

RESTAURANT & BAR

Eric's

BREAKFAST

HEALTHY START & CEREALS

OATMEAL 	9
SERVED WITH BROWN SUGAR & DRIED FRUIT	
TROPICAL GREEN SMOOTHIE  GF	9
PINEAPPLE, MANGO, SPINACH, ALMOND MILK, FRESH CARROTS, ALMONDS, & FLAXSEED	
YOGURT PARFAIT 	9
GREEK YOGURT, FRESH BERRIES, & HOUSE MADE GRANOLA	
PROTEIN POWER BOWL  	14
QUINOA, SPINACH, PETITE TOMATOES, POACHED EGGS, HOLLANDAISE SAUCE	
FRUIT & FRESH BERRIES PLATE  GF	12
SLICED MELON, HONEY DEW, WATERMELON, WITH SEASONAL BERRIES	
AVOCADO TOAST 	15
7 GRAIN TOAST, GRAPE TOMATOES, ENGLISH CUCUMBER, POACHED EGGS TOPPED WITH PICKLED ONIONS & LEMON OLIVE OIL	
SMOKED SALMON PLATTER	19
SERVED WITH TOASTED BAGEL, RED ONION, CAPERS, & HERB CREAM CHEESE	
MIXED BERRIES 	8
GLUTEN FREE CEREAL  GF	6
HOUSE MADE GRANOLA	8

HOUSE SPECIALS

BREAKFAST BURRITO	17
CHORIZO, SCRAMBLED EGGS, CHEDDAR CHEESE, POTATOES, WRAPPED IN A FLOUR TORTILLA SERVED WITH SALSA ROJA & FRESH FRUIT	
HUEVES RANCHEROS	18
TWO EGGS ANY STYLE, PORK CARNITAS, SERVED WITH PINTO BEANS, QUESO FRESCO, AVOCADO, SALSA ROJA, & CORN TORTILLAS	
STEAK & EGGS	23
6 OZ HANGAR STEAK WITH TWO EGGS ANY STYLE WITH BREAKFAST POTATOES	
EGG WHITE FRITTATA  GF	17
ASPARAGUS, TOMATO, SPINACH, MUSHROOMS, PEPPERS, & AVOCADO & FRESH FRUIT	

ON THE SIDE

BREAKFAST POTATOES	5
SMOKED BACON	5
CHICKEN SAUSAGE	6
COUNTRY SAUSAGE LINKS	5

FROM THE GRIDDLE

BUTTERMILK PANCAKES 	12
STACK OF PANCAKES WITH MAPLE SYRUP & TRIPLE BERRY COMPOTE	
BELGIAN WAFFLE 	13
WITH STRAWBERRIES, MAPLE SYRUP, & WHIPPED CREAM	
BRIOCHE FRENCH TOAST	14
WITH MAPLE SYRUP, TRIPLE BERRY COMPETE WITH CHOICE OF SMOKED BACON OR SAUSAGE LINK	
BISCUIT BREAKFAST SANDWICH	14
LARGE BISCUIT STACKED WITH BACON, EGG, AMERICAN CHEESE, SERVED WITH BREAKFAST POTATOES.	
COUGAR CROQUE MONSIEUR	16
FRENCH TOAST SANDWICH WITH HAM, SWISS CHEESE, FRIED EGG SERVED WITH A SIDE OF BREAKFAST POTATOES	

FROM THE HEN HOUSE

ONE EGG BREAKFAST	11
ANY STYLE WITH CHOICE OF SMOKED BACON, SAUSAGE LINK, BREAKFAST POTATOES, & CHOICE OF BREAD.	
TWO EGG BREAKFAST	14
ANY STYLE WITH CHOICE OF SMOKED BACON OR SAUSAGE LINK, BREAKFAST POTATOES, & YOUR CHOICE OF TOAST	
OMELET	17
CHOICE OF SMOKED BACON, HAM, CHORIZO, SAUSAGE, MUSHROOM, SPINACH, TOMATOES, BELL PEPPER, ONIONS, MOZZARELLA CHEESE, CHEDDAR CHEESE, SERVED WITH BREAKFAST POTATOES	
EGGS BENEDICT	17
TWO POACHED EGGS ON A ENGLISH MUFFIN WITH CANADIAN BACON & HOLLANDAISE SAUCE, SERVED WITH BREAKFAST POTATOES	

ERIC'S BENEDICT	18
TWO POACHED EGGS ON AND ENGLISH MUFFIN WITH SMOKED SALMON & HOLLANDAISE SAUCE SERVED WITH SLICED FRESH FRUIT	

MORNING REFRESHMENTS

FRESH BREWED COFFEE	3.5
HERBAL HOT TEA	3.5
ESPRESSO	4
CAPPUCCINO	5
CAFÉ LATTE	5
FRESH JUICES	5
APPLE, ORANGE, CRANBERRY	