

breakfast menu



served 7 - 11:30 am

healthy options

HEALTHY START CONTINENTAL PLATTER 24

Selection of seasonal fruit, choice of yogurt, coconut granola bar, daily fresh baked goods, tropical fruit jam  

APPLE MANGO TANGO GRANOLA BOWL 28

Greek yogurt, maple syrup, cinnamon, sea salt, topped with sliced mango, apples, chia seeds, sunflower seeds, pumpkin seeds, shredded coconut, coconut syrup, and berries  

waffles

TRADITIONAL WAFFLES WITH FRUIT 19

Dusted with icing sugar and drizzled with maple coconut syrup

CORN BREAD WAFFLES 25

Topped with melted mozzarella, jalapeños, and crème fraiche


APPLE & CINNAMON WAFFLES 21

Topped with apples, dusted with cinnamon, drizzled with maple coconut syrup, served with seasonal fruit

eggs


RISE & SHINE EGGS 20

add meat 6

Choice of eggs accompanied by toast, hash-brown, selection of fruit, house made jam, and whipped butter 

Poached | Scrambled | Over Easy
Sunny Side Up | Well Done

YOUR MORNING OMELET 24

Your choice of omelet accompanied by toast, hash-brown, selection of fruit, housemade jam, and whipped butter 

choice of cheese

Asiago | Mozzarella | Feta | Parmesan
Fresh cheese | Marble jack


add veg 2

Mushrooms | Olives | Peppers | Tomatoes
Onions | Spinach | Artichoke

add meat 6


Candy Bacon | Glazed ham | Italian sausage
Sopressata | Imported salami
Shrimp 9 | Lobster (seasonal) 16

CANNOLI STUFFED FRENCH TOAST 20


Cinnamon brioche stuffed with cannoli filling served with seasonal fruit and maple syrup 

tuscan oven sandwiches

FOCACCIA AVOCADO TOAST 22

Focaccia bun toasted in our tuscan oven topped with poached eggs, creole tomato, avocado foam, and fresh coriander 

TUSCAN EGG SANDWICH 26

Toasted focaccia, tomato pesto spread, feta omelet, roasted red bell pepper, and fresh basil 

tuscan breakfast skillet

6 inch 30 | 10 inch 42

Choose a base, cheese, vegetables, and meat

choice of base

Hash Brown Potato | Ranchero Sauce
Creamy Polenta

choice of cheese

Asiago | Mozzarella | Smoked Gouda
Gorgonzola | Feta cheese | Fresh cheese

choice of vegetables

Zucchini | Artichoke | Cherry tomatoes
Mushrooms | Olives | Arugula | Peppers | Avocado

choice of meat 6

Candy Bacon | Glazed ham | Italian sausage
Sopressata | Imported salami | Shrimp
Lobster (seasonal)

smoothies

MORNING BREEZE 18

Mango, flax seed, celery, ginger

THE CHAMPION 20

Banana, cucumber, strawberry, oats, cardamom, ginseng

GO-GREEN 25

Green apples, hemp seed, kale, cucumber, mint, kiwi

GOOD MORNING STRETCH 21

Banana, chia seed, pineapple, coconut cream

hot beverages

Americano 5
Espresso 12
Irish Coffee 24

Cappuccino 15
Café Latte 15
Hot Chocolate 8

cold beverages

Coffee over ice 8
Frozen Coffee 16
Fire Ball ice coffee 28
Milk | Chocolate Milk 6

Freshly Squeezed Juice 8
Orange, Watermelon, Sour-Sap, Coconut Water, Cantaloupe, Tomato, Pineapple, Lime

Iced or Hot Tea 6
Citrus/Ginger, Raspberries Love, Lemon & Mint

Mimosa 16
Classic, Poinsettia, Black Velvet

Bloody Mary 18

sides	HASH BROWN 10	FRUIT 15	MEAT 12
	TOAST 10	VEGETABLES 12	Candy Bacon Glazed ham Italian sausage
	FRY JACK 10		Sopressata Imported salami Shrimp Lobster (seasonal)

 Gluten-free items or gluten-free options available

 Vegetarian items

embers

All prices are in Belize dollars - inclusive of 12.5% GST.
An additional 10% hospitality charge will be applied.

What's a hospitality charge?



