 2 3.5
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