## **BREAKFAST MENU**

FULL-ON		SWEET SIDE	
OMELETTES YOUR WAY made-to-order omelettes	22	PLANTAIN FRENCH TOAST NF pineapple compote, whipped cream, maple syrup	22
condiments of choice: red onions, mushrooms, ham, cheese, mixed peppers, scotch bonnet add lobster   5		BANANA BREAD NF spiced cream, rolled oats	16
SHAKSHUKA GF, NF, DF fried eggs, sweet peppers, gungo peas, callaloo	24	FILLED CROISSANT NF white chocolate matcha & pistachio crémeux, strawberries	16
AVO CRUSTI toasted croissant, poached egg, crushed avocado, mung beans, arugula, parmesan, lemon, pine nuts	26	PANCAKES & CARAMEL NF passionfruit, soursop caramel	22
BENEDICTS NF CLASSIC: toasted english muffins, cured ham, poached egg, hollandaise	20	PASTRY BASKET muffin of the day, croissant, pain au chocolat	16
SALMON ROYAL: toasted english muffins, smoked salmon, poached egg, hollandaise FLORENTINE: toasted english muffins, sauteed	22 18	HOT OATMEAL PORRIDGE GF, NF mixed berries, honey	14
spinach, poached egg, hollandaise  STEAK & EGGS GF grilled steak, fried egg, cherry tomatoes, roasted potatoes, honey mustard mayo	30	HOUSE-MADE GRANOLA oven-roasted caramelized oats, dried papaya, dried mango, raisins choice of milk: oat, coconut, almond, or soy	12
MEADS BAY BREAKFAST NF, DF eggs your way, sausage, saltfish, fried plantain, roasted potatoes, portobello mushrooms, grilled tomatoes	28	KEEPING IT LIGHT	
		<b>OAT POT</b> DF, VG mixed berries, flax seeds, fresh mint	10
<b>THE BREAKFAST BURGER</b> NF toasted English muffin, smashed beef patty, cheddar, maple-glazed bacon, fried egg, bbq onions	24	<b>CHIA PUDDING</b> DF, GF, VG infused coconut milk, mango, passionfruit, bay leaves, mixed seeds	12
LOBSTER CURRY BOWL DF, GF zucchini, bell peppers, cherry tomatoes, coconut, lemongrass curry sauce	30	<b>GREEK YOGURT</b> GF green apple, pineapple, raspberries, honey, sunflower seeds	12
CHICKEN & WAFFLES NF crispy chicken, fried egg, bacon, mushroom sauce	24	COFFEE CREAM chocolate granola, cinnamon	10
HAM & CHEESE TOASTIE  toasted and prepared sandwich-style, filled with: ham, cheddar, mozzarella cheese sauce	18	FRUIT PLATTER VG assortment of tropical fruits	18
add fried egg   2  SALTFISH JOHNNY CAKE NF filled with saltfish, fried egg, avocado, arugula,	18	SIDES	
		SLICED AVOCADO	4
SMOKED SALMON BAGEL NF cream cheese, pickled onions, capers	20	FRIED PLANTAIN	4
		HASH BROWNS	4
		SAUTEED POTATOES rosemary & salt	5
		GRILLED MUSHROOMS	3.50
		CRISPY BACON	5
		BREAD SELECTION  toasted, choice of: white, whole meal, country, bagel, Johnny cake or gluten-free	3

DF - DAIRY FREE | GF - GLUTEN FREE | NF - NUT FREE | VG - VEGAN

Please inform us of any allergies or dietary requirements when placing your order. All prices are in USD and subject to 13% GST + 17% service charge.



