

breakfast



COTTAGE _____

TIME _____

NO OF PERSONS _____

If you would like breakfast in your cottage, please place this form in the bamboo holder on your flagpole and raise the yellow flag before sunset, or leave it at the bar the night before. Please indicate the number of orders next to the menu item. Breakfast hours are from 7:00–10:30 a.m.

HOT / COLD BEVERAGES

hot cocoa

coffee decaf

tea herbal

*Circle if you would like:
sugar, honey or artificial sweetner*

MILK for cereal and/or coffee, tea

regular lowfat

almond soy

JUICES

orange cranberry

apple V8

pineapple

pineapple, papaya,
watermelon and ginger

spinach, basil, orange,
pineapple and lime

carrot, orange, mint

beetroot, apple, orange
and ginger

YOGURT

plain lime

vanilla

HOT CEREAL

oatmeal porridge

SWEET BREAKFAST

pancakes w berry compote & ricotta cheese

waffles w nutmeg syrup or maple syrup

french toast w cinnamon, nutmeg, honey

pastry basket w homemade preserves

toast white or wheat, w homemade preserves

OMELETTES / WRAPS

omelette, goat cheese, spinach and tomato

omelette, egg whites, basil, steamed broccoli

spinach chickpea burrito, scrambled
egg whites, spinach, chickpea, quinoa, salsa

eggs benedict or florentine

smoked fish w sweet potato, fresh salsa

Caribbean fish stew

FRESH FRUIT

seasonal fruit platter

fruit salad, yogurt & muesli parfait

poached prune and fruit compote

COLD CEREAL

raisin bran corn flakes

shredded wheat

granola muesli

EGGS Guest 1

fried boiled

scrambled

poached

*Circle if you would like:
bacon, sausage, grilled tomato,
beans, pan roasted potatoes*

EGGS Guest 2

fried boiled

scrambled

poached

*Circle if you would like:
bacon, sausage, grilled tomato,
beans, pan roasted potatoes*

EGGS Guest 3

fried boiled

scrambled

poached

*Circle if you would like:
bacon, sausage, grilled tomato,
beans, pan roasted potatoes*

EGGS Guest 4

fried boiled

scrambled

poached

*Circle if you would like:
bacon, sausage, grilled tomato,
beans, pan roasted potatoes*

Special requests: _____