

House-made corned beef hash with two eggs and home fries, with toast. GF

STEAK & EGGS - \$23

8oz sirloin with two eggs and home fries, with toast. GF

PARFAIT BREAKFAST - \$16

Two eggs; bacon or sausage; fresh fruit, yogurt, and granola parfait; and a fresh-baked blueberry muffin.

BAGEL & LOX - \$18

Lox, Slice of Eden bagel, two eggs, and home fries.

SCOTCH EGG BREAKFAST - \$18

Two soft boiled Sunset Acres Farm fresh eggs, rolled in local mild ground sausage and panko flash fried, served with home fries and toast.

HUMMUS & TOAST - \$15

Multigrain toast topped with house-made hummus, fresh sliced avocado, and a side of fresh fruit.

THE FRIAR'S GRANOLA BOWL - 13

Fresh seasonal fruit and vanilla yogurt topped with granola, and a fresh-baked blueberry muffin.

THE FRIAR'S GOOD MORNING SANDWICH - 11

Two eggs, cheddar cheese, and Canadian bacon on a Slice of Eden bagel.

THE BENEDICTS

Eggs Benedict, two poached eggs, Choice of Protein or Vegetable, House-Made Hollandaise, Toasted English Muffin and Home Fries

Three egg omelet with red pepper, spinach, onion, portobello mushroom, and Swiss cheese; served with home fries and toast. GF

CHICKEN SAUSAGE OMELET - \$17

Three egg omelet with Four Pepper Chicken Sausage, onion, portobello mushroom, and pepper jack cheese; served with home fries and toast. GF

GREEK OMELET - \$16

Three egg omelet with spinach, Kalamata olives, diced Roma tomato, and feta cheese; served with home fries and toast. GF

REUBEN OMELET - \$17

Three egg omelet with thinly sliced corned beef, sauerkraut, Swiss cheese, and 1000 Island dressing; served with home fries and toast. GF

VEGETARIAN RED BEAN OMELET

Vegetarian Red Bean Chili Omelet (Red Bean Chili, Swiss Cheese, Salsa Verde, Sour Cream)

\$16

SEAFOOD OMELET

Crabmeat (Local Crabmeat, Red Pepper and Gruyere Cheese sub Fresh Picked Lobster \$3, add Fresh Picked Lobster \$10)

\$22 / \$10 inn guest

Build Your Own Three Egg Omelet \$13

Three egg omelet with your choice of toppings; served with home fries  
and toast. GF

Cheddar, Swiss, Pepperjack, American, Feta, Goat, Spinach, Red Pepper, Onion, Portobello Mushroom, Tomato (\$1 each)

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Blueberries, Candied Nuts or Choco Chips \$3

Three Slices of French Toast \$13

Add a side of Farm Bacon, Canadian Bacon, or Sausage Patty or 4 Pepper Chicken Sausage for \$3  
GF items are or can be prepared gluten-free. All menu items and prices are subject to change without notice.

HAPPY HOUR AND FOOD SPECIALS NIGHTLY

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BREAKFAST AND DINNER SERVED DAILY

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### BLACK FRIAR INN

10 Summer St., Bar Harbor, Maine