

AL LA CARTE BREAKFAST MENU

Fresh Fruit Plate
Yogurt (Fruit or Plain)
Ham and Cheese Plate (Cold)
Choice of Pastries
Hot Oatmeal
Cereals

Raisin Bran, Corn Flakes & Frosted Flakes

DAILY SPECIAL

Eggs Any Style

Scrambled, Hard Boiled, Poached, Sunny Side Up & Over Easy

Choice of Omelet

Cheese, Ham, Egg White & Spinach

Bacon

Pork Sausage

Baked Beans

Sautéed Mushrooms

Hash Brown Potatoes

Cinnamon or Vanilla French Toast

Pancakes

Plain, Coconut, Blueberry & strawberry W/ maple syrup

Bagel w/ cream cheese

English muffins

White & whole wheat Sliced Bread

Butter, Orange Marmalade, Strawberry jam, grape Jelly, Local honey

Milk Options

Full Cream, Skimmed Milk, Almond Milk, Soy Milk

Beverages

Hot Chocolate
Selection of Tea Coffee
Fruit Juice

Orange Juice, Cranberry Juice, Apple Juice



MONDAY

BACON, BAKED BEANS, GRILLED TOMATOES, HASH BROWN POTATOES, SAUTÉED MUSHROOMS, BREAKFAST SAUSAGES, FRENCH TOAST, PANCAKE

LOCAL BREAKFAST

PUMPKIN FRITTERS, STEW CHICKEN FRANKS, FRIED PLANTAIN

EGG STATION

EGGS ANY STYLE

(HARD BOILED, POACHED, SCRAMBLED...)

OMELET

PEPPERS, ONIONS, SPINACH, TOMATO, CHEESE, MUSHROOMS, HAM

TUESDAY

BACON, BAKED BEANS, GRILLED TOMATOES, HASH BROWN POTATOES, SAUTÉED MUSHROOMS, BREAKFAST SAUSAGES, FRENCH TOAST, PANCAKE

LOCAL BREAKFAST

JOHNNY CAKES, SALTFISH SOUSE, FRIED PLANTAIN

EGG STATION

EGGS ANY STYLE

(HARD BOILED, POACHED, SCRAMBLED...)

OMELET

PEPPERS, ONIONS, SPINACH, TOMATO, CHEESE, MUSHROOMS, HAM

DAILY

ASSORTED CEREALS, MILK, JUICES, COFFEE AND TEAS

DAILY HOME BAKED BREAKFAST PASTRIES

ASSORTED YOGURTS, FRESH FRUIT PLATER

ASSORTED BREADS AND BAGELS

SMOKED SALMON PLATTER

CREAM CHEESE, SLICED CHEESE AND COLD CUTS PLATTER,

DAILY PORRIDGE OATMEAL OR RICE

WEDNESDAY

BACON, BAKED BEANS, GRILLED TOMATOES HASH BROWN POTATOES, SAUTEE MUSHROOMS,
BREAKFAST SAUSAGES, FRENCH TOAST, PANCAKE, CREOLE FISH, GROUND PROVISION

EGG STATION

EGGS ANY STYLE

(HARD BOILED, POACHED, SCRAMBLED...)

OMELET

(PEPPERS, ONIONS, SPINACH, TOMATO, CHEESE, MUSHROOMS, HAM)

THURSDAY

BACON, BAKED BEANS, GRILLED TOMATOES HASH BROWN POTATOES, SAUTEED MUSHROOMS,
BREAKFAST SAUSAGES, FRENCH TOAST, PANCAKE

LOCAL BREAKFAST

CHOP-UP, STEWED SALT FISH

EGG STATION

EGGS ANY STYLE

(HARD BOILED, POACHED, SCRAMBLED...)

OMELET

(PEPPERS, ONIONS, SPINACH, TOMATO, CHEESE, MUSHROOMS, HAM)

DAILY

ASSORTED CEREALS, MILK, JUICES, COFFEE AND TEAS

DAILY HOME BAKED BREAKFAST PASTRIES

ASSORTED YOGURTS, FRESH FRUIT PLATER

ASSORTED BREADS AND BAGELS

SMOKED SALMON PLATTER

CREAM CHEESE, SLICED CHEESE AND COLD CUTS PLATTER,

DAILY PORRIDGE OATMEAL OR RICE

FRIDAY

BACON, BAKED BEANS, GRILLED TOMATOES, HASH BROWN POTATOES, SAUTÉED MUSHROOMS, BREAKFAST SAUSAGES, FRENCH TOAST, PANCAKE

LOCAL BREAKFAST

CORNED BEEF HASH, CHOP UP, FRIED PLANTAIN

EGG STATION

EGGS ANY STYLE

(HARD BOILED, POACHED, SCRAMBLED...)

OMELET

(PEPPERS, ONIONS, SPINACH, TOMATO, CHEESE, MUSHROOMS, HAM)

SATURDAY

BACON, BAKED BEANS, GRILLED TOMATOES HASH BROWN POTATOES, SAUTEE MUSHROOMS, BREAKFAST SAUSAGES, FRENCH TOAST, PANCAKE

LOCAL BREAKFAST

STEWED LING FISH, FUNGEE

EGG STATION

EGGS ANY STYLE

(HARD BOILED, POACHED, SCRAMBLED...)

OMELET

PEPPERS, ONIONS, SPINACH, TOMATO, CHEESE,

MUSHROOMS, HAM

DAILY

ASSORTED CEREALS, MILK, JUICES, COFFEE AND TEAS

DAILY HOME BAKED BREAKFAST PASTRIES

ASSORTED YOGURTS, FRESH FRUIT PLATER

ASSORTED BREADS AND BAGELS

SMOKED SALMON PLATTER

CREAM CHEESE, SLICED CHEESE AND COLD CUTS PLATTER,

DAILY PORRIDGE OATMEAL OR RICE

SUNDAY

BACON, BAKED BEANS, GRILLED TOMATOES HASH BROWN POTATOES, SAUTEE MUSHROOMS, BREAKFAST SAUSAGES, FRENCH TOAST, PANCAKE

LOCAL BREAKFAST

STEWED ACKEE, ROASTED BREADFRUIT

EGG STATION

EGGS ANY STYLE

(HARD BOILED, POACHED, SCRAMBLED...)

OMELET

(PEPPERS, ONIONS, SPINACH, TOMATO, CHEESE, MUSHROOMS, HAM)

DAILY

ASSORTED CEREALS, MILK, JUICES, COFFEE AND TEAS

DAILY HOME BAKED BREAKFAST PASTRIES

ASSORTED YOGURTS, FRESH FRUIT PLATER

ASSORTED BREADS AND BAGELS

SMOKED SALMON PLATTER

CREAM CHEESE, SLICED CHEESE AND COLD CUTS PLATTER,

DAILY PORRIDGE OATMEAL OR RICE



