
WELLNESS

90

Chia seed pudding with papaya compote
Quinoa salad – spinach, seasonal fruits, nuts and dates
Egg white omelet or scrambled – spinach & mushroom, pepper coulis
detox juice – green apple, celery and spinach
Coffee or green tea

CONTINENTAL BREAKFAST

80

Freshly baked morning pastries & toast with butter and homemade local fruit preserves, homemade vanilla yogurt, local juices and coffee or tea

FULL “AMERICAN” WITH TWO EGGS ANY STYLE

85

Hash brown potato, mushroom, tomato, baked beans, bacon and chicken or pork sausage, wheat or white toast, local juices and coffee or tea

THREE EGGS OMELET

72

With choice of ham, cheese, mushroom or spinach, wheat or white toast

BUTTERMILK PANCAKES OR WAFFLES

39

Butter, tropical fruits, syrup

TWO POACHED EGGS

70

“Classic Benedict with Ham” or “Royale style with salmon”
English muffin, poached egg, hollandaise sauce

OATMEAL PORRIDGE



35

Slow-cooked oatmeal, brown sugar and sundried fruits
Add local fresh fruits or hemp seeds

10

HOMEMADE VANILLA PARFAIT

38

Layered with granola, fresh fruits and compote topped with fresh chantilly cream



LAGOON
Café

HEALTHY OPTIONS  VEGETARIAN 

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LAGOON SPECIALTIES

CARRIBBEAN SALT FISH & BAKES 55
Tomato peppers and mini bakes with caribbean hot pepper sauce

SCRAMBLED EGGS & SMOKED SALMON 68
Feta cheese, red onion, cherry tomato, spinach, on crusty bread

AVOCADO TOAST 52
Multi-grain brown toast, boiled or poached egg

HERBED EGG WHITE OMELET 68
Poached egg, crispy bacon, tomato hollandaise

SIDES 18
Crispy bacon, wilted spinach, grilled tomato, baked beans
Chicken or pork sausage

JUICE, SMOOTHIE & YOGURT

THE HEALTHY BOAST   40
Banana, soy milk, spinach, oats and lemon smoothie

GREEN DETOX   20
Homemade Vanilla Yogurt | Flavoured Yoghurt

FRESHLY SQUEEZED LOCAL JUICES 16

ORGANIC TEAS FROM "T" LEAVES 16

ESPRESSO | COFFEE AMERICANO 14

CAFÉ LATTE | CAPPUCCINO 18

HOT CHOCOLATE 1



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