



A-LA-CARTE MENU

OMELETS

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| HEALTHY WEALTHY ♥ | |
| Egg white seasonal vegetables olive oil | 11 |
| SPINACH HERB OMELET ♥ | |
| Spinach mushroom tomato fresh herbs | 12 |
| WESTERN OMELET | |
| Onions green pepper mushroom tomato ham | 12 |
| ASPARAGUS OMELET WITH GOAT CHEESE ♥ | |
| Egg white scallion fresh asparagus goat cheese | 13 |

SWEETS & FRUITS

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| FRESH FRUIT SMOOTHIE ♥ | |
| See our table top menu for featured recipes | 4.5 |
| CARIBBEAN FRUIT PLATTER ♥ | |
| Pineapple melon water melon orange grapes | 9.5 |
| OATMEAL PANCAKES ♥ | |
| Maple syrup low fat butter powdered sugar | 10 |

SPECIALS

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| SMOKED SALMON | |
| Bagel smoked salmon cream cheese capers boiled egg lettuce tomato onion | 15 |
| TWO EGGS ANY STYLE | |
| Two eggs your way breakfast potato | 9 |
| THE GRANDSLAM | |
| Two eggs pancake choice of ham or cheese bacon or sausage breakfast potato | 13 |
| ARTICHOKE BENEDICT | |
| Artichoke bacon English muffin hollandaise sauce | 13 |

Above menu items are served with choice of fresh bread or toast | juice | coffee or tea. Free-range organic eggs.

"Breakfast - the most important meal of the day!"
 Enjoy our healthy breakfast buffet with lots of fresh, healthy, wholesome and organic options to choose from!

BREAKFAST BUFFET

Freshly sliced tropical fruits (pineapple | honeydew | Watermelon | papaya | cantaloupe | orange | grapefruit)
 Whole fruits (banana | apple | orange | kiwi)

Home-made Granola (Recipe: Bob's Red Mill rolled oats | sliced almonds | sunflower seeds | coconut flakes | honey | vanilla | vegetable oil | brown sugar)
 100% organic muesli - Zonnatura | cornflakes
 100% organic steel cut oatmeal - Bob's Red Mill

Greek yogurt - nonfat - Chobani | nonfat natural yogurt
 fruit yogurt | cottage cheese | skimmed milk

Cereal condiments: dried papaya | mango | pineapple | apricot | raisins | walnuts | almonds | brown sugar |
 54% dark chocolate callets from Belgium - Callebaut

Freshly baked whole wheat | 10-seed bread | white bread |
 croissants | bagels | Danish | English muffin

Cold cuts: Dutch Gouda cheese | ham | turkey | salami |
 special of the week | marinated grilled vegetables

Egg specialties of the day | bacon | turkey sausage |
 Red skin breakfast potatoes |
 Pico de Gallo | Pico de Papaya - spicy sauces
 French toast or pancake of the day |

Freshly brewed coffee | flavored tea | herbal tea
 100% Florida squeezed orange & ruby red grapefruit juice |
 tomato | pineapple | cranberry | apple juice
 17.5

Products and brands listed are subject to availability and seasonality



Our prices are in US Dollars | 15% service charge will be added to your bill. This is distributed amongst the staff on a point basis & becomes part of the server's monthly salary. Additional gratuities are always appreciated!

♥ LOW CALORIE | LOW FAT | LOW CHOLESTEROL

All dishes are prepared with olive oil or vegetable oil

