



# BREAKFAST MENU

*Breakfast is served with coffee/tea and a glass of juice*

## SPECIALS

BREAKFAST WRAP	13	ARUBAN BREAKFAST	17
Tortilla   scrambled egg   chorizo   crispy lettuce   cheddar cheese   tomato		2 eggs any style   bacon and turkey link sausage   pastechi   almond cheese praline	
SMOKED SALMON	16	SPINACH BENEDICT	14
Bagel   smoked salmon   cream cheese   capers   boiled egg   crispy lettuce   tomato   onion		Sautéed spinach   ham   poached egg   English muffin   hollandaise sauce	

## OMELETS & EGGS

HEALTHY WEALTHY ♥	12	WESTERN OMELET	12
3 egg whites   spinach   mushroom   tomato   herbs		2 eggs   onions   ham   bell-pepper   mushroom   tomato	
TWO EGGS ANY STYLE	10		
Sunny-side-up or scrambled   breakfast potato			
ASPARAGUS OMELET WITH GOAT CHEESE ♥	14	<b><i>Specials and Omelet &amp; Egg items come with a choice of fresh bread, toast or croissant</i></b>	
Egg white   scallion   fresh asparagus   goat cheese			

## VEGAN DELIGHTS

HOMEMADE CHIA PUDDING ♥	9	COCONUT FRENCH TOAST	10
Coconut milk   organic chia seeds   agave syrup   fresh berries   homemade granola   cinnamon		Coconut flaked toast   sliced fruits   pineapple salsa	
AVOCADO TOAST ♥	11	OATMEAL ♥	8
Fresh sliced avocado   toasted wheat bread topped with sautéed herb mushroom		Topped with homemade granola   agave syrup and sliced almonds	

## SWEETS & FRUITS

CARIBBEAN FRUIT PLATTER ♥	10	BANANA CHOCOLATE WAFFLE	10
Selection of fresh seasonal fruits such as: Pineapple   melon   watermelon   orange   grapes   plain yogurt		Fresh sliced banana   chocolate drops   berries   cinnamon powder sugar   whipped cream	

♥ LOW CALORIE | LOW FAT | LOW CHOLESTEROL |

**All dishes are prepared with olive oil or vegetable oil**

Please let your waiter know if you have any allergies and/or dietary restrictions.

Please be aware that our dishes are prepared in a kitchen where allergens are present throughout, therefore, we cannot guarantee that any dishes or drinks will be free from trace ingredients.

## HEALTHY FRUIT & VEGETABLES SMOOTHIES

7.50

POPEYE	<i>A kick-start of your day</i>	CARIBBEAN BEATS	<i>Detoxify your body!</i>
Banana   Cranberry   Strawberry   Spinach [Vitamin A, B6, C, calcium, magnesium]		Guava   Beet   Berries   Coconut milk [Improves immune system and digestion]	
ISLAND DETOX	<i>Glow up!</i>	RAINBOW BERRIES	<i>Retrieve your golden dreams</i>
Pineapple   Spinach   Lime juice [Vitamin A, B, C, copper, magnesium, iron]		Blueberry   Strawberry   Banana   Green Tea   Orange [Vitamin A, B, C, E, copper, zinc, iron]	
THE GREEN SMOOTHIE	<i>Give me energy!</i>	DIANA'S SPECIAL	<i>Stay hydrated and keep glowing</i>
Apple   Pineapple   Celery   Kale   Cucumber   Lemon   Ginger [Magnesium, strengthens immune system, calcium, vit. K]		Aloe   Pineapple   Cucumber   Mint leaves   Lime   Coconut water [anti-inflammatory, rehydration, high in enzymes, fiber]	
BERRY - VOCADO	<i>Bye cholesterol, Hi Metabolism!</i>	TROPICAL TWIST	<i>Give your day a fiber twist</i>
Vita coco water   Avocado   Orange   Berries [Vitamin B6, C, E, glutathione]		Pineapple   Papaya   Mango   Banana   Honey [Vitamin A, B, A, potassium, copper, fiber, zinc]	
ELECTROLYTES	<i>Detoxify your body!</i>	<b>ADD TO THE MIX</b>	
Banana   Mango   Strawberry   Yoghurt   Honey   Coconut water [Vitamin A, B5, 6, iron, zinc, copper, potassium, calcium]		<b>Chia &amp; Flax seed mix   Ginger   Honey</b>	
IMMUNE BOOSTER	<i>Boost Boost Boost</i>	FRESH MINT TEA	
Orange   Pineapple   Ginger   Kiwi [Vitamin A, B, C, foliate, magnesium, copper, thiamin]		The leaves are picked from our own herb house 3.50	

Our prices are in US Dollars and 6% government taxes is included | 15% service charge will be added to your bill. The service charge is distributed amongst the staff on a point basis & becomes part of the server's monthly salary.

**Additional gratuities are always appreciated!**