BREAKFAST MENU

FULL-ON

add fried egg | 2

OMELETTES YOUR WAY	20
condiments of choice: red onions, mushrooms, ham, cheese,	
mixed peppers, scotch bonnet	
add lobster 5	
AVO CRUSTI	24
toasted croissant, poached egg, crushed avocado,	
mung beans, arugula, parmesan, lemon, pine nuts	
BENEDICTS NF	
CLASSIC: toasted english muffins, cured ham,	20
poached egg, hollandaise	
SALMON ROYAL: toasted english muffins,	22
smoked salmon, poached egg, hollandaise	
FLORENTINE: toasted english muffins, sauteed	18
spinach, poached egg, hollandaise	
STEAK & EGGS GF	28
grilled steak, fried egg, cherry tomatoes,	
roasted potatoes, honey mustard mayo	
MEADS BAY BREAKFAST NF, DF	26
eggs your way, sausage, saltfish, fried plantain,	
roasted potatoes, portobello mushrooms,	
grilled tomatoes	
THE BREAKFAST BURGER NF	24
toasted English muffin, smashed beef patty,	
cheddar, maple-glazed bacon, fried egg, bbq onions	
LOBSTER CURRY BOWL DF, GF	28
zucchini, bell peppers, cherry tomatoes, coconut,	
lemongrass curry sauce	
HAM & CHEESE TOASTIE	18
toasted and prepared sandwich-style, filled with:	
ham, cheddar, mozzarella cheese sauce	

SWEET SIDE

PLANTAIN FRENCH TOAST NF pineapple compote, whipped cream, maple syrup	20
PANCAKES & CARAMEL NF passionfruit, soursop caramel	20
PASTRY BASKET muffin of the day, croissant, pain au chocolat	15
HOT OATMEAL PORRIDGE GF, NF mixed berries, honey	12
HOUSE-MADE GRANOLA oven-roasted caramelized oats, dried papaya, dried mango, raisins choice of milk: oat, coconut, almond, or soy	10
KEEPING IT LIGHT	
OAT POT DF, VG mixed berries, flax seeds, fresh mint	10
CHIA PUDDING DF, GF, VG infused coconut milk, mango, passionfruit, bay leaves, mixed seeds	10
GREEK YOGURT GF green apple, pineapple, raspberries, honey, sunflower seeds	10
FRUIT PLATTER VG assortment of tropical fruits	12
SIDES	
SLICED AVOCADO	4
FRIED PLANTAIN	4
HASH BROWNS	4
SAUTEED POTATOES rosemary & salt	5
GRILLED MUSHROOMS	3.50
CRISPY BACON	5
BREAD SELECTION toasted, choice of:	3

white, whole meal, country, bagel, Johnny cake or gluten-free

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.



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