BREAKFAST MENU

FULL-ON		SWEET SIDE	
OMELETTES YOUR WAY E made-to-order omelettes condiments of choice: red onions, mushrooms, ham, cheese,	20	PLANTAIN FRENCH TOAST D, G pineapple compote, whipped cream, maple syrup	20
mixed peppers, scotch bonnet add lobster 5	25	PANCAKES & CARAMEL D, G passionfruit	20
AVO CRUSTI D, G, N to a sted croissant, poached egg, crushed avocado, arugula, parmesan, lemon, pine nut pesto	24	PASTRY BASKET D, G muffin of the day, croissant, pain au chocolat	15
SHAKSHUKA E fried eggs, stewed peppers, hash browns, pico de gallo	24	HOT OATMEAL PORRIDGE mixed berries, honey	12
LOBSTER QUICHE D, G bacon, pickled onions, spicy mayo, lettuce	24	HOUSE-MADE GRANOLA G oven-roasted caramelized oats, dried papaya, dried mango, raisins	10
SAVORY CROISSANT D, G ham & cheese <i>or</i> smoked salmon & cream cheese	24	choice of milk: oat, coconut, almond, or soy	
BENEDICTS D, G, E CLASSIC: toasted english muffins, cured ham,	20	KEEPING IT LIGHT	
poached egg, hollandaise SALMON ROYAL: toasted english muffins, smoked salmon, poached egg, hollandaise	22	OAT POT mixed berries, flax seeds, fresh mint	10
FLORENTINE: toasted english muffins, sauteed spinach, poached egg, hollandaise	18	CHIA PUDDING infused coconut milk, mango, passionfruit, bay leaves, mixed seeds	10
STEAK & EGGS E	28	bay leaves, mixed seeds	
grilled steak, fried egg, cherry tomatoes, roasted potatoes, honey mustard mayo		GREEK YOGURT D green apple, pineapple, raspberries, honey, sunflower seeds	10
MEADS BAY BREAKFAST E eggs your way, sausage, saltfish, fried plantain, roasted potatoes, portobello mushrooms, grilled tomatoes	26	FRUIT PLATTER assortment of tropical fruits	12
THE BREAKFAST BURGER D, G toasted English muffin, smashed beef patty,	24	SIDES	
cheddar, maple-glazed bacon, fried egg, bbq onions		SLICED AVOCADO	4
LOBSTER CURRY BOWL SH sautéed potatoes, bell peppers, cherry tomatoes, coconut rice, lemongrass curry sauce	28	FRIED PLANTAIN	4
coconut rice, iemongrass curry sauce		HASH BROWNS	4
HAM & CHEESE TOASTIE D, G toasted and prepared sandwich-style, filled with: ham, cheddar, mozzarella cheese sauce add fried egg 2	18	SAUTEED POTATOES rosemary & salt	5
		GRILLED MUSHROOMS	3.50
		CRISPY BACON	5
		BREAD SELECTION G toasted, choice of: white, whole meal, country, bagel, Johnny cake or gluten-free	3

D - dairy | G - gluten | N - nut | E - egg | SH - shellfish

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



