



AVOCADO TOAST 24.00 **WELLNESS** Sourdough Toast, Avocado, Feta Cheese, AGAVE ORGANIC 19.00 Smoked Salmon & Prosciutto Di Parma MATCHA VEGAN BOWL GF Caribbean Fresh Fruits, Vegan Yogurt Add Two Eggs (Fried or Poached) 3.00 & Chia Seeds **OMELETTE BOURGEOISIE** 21.00 OMEGA THREE GF 19.00 Cage Free Eggs or Egg Whites Seasonal Fresh Fruit, Low Fat Yogurt Parfait & Baked Muffin Choice of: Applewood Smoked Bacon, Sausage, Turkey, MASON BERRY PARFAIT GF 16.00 Shrimp, Spinach, Peppers, Onions, Tomatoes, Low Fat Yogurt, Seasonal Berries & Granola Mushrooms, Jalapeños, Cheddar, Mozzarella, Feta, Sweet Potato & Hash Roasted Vegetables ORGANIC COCONUT OATMEAL 19.00 BISTECCA & EGGS GF 26.00 Organic Oats, Local Coconut Milk & Cinnamon Caviar Calgary Seasoned Skirt Steak, Mushroom Reduction, Two Eggs Any Style, GLUTEN FREE BREAKFAST PIZZA 22.00 Breakfast Potatoes or Sweet Plantains Cauliflower Crust, Avocado, Shaved Onions, Two Sunny Side Up Eggs & Truffle Goat Cheese EGGS BENEDICT ROYALE 24.00 Smoked Salmon, Toasted Mallorca Bread EGG WHITE BREAKFAST PANINI 16.00 & Hollandaise Sauce Avocado, Feta Cheese, Quinoa & Salsa Verde **BREAKFAST TABLE** GLUTEN FREE PANCAKES GF 18.00 SICILIAN BREAKFAST 32.00 Choose: Chocolate Chips, Banana, Strawberries, Blueberries, Warm Maple Syrup Prosciutto, Burrata, Two Eggs Any Style,

FROM THE FARM

RED QUINOA & EGGS BOWL GF Two Eggs Any Style, Sautéed Quinoa,

Spinach, Peppers, Sun-Dried Tomatoes

& Roasted Seasonal Vegetables

Truffle Essence & Sourdough Toast

Choice of Orange, Grapefruit or Cranberry Juice

(+2.00 Latte/Cappuccino)

Choice of Tea or Drip Coffee

EL YUNQUE BREAKFAST

31.00

Sweet Plantain, Root Vegetable Hash, Two Local Eggs & Sofrito Hollandaise

Choice of Orange, Grapefruit or Cranberry Juice

Choice of Tea or Drip Coffee (+2.00 Latte/Cappuccino)



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19.00

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BAKERY & PASTRIES

PANCAKE AL CHOCCOLATO 19.00

Chocolate Chip Pancakes, Chocolate Sauce, Chocolate Muffin Crumbs & Whipped Cream

PANCAKE DI CHEESECAKE 19.00 ALLE FRAGOLE

Vanilla Pancakes, Cheesecake & Wild Berry Sauce

DOLCE PANINO ALLA CANELA 18.00

Banana Foster Caramel & Pecans & Warm Maple Syrup

WAFFLES FLORENTINE 18.00

Cheddar Cheese Waffle, Sautéed Spinach, Local Poached Eggs & Hollandaise Sauce

HOMEMADE 8.00 BREAKFAST PASTRIES

SIDES

AVOCADO GF	8.00
ROASTED TOMATOES GF	8.00
SWEET POTATO HASH GF	8.00
TURKEY SAUSAGE GF	8.00
CHICKEN SAUSAGE GF	8.00
PORK SAUSAGE GF	8.00
APPLEWOOD BACON GF	8.00
GRILLED HAM GF	8.00





JUICERY

BEET JUICE

10.00 **GREEN JUICE ORANGE JUICE** 10.00

10.00

CITRUS MIMOSAS & BLOODY MARYS

12.00 **MIMOSA** Choice of Orange, Grapefruit or Passionfruit Juice

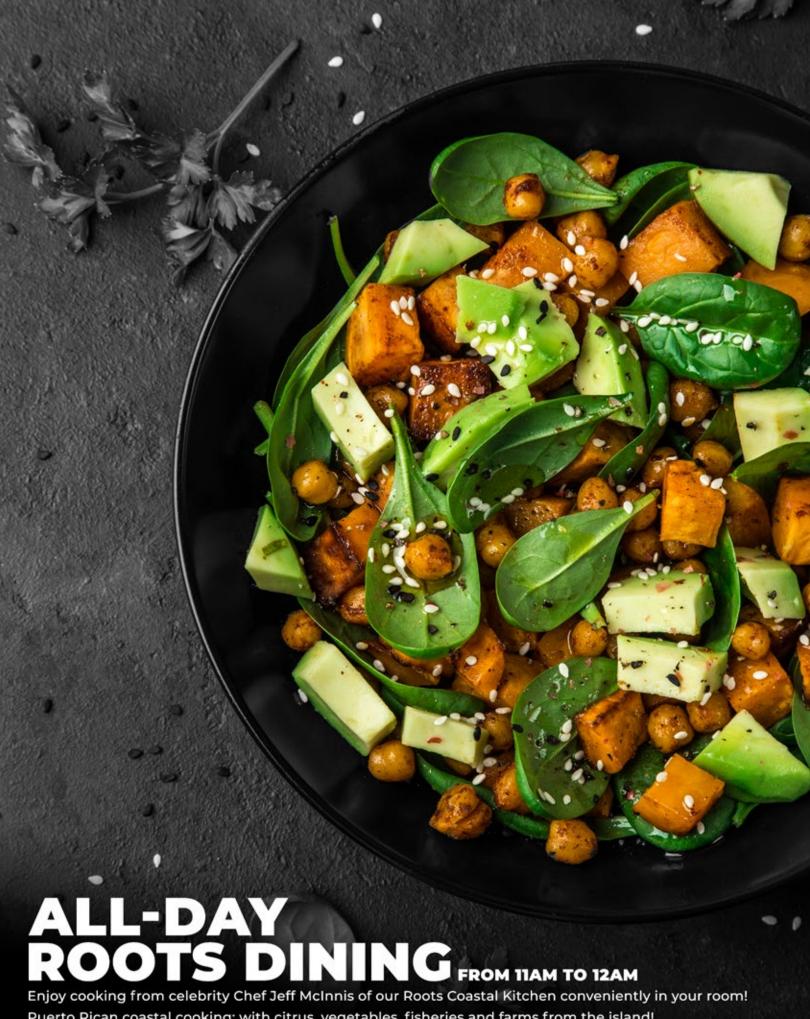
BLOODY MARY 14.00

CAFE LATTE 7.00 **ESPRESSO** 6.00 7.00 DOUBLE CAPPUCCINO 7.00 **SMALL POT COFFEE** 00.8 LARGE POT COFFEE 12.00 COFFEE 6.00 Whole Milk, Soy, Almond, 2% or Skim **TEA** 7.00 Whole Milk, Soy, Almond, 2% or Skim **VARIETY OF FRUIT JUICES** 7.00





SODA



Puerto Rican coastal cooking; with citrus, vegetables, fisheries and farms from the island!

QUICK BITES		ADD TO ANY SALAD	7.00
SHRIMP TACOS	18.00	Add Grilled Chicken Add Fried Chicken	7.00 7.00
Cilantro Lime Aioli, Avocado, Corn Tortilla,		Add Shrimp	10.00
Slaw & Pickle Fresno		Add Skirt Steak	12.00
BRIOCHE GRILLED CHEESE & SOUP	13.00	<u>PIZZA</u>	
Black Forest Ham, Vine Ripe Tomatoes,		MARGHERITA PIZZA V	16.00
Muenster Cheese & Tomato Soup		Mozzarella, Tomatoes & Basil	
CRISPY HOT WINGS	18.00	PEPPERONI PIZZA	18.00
Chilli Mango Hot Sauce, Celery		Pepperoni & Mozzarella	
& Blue Cheese Dressing		CHEESE PIZZA v	15.00
VEGGIE EMPANADAS v	10.00	Mozzarella, Fontal & Gouda Cheese	.0.00
Green Curry Aioli		with Tomato Sauce	
SALADS			
		SANDWICHES & BURGERS	
ICEBERG WEDGE GF VP	18.00	THE CLASSIC BURGER	19.00
House Made Local Pork Belly Bacon, Cherry Tomatoes, Charred Corn, Avocado, Spring Onions,		Cheddar Cheese, Thick Cut Tomatoes,	13.00
		Green Leaf Lettuce, House Pickles	
Blue Cheese & Ranch Dressing			
SIMPLE GREENS GF V	11.00	FRIED CHICKEN SANDWICH	16.00
Arugula, Cucumbers, Carrots, Onions, Tomatoes		Fried Chicken, Ciabatta Bread, Coleslaw,	
& Citrus Vinaigrette		Onions & Ranch	
		LARGE PLATES	
WATERMELON	15.00		
TOMATO & MANGO GF V Lime, Jalapeño Vinaigrette, Fresh Mango & Mint		SLOW ROASTED SPARE RIBS GF	21.00
Liffe, Jaiaperio Villaigrette, i resir Marigo	X IVIIIIC	Spicy Dry Rub, Guava Barbeque Sauce,	
CAESAR SALAD	16.00	Fries & Ginger Coleslaw	
Romaine Lettuce, Creamy Parmesan			
Dressing& Herbs Croutons		CHICKEN BASIL PESTO PASTA	23.00
		Fresh Pappardelle Pasta, Cherry Tomatoes	
		& Basil Pesto	



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CHICKEN PARMIGIANA Pomodoro, Mozzarella di Buffala,	28.00	KIDS	
Basil, Parmigiano Reggiano		KIDS BURGER	11.00
OAK ROASTED SALMON Salsa Verde, Roasted Vegetables, Lemon Garlic Crema	37.00	4oz Burger Served with Cheddar Cheese & Waffle Fries	
BUCATINI POMODORO & MEATBALLS Basil, Parmigiano Reggiano, Mozzarella	24.00	KIDS HOT DOG Hebrew National Hot Dog Served with Waffle Fries	11.00
NEW YORK STRIP Char Grilled NY Strip, Hazelnut Romesco & Herb Chimichurri	39.00	CHICKEN TENDER Crispy Chicken Tenders & Waffle Fries	10.00
CHAR GRILLED CAULIFLOWER STEAK GF VP Hazelnut Romesco, Herb Chimichurri & Herb Salad	20.00	KIDS GRILLED CHEESE V Triple Decker Grilled Cheese with American & Cheddar cheese, Served with Waffle Fries	9.00
SIDES		KIDS MAC & CHEESE v	9.00
WATERMELON GF V	7.00	Creamy 3 Cheese Sauce	3.00
Watermelon, Jalapeño Vinaigrette & Mint	7.00	& Big Noodles Pasta	
MACARONI & CHEESE v	8.00	KIDS PASTA v	8.00
Big Pasta, Crunchy Cheese & Biscuit Thym	e Crust	Tossed in Butter	
		Topped with Parmesan Cheese	
LOADED TATER TOTS GF VP	7.00	FRUIT CUP GF V	7.00
Bacon, Cheddar, Sour Cream & Scallions		Seasonal Assorted Fruits	7.00
KIDS SIDES GF V TATER TOTS	7.00	DESSERTS	
WAFFLE FRIES		SEVEN LAYER	0.00
		CHOCOLATE CAKE (SERVES 2)	9.00
		HOME-MADE CARROT CAKE	7.00
		CHEESECAKE	7.00



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