


breakfast menu



served 7:00 am - 11:00 am

healthy options

HEALTHY START CONTINENTAL PLATTER 28

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

FRUIT MEDLEY YOGURT BOWL AFTER SEA SALT 32

Sliced apples, assorted fruits and seeds, shredded coconut and berries  

waffles

TRADITIONAL WAFFLES WITH FRUIT 21

Dusted with icing sugar and drizzled with maple coconut syrup

CORN BREAD WAFFLES 28

Topped with melted mozzarella, jalapeños, and crème fraiche

APPLE & CINNAMON WAFFLES 24

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

eggs


RISE & SHINE EGGS 22

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 28

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


add veg 4

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

add meat 8


Bacon | Glazed ham | Italian sausage |
Imported salami | Shrimp 12

CANNOLI STUFFED FRENCH TOAST 22


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

tuscan oven sandwiches

FOCACCIA AVOCADO TOAST 26

Focaccia bun toasted in our tuscan oven topped with poached eggs, fresh homemade pesto and fresh avocado cream, and fresh coriander 

TUSCAN EGG SANDWICH 30

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

tuscan breakfast skillet

6 inch 33 | 10 inch 48

Choose a base, cheese, vegetables, and meat

choice of base

Hash Brown Potato | Ranchero Sauce
Creamy Polenta

choice of cheese

Asiago | Mozzarella | Gorgonzola |
Feta cheese | Fresh cheese

choice of vegetables 4

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

choice of meat 8

Bacon | Glazed ham | Italian sausage | Imported
salami | Shrimp 12

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

TOAST 10

FRY JACK 10

FRUIT 15

VEGETABLES 12

MEAT 12

Bacon | Glazed ham | Italian sausage |
Imported salami | Shrimp 20



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?



