



Good Morning Breakfast

Healthy Heart

Granola, Yoghurt and Fruit **\$28.00**

Chilled Breakfast

Corn Flakes, Raisin Bran, Frosted Flakes or Granola, Served with Cold Milk and Fruit **\$26.00**

Continental Breakfast

Selection of Chilled Fresh Orange, Pineapple or Grapefruit

Selection of Seasonal Fruit

Baker's Basket: Pair of White or Whole Wheat Toast, Muffins and Pastries - **\$60.00**

Served with a Choice of Homemade Bread,

Croissant with a selection of Butter and Preserves and Pastries

Cereals: a Variety of Cereals served With Low Fat Milk, Seasonal Fruits - **\$70.00**

American Breakfast

Eggs Any Style, served with Choice of Bacon, Ham or Sausage with Hash Brown Potatoes **\$75.00**

Full English Breakfast

Eggs Any Style, served with Choice of Bacon, Ham or Sausage with Hash Brown Potatoes, Baked Beans, Grilled Tomatoes and Choice of White or Whole Wheat Toast **\$90.00**

French Toast Or Pancakes Served with Syrup and Butter and Fruit - **\$65.00**

Omelettes

Cheese Omlette with Choice of White or Whole Wheat Toast and Fruit - **\$65.00**

3 Egg White Omlette Stuffed with Sautéed Spinach, and Mushrooms Choice of White or Whole Wheat Toast and Fruit **\$75.00**

My Choice of 3 Omlette Select 3 items from A Choice of Cheese, Ham, Mushroom, Tomato and Onions, Crispy Bacon Sweet Peppers, Choice of White or Whole Wheat Toast and Fruit - **\$80.00**

Extra Items \$12.00 Each

Tobagonian Breakfast

Saltfish Buljol, Choka, and Flying Fish

Served with Coconut or Fried Bake **\$90.00**

Saltfish Buljol, or Smoked Herring with Pumpkin,

Tomato or Eggplant Choka served with Fried or Coconut Bake **\$90.00**

Beverages

Orange Juice - \$15 Grapefruit Juice - \$15.00 Pineapple Juice - \$15

Cranberry - \$20.00 Apple - \$ 20.00

Selection of Tea \$15 Coffee (Cup) \$15 Coffee (Pot) \$20