

## 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

## HEALTHY BREAKFAST

Juices

- 🍏🌿 Red vitamins: strawberry, cranberry and cantaloupe

Or

- 🍏🌿 Vegetable vitamins: carrot, tomato and celery

Or

- 🍏🌿 Vitamin C: carrot, orange and lime

- 🍏🌿 Seasonal fruit selection

Cereal bread and whole wheat bread toast basket

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

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🍏 These are healthy dishes which help in maintaining a balanced diet

🌿 These are gluten free dishes

## AMERICAN BREAKFAST

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

🍏🌿 Seasonal fruit selection

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

Pancakes with chocolate or strawberry sauce

Or

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

## À LA CARTE

### FRESH FRUIT JUICES

🍏🌿 Orange, pineapple, cantaloupe, watermelon and tomato with spices

🍏🌿 Red vitamins: strawberry, cranberry and cantaloupe

🍏🌿 Vegetable vitamins: carrot, tomato and celery

🍏🌿 Vitamins C: carrot, orange and lime

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🍏 These are healthy dishes which help in maintaining a balanced diet

🌿 These are gluten free dishes

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

## FRESH FRUIT

- 🍏🌱 Seasonal fruit plate
- 🍏🌱 Natural fruit macedoine

## PASTRY

Danishes and sweet rolls basket, butter and preserves

## PANCAKES & WAFFLES

Pancakes with chocolate or strawberry sauce

Jamaican pancakes with banana, topped with pineapple caramel

Cream cheese pancake layers, raisins and caramel sauce

Baked apple crêpes, cinnamon sauce

Waffles with maple syrup and crispy bacon

Waffles with strawberry, Chantilly and chocolate sauce, sprinkled with toasted almonds

## CEREALS

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

## YOGURT

- 🍏🌱 Natural, apple, strawberry, chocolate or fruit of the day

## EGG MENU

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

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

Fried eggs in its trilogy of bacon, sausage and pork loin

Scrambled eggs with tomato and onion stew,  
chorizo and spicy sauce

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

## SPECIALS

### JAMAICAN

- 🍷🍏 Ackee with bell pepper, sautéed onions  
with hot sauce, fried plantain
- 🍷🍏 Akee 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

### BRITISH BREAKFAST

One or two fried eggs, grilled sausage, tomato,  
mushrooms, baked white beans and fresh toasts