

# echo breakfast

## signature breakfast dishes

### western breakfast sandwich

eggs, ham, green onions, green peppers, mixed, cooked and finished with cheddar cheese served on a toasted english muffin, accompanied with hash browns 9

### wake up burrito's

pork sausage, scrambled eggs, red peppers, green peppers and some red hot chili pepper jack cheese all served in a flour tortilla shell, with echo hash browns and toast 10.50

### pancakes

four fluffy buttermilk pancakes served with syrup and butter 8.50

### french toast

our cinnamon french toast piled high and finished with icing sugar and syrup 8.50

add bacon or sausage for only 3

### belgian waffle

a golden waffle topped with whipped topping and served with butter and syrup 8.50

add strawberries or blueberries for only 1.50

### eggs benedict

a toasted english muffin topped with canadian back bacon, two soft poached eggs and hollandaise sauce. served with echo hash browns 10.50

### echo start

two eggs any style, echo hash browns, toast and your choice of bacon, ham, canadian back bacon or pork sausage 10

### vegetarian skillet

echo hash browns topped with red and green peppers, red onions, black olives, mushrooms, tomato, our three cheese blend and two eggs any style. served with toast 12

### good morning skillet

hash browns topped with canadian back bacon, breakfast sausage, mushrooms, our signature hollandaise sauce and two eggs any style 12

### canadian omelet

diced back bacon, portabella mushrooms and cheddar cheese in a three egg omelet. served with echo hash browns and toast 11

### echo omelet

diced bacon, goat cheese, three cheese blend and tomatoes in a three egg omelet. served with echo hash browns and toast 11

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## light breakfast

### fruit cup

a combination of chef's selection of fresh fruit 4.50

### yogurt granola parfait

layers of yogurt, granola and our fruit combo 7

### cinnamon oatmeal

a hearty portion of oatmeal finished with cinnamon 5.50

### jumbo cinnamon bun

a jumbo cinnamon bun, grilled and served with cream cheese icing 6

## beverages

pop 2.75

juice 3

coffee 2.50

Herbal Tea 2.75

milk 3

chocolate milk 3

## the lighter side

### deli sandwiches

all deli sandwiches come with your choice of fries, soup of the day or house salad. choose between rye, whole wheat or white bread. includes: creamy mayonnaise, lettuce 11

black forest ham and cheddar cheese

egg salad | chicken salad

ask your server for alternate toppings or sauces.

### asian lettuce wraps

fresh iceberg lettuce, asian noodles in a sesame thai sauce with chicken, chili cashews, chives, shredded carrot, red and green peppers 12

### quesadilla

crispy flour tortilla stuffed with our three cheese blend, black olives, fresh tomatoes, green onions, jalapeño peppers and topped with salsa and sour cream 11

add to your quesadilla: grilled chicken 5 | taco beef 5

## salads

all salads are accentuated with garlic toast

### kale and quinoa salad

fresh kale and quinoa mixed with shredded cabbage and mango, tossed with roasted red pepper vinaigrette, topped with cucumber and goat cheese ☒ 14

### echo chicken caesar

romaine lettuce tossed in caesar dressing with lemon garlic croutons parmesan cheese and crispy bacon bits. topped with seasoned grilled chicken breast ☒ 15

### california salad

romaine lettuce, strawberries, kiwi, and mandarin slices tossed with our honey dill dressing and topped with toasted almond slices ☒ 14

add a grilled chicken breast for 5

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## signature flatbreads

### italian

genoa salami, chorizo sausage, tomato sauce, roasted red peppers, mozzarella, parmesan and fresh herbs ☒ 14

### bbq chicken

tangy bbq sauce, seasoned chicken pieces, green onions, bacon and mozzarella cheese, parmesan and herbs ☒ 14

### echo deluxe

pepperoni, canadian back bacon, mushrooms, mixed peppers, onions and our three cheese blend, parmesan and herbs ☒ 14

### margarita

tomato sauce, mozzarella & goat cheese, tomato, and chiffonade basil, parmesan and herbs ☒ 14

upgrade any flatbread to a 12" thin pizza for 2

☒ items that can be modified by our chefs to be gluten free options

## echo favourites

favourites are accompanied by golden fries, soup or house salad. substitute sweet potato fries 0.99

### tempura beer battered cod

crispy tempura beer battered cod, breaded to order served with coleslaw, fries and tangy tartar sauce 14

### philly melt

open faced piled high with shaved roast beef, on garlic toast with red & green peppers, mushrooms, onions, topped with swiss cheese 14

### club house sandwich

a triple decker sandwich with black forest ham, roast turkey, fresh tomato, crispy lettuce, creamy mayonnaise, bacon and cheddar cheese 14

### echo extreme steak sandwich

2 - 3oz steak medallions with crispy panko breaded onion rings 18

### certified angus beef® brand burger

certified angus beef® brand burger, lettuce, tomato, red onion and mayonnaise, served on a pretzel bun ☒ 14  
add cheese 2 | add cheese & bacon 3

### smoked turkey panini

smoked turkey, roasted red pepper, cranberry aioli, gouda cheese and marble rye 12

### genoa flatbread panini

genoa salami, red onion, mozzarella, sliced tomato, marinara sauce 14

### the echo reuben

sliced corned beef, provolone cheese, wine sauerkraut, hot banana pepper rings, 1000 island dressing, on marble rye, garnished with a dill pickle wedge 14

### thai chili chicken wrap

thai chili chicken tenders mixed with crispy wontons served in a flour tortilla shell with shredded lettuce, green onions, sesame seeds and a three cheese blend 12

### turkey bacon wrap

cranberry aioli, lettuce, turkey, bacon and tomato wrapped with gouda cheese in a warm flour tortilla 12

### prime rib sandwich

slow roasted prime rib on grilled garlic bread, brushed with bbq sauce, topped with sautéed mushrooms and onions ☒ 17

add crispy fried banana peppers for 1 | add cheese 2

## pastas

pastas are served with garlic toast. available until 4pm

### chipotle chicken penne alfredo

penne noodles and grilled chicken, tossed with spicy chipotle alfredo, fire roasted red peppers and button mushrooms 14

### spicy chorizo penne

chorizo sausage, savory peppers and onions in our cajun spiced tomato sauce. sautéed to perfection with penne noodles. mild, medium or hot 14

add chicken 5 | add shrimp 5

### grilled chicken stir-fry

grilled chicken sautéed with a stir-fry vegetable medley, tossed in a teriyaki sauce and served over chow mein noodles ☒ 16

## starters

### asian lettuce wraps

fresh iceberg lettuce, asian noodles, in a sesame thai sauce with chicken, chives, shredded carrot, red and green peppers, garnished with roasted chili cashews 12

### flatbread spinach dip

golden flat bread served with our baked spinach dip 14

add cheddar 2

### quesadilla

two crispy flour tortilla shells stuffed with our three cheese blend, black olives, fresh tomatoes, green onions, jalapeño peppers and topped with salsa and sour cream 11

add grilled chicken 5 or taco beef 5

### nacho's supreme

a large serving of tortilla chips covered in our 3 cheese blend, tomatoes, green onions, black olives, and jalapeño peppers. served with a side of sour cream and salsa 14

add chicken 5 | or taco beef 5

### calamari

golden fried calamari served with tzatziki sauce 12

### thai chili chicken

breaded chicken pieces tossed with wontons in a thai chili sauce ☒ 12

### lobster mushroom caps

garlic mushroom caps stuffed with a lobster and cream cheese mixture ☒ 11

### shrimp gyoza

japanese shrimp dumplings with sesame ginger soy sauce 11

### prime rib bites

bite sized pieces of prime rib, seared then finished in a light crispy seasoned coating, accompanied with crispy fried banana peppers 12

### boneless chicken bites

crispy fried chicken, tossed in your choice of sauce 14

extreme heat | buffalo | bbq | honey garlic | cajun  
lemon pepper | sweet thai chili | chipotle honey bbq  
arizona ranch | teriyaki | garlic & roasted red pepper  
garlic parmesan & cracked pepper  
ground pepper dusted & hot sauce

### maple bacon onion rings

crispy panko breaded onion rings covered with crumbled bacon and maple syrup dip 11

### sweet potato fries

a large bowl of sweet potato fries, served with a spicy asian aioli ☒ 9

### french onion soup

french onion soup topped with lemon garlic croutons and swiss cheese, served with garlic toast ☒ 8

### chicken wings

breaded, roasted and tossed in your choice of sauce 1lb 17

extreme heat | buffalo | bbq | honey garlic | cajun  
lemon pepper | sweet thai chili | chipotle honey bbq  
arizona ranch | teriyaki | garlic & roasted red pepper  
garlic parmesan & cracked pepper  
ground pepper dusted & hot sauce

### crispy dry ribs

boneless breaded dry ribs, with honey garlic dip, dusted with fresh herbs and served with lemon 12

## salads

### california salad

romaine lettuce, strawberries, kiwi, and mandarin slices tossed with our honey dill dressing and topped with toasted almond slices ☒ 14

### echo chicken caesar salad

crisp romaine lettuce tossed in caesar dressing with house made lemon garlic croutons, parmesan cheese and crispy bacon bits. topped with a seasoned grilled chicken breast ☒ 17

### kale and quinoa salad

fresh kale and quinoa mixed with shredded cabbage and mango, tossed with roasted red pepper vinaigrette, topped with cucumber and goat cheese. ☒ 15

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prices subject to applicable taxes 06.2016

# steaks

all steaks are accompanied with vegetable and potato of the day



abundantly flavorful. incredibly tender. naturally juicy. the certified angus beef® brand — angus beef at its best®.

## ribeye steak

a charbroiled 12oz certified angus beef® brand ribeye steak, cooked to perfection ☒ 46

## new york strip

a 10oz certified angus beef® brand striploin grilled just the way you like it ☒ 38

## steak & lobster

a certified angus beef® brand sirloin steak accompanied by a seasoned 5oz lobster tail baked in white wine and garlic butter ☒ 6oz | 40 8oz | 45

## bacon wrapped sirloin

a sirloin steak wrapped with bacon - our most popular steak! ☒ 6oz | 27 8oz | 30

### add to your steak

lobster tail 18 | garlic shrimp 8  
garlic mushroom skillet 5 | blue cheese crust 4  
crispy banana peppers 3 | oscar topping 5

# smaller plates

## jalapeño bourbon chicken burger

a 5oz chicken breast, basted in jack daniels honey bourbon bbq sauce, topped with jalepeño monterey jack and crispy breaded jalepeños. served with sweet potato fries and spicy dipping sauce ☒ 17

## the echo reuben

sliced corned beef, provolone cheese, wine sauerkraut, hot banana pepper rings, 1000 island dressing, on marble rye, garnished with a dill pickle wedge 16

## smoked turkey panini

smoked turkey, roasted red pepper, cranberry mayonnaise, gouda cheese on marble rye 16

## genoa flatbread panini

genoa salami, red onion, mozzarella, sliced tomato, marinara sauce 16

# entrées

add a starter house or caesar salad to any entrée for 3

## echo's baby back ribs

echo's signature baby back ribs, your choice of honey garlic, bbq or bbq heat sauces, served with sweet potato fries ☒ 26 add chicken 5

## lemon oregano chicken

two grilled chicken breasts marinated in lemon oregano marinade and baked in a white wine cream sauce, served with vegetables and potato of the day ☒ 22

## chicken parmesan

a tender breaded chicken breast topped with basil tomato sauce, parmesan, mozzarella cheese and baked in the oven, served with our feature vegetable and fettuccine with your choice of marinara or alfredo sauce ☒ 23

## chipotle chicken penne alfredo

penne noodles and grilled chicken, tossed with spicy chipotle alfredo, fire roasted red peppers and mushrooms, served with garlic toast 17

## pot roast

a mouth-watering certified angus beef® brand pot roast with roasted vegetables and gravy, served in a warm yorkshire bowl with potato of the day 19

## tempura beer battered cod

crispy tempura beer battered cod, breaded to order and served with coleslaw, fries, and tangy tartar sauce 19

## cedar plank orange ginger salmon

cedar plank orange ginger salmon, served with rice and vegetables 22

## pan fried pickerel

a tender pickerel filet, lightly dusted with seasoned flour, pan fried to perfection, served with rice and vegetables ☒ 21

## grilled chicken stir-fry

grilled chicken sautéed with a stir-fry vegetable medley, tossed in a teriyaki sauce, placed over chow mein noodles and served with garlic toast 19

## spicy chorizo penne

chorizo sausage, savourty peppers and onions in a cajun spiced tomato sauce. sautéed with penne noodles, served with garlic toast. mild, medium or hot 16

add shrimp 5 | add chicken 5

☒ items that can be modified by our chefs to be gluten free options