

Healthy Start Continental Breakfast (inclusive in daily rate)

✦ Dominican Coffee, English Tea, Herbal Teas
or Local 'Cocoa Tea' made with coconut milk & cocoa

✦ Juice of the Day ✦ Fresh Fruit Bowl

✦ Selection of Home Baked Goods

✦ Local Jam or Marmalade, 'Bush Honey' & Butter

✦ Kalinago 'Farine' Porridge
made from indigenous cassava

or

✦ Homemade Granola or Oatmeal

Served with honey, raisins, cinnamon, bananas and choice of milk

Morning Favorites

Creole Breakfast ✦ 'the local favorite' seasoned saltfish, hardboiled egg, cucumber & cabbage salad, plantain mash, 'bakes' ~ \$6

Dominican Eggs Benedict ✦ two poached eggs, sliced smoked marlin & spinach with 'Creole' sauce served on local 'bakes' ~ \$7

Banana Pancakes ✦ homemade & irresistible served with local 'bush' honey & fresh grated nutmeg ~ \$4

Fruit 'n Yogurt Parfait ✦ layers of chilled yogurt, fresh fruit and homemade granola ~ \$6

Garden Plantation Omelet ✦ filled with fresh garden vegetables & herbs served with toast ~ \$6

Rosalie Bay Omelet ✦ filled with choice of smoked marlin or seasoned saltfish served with toast ~ \$7

✦ Two eggs ~ any style ~ \$4 ✦ Cheese Omelet ~ \$5

✦ Bacon, Ham, Sausage or Turkey Bacon ~ \$4 ✦ Hash Brown Provisions ~ \$2 ✦ Mashed Plantain ~ \$2

✦ Deluxe Homemade Bread & Pastry Basket ~ \$4

Beverages ~ \$3

✦ Milk - Whole, Skim or Soy ✦ Juice of the Day ✦ Coconut Water
✦ Fresh Roasted Dominican Coffee ✦ Local 'Cocoa Tea' ✦ Herbal & Regular Teas

Cool & Refreshing 'Morning Energy Boosting' Smoothies ~ \$5

Tropical Dreamsicle ✦ passionfruit, papaya, banana, vanilla & coconut milk

Nutty Kako Banana ✦ cocoa, peanut butter, banana, honey, plus soy, skim or coconut milk

Energetic ✦ beets, carrots & parsley

Melon Refresher ✦ watermelon, aloe & honey

Moringa ✦ cucumber, pineapple, moringa & lime