



Breakfast Menu

Continental

Seasonal tropical fruit juice, fresh fruit bowl,
white or whole wheat toast, butter and
homemade marmalades, coffee,
herbal teas, hot chocolate and milk

Fruit bowl, yogurt and homemade granola (GF)

Cinnamon, Raisin, banana, pineapple oatmeal
(GF, V)

Kalinago Frayne Porridge

A traditional dish made from the fiber of the Cassava
after the starch has been removed. It is very similar to
Oatmeal in consistency (GF, V)

Tropical fruit platter (GF, V)

Seasonal local and imported fruit

Coffee, Tea or Juices

Smoothies (GF)

Your choice of whole, skim, soya or almond milk
Banana with vanilla and nutmeg
Papaya, vanilla and cinnamon
Passion fruit and vanilla

Veggie Drinks (GF, V)

Diuretic – Cucumber, pineapple, parsley and lime
Relaxing – Carrot, celery and parsley
Energetic – Beet, carrot and parsley
Green Power – Carrot, celery, spinach and parsley

Full Breakfast

Upgrade your Rosalie Bay Breakfast
Continental breakfast plus your choice of:

Omelet

With vegetables from our organic garden (GF)

Whole wheat raisin French toast

Crusted with granola and almonds stuffed with banana
and topped with fresh pineapple

Homemade pancakes

With guava butter

Two eggs any style

Accompanied with potatoes of the day, bacon,
sausage, ham or veggies

Poached eggs

Served with Creole sauce over sautéed fresh spinach,
topped with smoked marlin fish (GF)

Open face two egg white omelet

With fresh spinach, carrots, fresh diced tomatoes and
basil infused olive oil (GF)

Authentic Local Breakfast

One egg and one egg white omelet stuffed with
veggies and your choice of smoked herring or salt fish.
Accompanied with mashed green or sweet plantain,
topped with sautéed onions and served with stuffed
“bakes” with cheese

Food Fact: *Stuffed Bakes are a favorite Dominican
dough breakfast item. They are fried until golden
brown then sliced and filled cheese.*

GF = Gluten Free (no wheat, rye or Barley)
V = Vegan (contains no animal products)