



CONTINENTAL BREAKFAST

🍏🌿 Fresh fruit juices: orange, pineapple, melon, watermelon and tomato with spices

Danishes and sweet rolls basket, butter and preserves

🍏🌿 Yogurt: strawberry, fruit of the day or natural

AMERICAN BREAKFAST

🍏🌿 Fresh fruit juices: orange, pineapple, cantaloupe, watermelon and tomato with spices

🍏🌿 Seasonal fruit platter

White baguette, cereal roll and toasts basket, butter and preserves

Pancakes with chocolate or strawberry sauce

Or

Eggs of your choice: fried, scrambled or omelette.
Accompanied with the filling and garnish of your choice:
onion, ham, bacon, cheese, bell peppers, tomato and mushrooms

A LA CARTE

FRESH FRUIT JUICES

- 🍏🌿 Orange, pineapple, watermelon and tomato with spices
- 🍏🌿 Vegetable vitamins: carrot, tomato and celery
- 🍏🌿 Vitamin C: carrot, orange and lime

FRESH FRUIT

- 🍏🌿 Seasonal fruit plate

PASTRY

Danishes and sweet rolls basket, butter and preserves

BAKERY

Bread basket: white baguette bread, cereal bread, toasts, butter and jam

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- 🍏 These are healthy dishes which help in maintaining balanced diet
 - 🌿 These are gluten free dishes

PANCAKES & WAFFLES

Pancakes with chocolate or strawberry sauce

Jamaican pancakes with banana, topped with pineapple caramel

Baked apple crêpes, cinnamon sauce

Waffles with maple syrup and crispy bacon

CEREALS

All-Bran, Choco Krispies, Granola, Corn Flakes, Bran Flakes, Special K or nuts and dried fruit müsli

YOGURT

🍏🌿 Natural, apple, strawberry, chocolate or fruit of the day

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

🍏 These are healthy dishes which help in maintaining balanced diet

🌿 These are gluten free dishes

🥛 This dish contains dairy and/or milk

🌱 Whole Food Plant-Based option

EGG MENU

Eggs of your choice: fried, scrambled or omelette.
Accompanied with of your choice: onion, ham, bacon,
sausage, cheese, bell peppers, tomato and mushrooms

Poached eggs on whole wheat bread toast, spinach
and glazed with Hollandaise sauce

🍏🌿 Egg white omelette with tomato, gouda cheese,
mushrooms and onion

🍏🌿 JAMAICAN
Ackee with bell pepper, sautéed onions with hot sauce,
fried plantain

🍏🌿 Ackee with tomato and callaloo, onion and confit cod

MEXICAN

“Ranchero” eggs

Two fried eggs on fresh corn tortilla with “ranchera”
sauce accompanied with refried beans

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EXCELLENCE

OYSTER BAY, JAMAICA