



B R E A K F A S T

SIP

FRESH PRESSED TROPICAL FRUIT JUICES	6/12	GOURMET ICED TEAS	3.50/7
Mango, banana with papaya, cucumber, carrot, tomato with celery, lime with mint			
FRESH NATURAL COCONUT WATER	3/6	ORGANIC TEAS	3/6
FRESH ORANGE JUICE, LIME JUICE, WATERMELON JUICE	4/8	NESPRESSO	3.50/7
TROPICAL SMOOTHIE	6/12	Cappuccino, ristretto, espresso forte, or decaffenato	
Your choice of fruit, vanilla yogurt & coconut		VERO WATER	4/8
COFFEE AMERICANO	3/6	Still or sparkling	

SAVOUR

THE ISLANDER	10/20	BREAKFAST BURRITO	9/18
Fresh fruit juice (orange, lime, or watermelon) tropical fruit plate; choice of toast, fry jacks, banana bread or bagel; tea or coffee		Eggs, bacon, refried beans & cheddar	
EARLY RISER	6/12	ISLAND CRÊPES	9/18
Your choice of fried, scramble or boiled eggs with white or wheat toast		Paradise Crêpe - filled with strawberries and topped with whipped cream and more strawberries	
BELIZEAN BREAKFAST	11/22	Classic Crêpe - filled with sliced bananas and nutella and sprinkled with powdered sugar	
Scrambled eggs with sweet pepper and onion, refried beans, bacon & fry jacks		Terrazas Breakfast Crêpe - filled with scramble egg with ham and cheese with a side of fresh watermelon	
MARTITA'S PANCAKES	9/18	TROPICAL FRENCH TOAST	9/18
Classic, chocolate chip, or banana		Tropical fruits & syrup	
TRIPLE "O"	11/22	CLASSIC EGGS BENEDICT	11/22
3 egg omelette, cheddar cheese, ham & toast		Poached eggs, ham & hollandaise on a toasted English muffin	
HUEVOS DIVORCIADOS	9/18	Add spinach	1/2
2 eggs, salsa ranchero, salsa verde, fresh corn tortillas, refried beans & sour cream		Add smoked salmon	2/4

Prices are in US/BZE dollars & subject to 12.5% tax & 12.5% service charge.
20% service charge for groups of 8+

\$10.00 USD SURCHARGE WILL BE ADDED FOR ALL ROOM SERVICE

HEALTHY CORNER

CLOUD EGGS & AVOCADO

8/16

Oven baked egg yolks in a savory light egg white meringue served on whole wheat toast with a side of fresh sliced avocado

320 calories

SCRAMBLED EGGSADILLA

9/18

Light scrambled eggs with sweet peppers and onions, folded into a whole wheat tortilla with cheese and homemade tomato salsa

330 calories

MEDITERRANEAN FRITTATA

9/18

A fresh tomato, artichoke, and feta cheese light frittata (made of whole egg and egg white) served with toasted whole wheat bread

290 calories

SAMPLE

BELIZEAN FRY JACKS	3/6	FRIED MUSHROOMS	3/6
BREAKFAST POTATO	3/6	BANANA BREAD	3/6
TROPICAL FRUIT PLATE	5/10	GRANOLA & YOGURT CUP	5/10
FRIED TOMATO	3/6	TOAST (WHITE OR WHEAT)	3/6
BACON (4)	4/8	NY STYLE BAGEL	4/8
REFRIED BEANS	3/6		

QUINOA FRESH FRUIT SALAD WITH LIME, HONEY & BASIL DRESSING

7/14

Wonder food quinoa is a good source of calcium, magnesium & manganese. It contributes useful levels of vitamins B & E and dietary fiber. Tossed with fresh fruits, this is a winning start of your day

221 calories

HAPPY TUMMY SMOOTHIE

7/14

This green smoothie is packed with digestion-enhancing and immune-boosting foods like pineapple, parsley, ginger, and avocado. Also contains banana and coconut water

343 calories

TROPICAL FRUITS & OATMEAL SMOOTHIE

7/14

Gluten-free whole grain, antioxidant, including the powerful fiber beta-glucan and loaded with important vitamins and minerals. A delicious and nutritious smoothie.

384 calories

NESPRESSO

Awaken your senses with one of our 3 made-to-order Nespresso beverages.

RISTRETTO *(Powerful and Contrasting)*

3.50/7

Pure and dark-roasted South and Central American Arabicas make Ristretto a coffee with a dense body and distinct cocoa notes

ESPRESSO FORTE *(Round and Balanced)*

3.50/7

Pure and dark-roasted South and Central American Arabicas make Ristretto a coffee with a dense body and distinct cocoa notes

ESPRESSO DECAFFENATO *(Dense and Powerful)*

3.50/7

Dark roasted South American Arabicas with a touch of Robusta bring out the subtle cocoa and roasted cereal notes of this full-bodied decaffeinated espresso

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