



FRESH START

SEASONAL FRUITS PLATE 55

CEREALS *G*

Homemade granola, Corn Flakes,
Frosted Flakes, Rices Krispies, Raisin Bran

BIRCHER MUESLI *D N V*

Overnight coconut soaked oats, green apple,
yogurt, vanilla, Vincentian honey

AÇAÍ BOWL *N VE*

Homemade granola, fresh fruits,
coconut flakes, roasted almonds

CHIA SEED PUDDING *VE*

Almond milk, mango, passion fruit,
coconut flakes

HOT OATMEAL PORRIDGE *D V*

Raisins, nutmeg, condensed milk

FROM OUR PASTRY

PASTRY BASKET *D G*

Croissant, pain au chocolat, pineapple danish

CHOCOLATE PANCAKES *D G*

Salted toffee whipped cream, sugar cane syrup

BANANA FRENCH TOAST *D G*

Banana brulée, maple syrup

AVOCADO TOAST *G*

Multigrain bread, mashed avocado, lime,
smoked salmon, fermented cucumber ribbons

FARM TO TABLE

TWO EGGS ANY STYLE 90

Choice of two sides:

35 Pork or chicken sausage, bacon, baked beans,
sautéed mushrooms, grilled tomatoes, hash brown

HUEVOS RANCHEROS *D* 90

Crispy tortilla, black beans, pico de gallo,
avocado, cilantro sour cream

EGGS BENEDICT *D G* 80

Homemade English muffin, poached eggs,
smoked sugar glazed ham, Hollandaise sauce

THREE EGG OMELETTE 85

Choice of:

Ham, cheese, sausage, spinach, peppers,
mushrooms, tomatoes

SCRAMBLED TOFU *VE* 70

Turmeric fried tofu, roasted breadfruit, cherry tomatoes

FROM CANOUAN

MOUNT ROYAL 70

Roasted assorted bell peppers, Middle East spices,
two baked eggs

FISH TEA 90

Local catch, seasonal vegetables, coconut
dumplings, Vincentian hot pepper sauce

D= Dairy G= Gluten N= Nuts SF= Shellfish V= Vegetarian VE= Vegan

All prices are in Eastern Caribbean Dollar (EC\$) and are subject to 16% government taxes 10% service charge
US\$1.00 = EC\$2.70



COFFEE CORNER

*All our coffees are sustainably certified
Served with whole milk, 2% milk, soy milk,
oat milk or almond milk*

ESPRESSO	15
AMERICANO	15
CAPPUCCINO	18
CAFFÈ LATTE	18
ICED COFFEE	18
HOT CHOCOLATE	18

ORGANIC TEAS

All our teas are sustainably certified

ENGLISH BREAKFAST TEA	16
LAVENDER EARL GREY	16
OOLONG	16
LONG-LIFE GREEN	16
CHAMOMILE	16
PEPPERMINT	16

JUICE & SMOOTHIE BAR

*Served with whole milk, 2% milk, soy milk,
oat milk, or almond milk*

NUTTY BANANA	30
Peanut butter, banana, cinnamon	
SMILE ME GREEN	30
Green apple, spinach, cucumber, basil	
SEA MOSSTER	30
Canouan sea moss, banana, nutmeg	
CARROT TOP	30
Carrot, apple, ginger	
DAILY FRESH JUICE SELECTION	20

SUNRISE BUBBLES

CANOUAN MIMOSA	70
House Champagne, passion fruit juice	
AMARETTO FRIZZANTE	50
Prosecco, Amaretto, grapefruit juice	
CLASSIC BELLINI	50
Prosecco, peach purée	
BLOODY MARY	60
Vodka, tomato juice, lemon, spices	

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