



Healthy Choice Menu

Hearty Oatmeal...\$7.00

Topped with Walnuts, Brown Sugar and Raisins.

Fresh Fruit Bowl\$7.00

Fresh Fruit Bowl with Yogurt...\$11.00

Yogurt Fruit Parfait....\$8.00

Fruit layered with yogurt and topped with granola.

Egg White Burrito...\$10.00

Filled with onion, tomatoes and peppers.
Served with Sour Cream and Salsa.

Egg White Omelet...\$14.00

With your choice of onions, tomatoes, bacon, ham, sausage,
Cheddar cheese or green pepper. Served with toast.

Salmon Bagel Plate...\$14.00

Topped with chopped eggs, red onions, cream cheese and capers.

Breakfast Specials

“Fire Engine”....\$8.00

Corned beef and Grits.

Tuna Salad and Grits....\$8.00

Steam Sausage and Grits...\$8.00



Breakfast By The Reef

8:30 am – 10:30am Daily

Fruit Plate

Cantaloupe, grapes, honeydew, pineapple...\$7.00

Cereal

Assorted dry cereal and milk...\$5.00

Oatmeal flavored with brown sugar, raisins and walnuts...\$7.00

Pancakes

3 Buttermilk pancakes served with syrup...\$12.00

2 Egg's Any Style

Fried, poached, or scrambled. Served with toast...\$8.00

2 – Special

2 eggs, 2 pancakes, 2 strips of bacon, 2 sausage links and 2 pieces of toast ...\$17.00

Omelet

Three egg omelet with your choice of; onions, tomatoes, bacon, ham, sausage,
Cheddar cheese or green pepper. Served with toast...\$14.00

Eggs Benedict

The traditional two poached eggs and Canadian bacon on a toasted English muffin
with homemade Hollandaise. Served with breakfast potatoes...\$14.00

Breakfast Sandwich

Egg, bacon or ham and cheese, with lettuce, tomato and mayo on toast...\$8.00

Belgian Waffle

One large Belgian waffle with syrup ...\$9.00

Sides Dishes

One egg fried, poached or scrambled...\$5.00

Two sausages or three slices of bacon...\$4.00

Breakfast potatoes...\$2.00

Muffin...\$2.00

Toast...\$2.00

Yogurt...\$4.00

Beverage

Juice:- orange, cranberry, V8, grapefruit, apple and pineapple...\$3.00

Milk...\$3.00

Bloody Mary...\$7.00

Mimosa...\$9.00

Tea, a selection of organic Tea's...\$3.00

All prices are EXCLUSIVE of a 7.5% VAT Tax