

# The Terrace

## Continental Breakfast

Coffee or Tea, Pastries or Toast, Fresh Squeezed Juice or Fruit Plate

## Traditional Creole Breakfast

Local Cocoa Tea, Stewed Saltfish, Smoked Herring, Johnny Bakes, Pickled Cucumber  
Tomato, Avocado, Fried Ripe Plantain

## Cold Delights Station

Assortment of Fresh Fruits, Charcuterie, Pastries, Flavored Bagels, Cereals  
Cheese Selection, Smoked Salmon with Traditional Condiments  
Fresh Squeezed Juice Selection, Freshly Brewed Coffee or Tea Selection

### Omelet

**Mushrooms**, Green Pepper, Tomato, Onion  
Cheddar Cheese

**Chorizo**, Yellow Squash, Sweet Peppers  
Goat Cheese

**Jalapeno**, Tomato, Scallions, Chihuahua Cheese

### The Healthy Corner

Egg White Omelet

**Mushrooms**, Garlic, Asparagus


**Peppers**, Carrots, Christophine

**Smoked Salmon**, Spinach, Tomato, Onion

### Side Orders

 Canadian Bacon

 Crispy Bacon

 Sausages

 Roasted Chorizo

 Steamed Vegetables

 Classic Hash Brown

### \* Seasonal Bowl of Berries

Strawberries, Raspberries, Blueberries, Blackberries

### Blueberry French Toast

Caramelized Banana

### Oatmeal with Maple Syrup

Your Choice of: Whole or Skim Milk

### Gluten Free Quinoa Porridge

Cinnamon, Braised Strawberries

### Pancakes

Choice of: Chocolate Chips, Blueberry or Banana

### Belgian Waffles

Maple Syrup, Icing Sugar, Caramel Sauce

### Egg Any Style

Your Choice of: Bacon, Black Forest Ham or Sausage

### Easy Fried Eggs "Rancheros"

Red Beans, Mozzarella, Corn Tortilla, Spicy Tomato Sauce

### Eggs Benedict

Your Choice of: Traditional, Smoked Salmon or Spinach

### Poached Eggs on Creole Sauce

Red Beans, Green Bell Pepper, Creole Bread

# Smoothie Bar

## Coffee & Tea

Freshly Brewed Coffee / Regular or Decaffeinated      Tea Selection  
Latte / Cappuccino / Macchiato      Espresso Single      Double

**Your Choice of Milk: Whole, Skim, Soy or Lactose Free**

### **Fresh Squeezed Juice**

Grapefruit  
Pineapple  
Green Forest  
Tomato & Celery  
Pineapple, Grapefruit & Cucumber  
Carrot & Parsley

**Fresh Juice only available during select Season**

### **Freshens**

#### **Apple Berry**

Blueberries, Raspberries, Apple, Plain Yogurt  
Vanilla Scent

#### **Strawberry Shortcake**

Fresh Strawberries, Banana, Plain Yogurt

#### **Razzy Blue**

Banana, Almonds, Oats, Blueberries, Plain Yogurt  
Grape Juice

#### **Melon Lime Cooler**

Honeydew Melon, Honey, Lime Juice  
Fresh Strawberries

### **\* Mimosa**

#### **Champagne Pommery**

*With your choice of:*  
Fresh Orange Juice or Fresh Passion Fruit Juice

### **\* Bloody Caesar**

#### **Grey Goose Vodka & Chopin**

*With your choice of:*  
Vodka, Lime Juice, Clamato Juice, Celery Salt  
Black Pepper, Celery Stick

### **\* Low Carb**

#### **Black Pearl**

Oats, Fresh Blackberries, Plain Yogurt  
Vanilla Whey Protein

#### **Choco Nana**

Plain Yogurt, Walnuts, Chocolate Syrup  
Plain Whey Protein

#### **Watermelon Summer**

Fresh Strawberries, Plain Yogurt, Granola  
Vanilla Whey Protein

### **\* Superchargers**

#### **Banana Berry & Almond**

Strawberry, Chocolate Whey Protein

#### **Honey & Nut Berry Oat**

Oats, Strawberry, Vanilla Whey Protein

#### **Berry Booster**

Blueberry, Raspberry, Pineapple & Orange Juice  
Plain Whey Protein



Indicates Vegetarian option.



Indicates Gluten Free option.

\* Indicate menu items not included on the AI/MAP meal plan.

Prices are subject to 10% service charge and 10% VAT;

All prices are quoted in United States Dollars. We kindly request abstaining from Smoking