



Dear Guest,

Mandarin Oriental, Canouan is an elegant Caribbean resort with a welcoming, laid-back feel that's ideally suited for intimate weddings, family celebrations, exclusive incentive programs and small retreats. From beach parties to private dinners and thrilling excursions – you'll take home wonderful memories.

Dining options at Mandarin Oriental, Canouan raise the culinary bar for the Caribbean. Throughout the attached pages our dedicated team of culinary professionals has thoughtfully prepared menus that celebrate the best of the Caribbean's flavors. We are here to completely delight and satisfy you, our guest. Should you wish to personalize any aspect of these menus, or, work with us to create your own, please do let us know.

Sincerely,

Duarte Correia  
General Manager

Mandarin Oriental, Canouan  
Carenage Bay, Canouan Island  
VC 0450 St. Vincent & The Grenadines  
784-431-4500

# mindful MEETINGS

## BREAKFAST

*Designed for 12 & more persons*

\$55 per guest

### FRESH FRUITS *(choose one)*

**Local Seasonal Fruit platter** ✓

**Papaya Boat** ✓

Homemade yogurt, seasonal fruits & chia ginger superfood cereal

### CEREALS & GRAIN BOWL *(choose one)*

**Granola Bowl** ✓

Homemade granola, nuts & sunflower seeds  
*choice of almond or soy milk*

**Oatmeal Bowl**

Slow-cooked oatmeal with low fat milk

**Organic Quinoa Salad** ✓

Mango, pineapple, kale, citrus & mint

**Chia Seed Pudding** ✓ 

Almond milk & fresh fruits

*Breakfast menu is offered with regular or decaffeinated coffee  
and organic tea selection from “T” leaves*

Healthy Options ✓

*All prices are in US Dollars and are subject to a 16% government tax and 10% service charge.  
Food and beverage is subject to change without notice.*

# mindful MEETINGS

## JUICE, SMOOTHIE, YOGURT & MORE *(choose one)*

### **Green detox**

Freshly blended juice of Caribbean fruits & greens

### **Beet elixir**

Freshly blended beet, ginger, pineapple, spinach fruits & greens

### **The Healthy boost**

Berry, banana & spirulina smoothie

### **Homemade vanilla yogurt**

### **Pumpkin parfait**

Pumpkin, oatmeal & yogurt parfait

## EGG DISHES *(choose one)*

### **Avocado toast**

Multigrain toast, cherry tomatoes, bocconcini, boiled egg & fresh arugula

### **Egg white frittata**

Kale grilled vegetable & mesclun salad

### **Eggs cocotte**

Spinach & mushroom

Healthy Options 

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