

# breakfast menu

served 7 - 11:00 am

## mains

### POTATO BACON HASH 30

A hearty breakfast-style hash of crispy potatoes, bacon, bell peppers, and onions, topped with melted mozzarella, cherry tomatoes, kale, and a perfectly soy boiled egg. choice of side: toast | fry jacks | hash brown

### YOGURT PARFAIT 22

Creamy yogurt layered with crunchy granola, fresh cantaloupe, strawberries, and blueberries for a light, refreshing, and wholesome treat.



### PANCAKES 24

Fluffy pancakes made from a rich, buttery batter, served with blueberries, banana, maple syrup, bacon onion jam and a dusting of powdered sugar for a sweet and savory breakfast treat.

### WAFFLES 24

Crispy, golden waffles made from a rich, buttery batter, with blueberries and coconut flakes, maple syrup, bacon onion jam, and a light dusting of powdered sugar for a perfect sweet-and-savory treat.

### HEALTHY START CONTINENTAL PLATTER 30

Selection of seasonal fruit, choice of yogurt, coconut granola bar, daily fresh baked goods, tropical fruit jam   choice of side: toast | fry jacks | hash brown


### SOURDOUGH TOAST 40

Toasted sourdough topped with creamy guacamole, smoked salmon, romesco sauce, and a vibrant avocado relish for a flavorful, and satisfying bite. choice of side: toast | fry jacks | hash brown

### OMELETTE 26

Fluffy, golden eggs folded with mushroom, spinach, onions, mozzarella garnish with feta cheese and choice of meat: bacon | ham | sausage choice of side: toast | fry jacks | hash brown

### RISE & SHINE EGGS 30

*add meat 12*  
Choice of egg(s) accompanied by toast, hash-brown, selection of fruit, house made jam, and whipped butter  choice of side: toast | fry jacks | hash brown

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

### EGGS BENEDICT 32

Classic eggs Benedict with perfectly poached eggs atop freshly baked homemade muffins, ham, and kale drizzled with rich, velvety hollandaise sauce for a luxurious breakfast or brunch treat. choice of side: toast | fry jacks | hash brown

### EMBERS BELIZEAN BREAKFAST 24

A hearty Belizean favorite featuring tender stew chicken, creamy refried beans, warm fluffy fry jacks, and fresh avocado.

### BAGELS 34

Freshly baked homemade bagels topped with sesame seeds, served with velvety herb-infused cream cheese, pepperoni, prosciutto and fresh fruit. choice of side: toast | fry jacks | hash brown

### FRENCH TOAST 28

Thick homemade cinnamon bread French toast stuffed with creamy mascarpone and fresh strawberries, topped with a vibrant tropical fruit compote crema de menta for a sweet and indulgent breakfast treat. choice of side: toast | fry jacks | hash brown

## smoothies

### BANANA PEANUT BUTTER SMOOTHIE 12

banana purée, peanut butter, milk, simple syrup

### STRAWBERRY SMOOTHIE 14

strawberry puree, milk, simple syrup

### GO-GREEN 18

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

### BUTTER SCOTCH COFFEE SMOOTHIE 20

butter scotch, espresso, milk, simple syrup, whipped cream

## hot beverages

Americano 5  
Espresso 12  
Irish Coffee 24

Cappuccino 15  
Café Latte 15

## cold beverages

Frozen Coffee 16  
Milk | Chocolate Milk 6

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

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

Mimosa 16  
*Classic, Poinsettia, Black Velvet*

sides	HASH BROWN 10	FRUIT 12	MEAT 12
	TOAST 10	FRY JACKS 10	Bacon   Glazed ham   Italian sausage   Imported salami



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

What's a service charge?



