

# The JUMBY BAY VERANDA



## SIMPLE STARTER

### BREADS

White, Whole Wheat and Multigrain Slice  
Bread Plain Bagel, English Muffin, Paleo Bread

### HOMEMADE PASTIES

Muffin, Ficelle, Croissant, Pain Au Chocolate

### ASSORTED CEREALS

Corn Flakes, Fruit Loops, Special K, Rice Krispies,  
Cheerios

### CEREAL TOPPING

Hazelnut, Coconut, Walnuts, Apricot, Almond, Papaya,

### ASSORTED SEASONAL FRUIT PLATE

### BERRY BOWL

Strawberry, Blueberry, Blackberry

### YOGURT

2%, Full Fat, of Greek  
Plain, Coconut, Passion Fruit,  
Berries,  
Pineapple

## BREAKFAST BOWL

### JUMBY SUNRISE

Quinoa, Banana, Tahini, Blueberry, Cocoa-Nibs

### DETOX

Earthy Muesli, Kiwi, Grapefruit, Mint

### HERITAGE

Overnight Oatmeal, Apple, Cinnamon, Raisin, Pecan  
Nut, Agave

### EARLY BIRD

Couscous, Turmeric, Scrambled Tofu, Kale,  
Garlic, Mushroom

### ENERGY.BOOST

Farro, Poached Egg, Sauteed Spinach,  
Smoked Salmon, Cottage Cheese

## ENTREES

### SAVOURY

#### FRESH GARDEN SALAD

Tomato Salad, Greens Leaves Salad

#### SALMON PLATE

House Smoked Salmon, Caper Berry, Sour Cream,  
Onion

#### HAM & CHEESE PLATE

Salami, Turkey, Ham, Artisanal Cheeses

### THE SWEET STUFF

#### BELGIAN WAFFLE

Mixed Berry Compote, Mascarpone

#### PANCAKE

Blueberry | Banana | Chocolate Chip

#### FRENCH TOAST

Corn Flake Crust, Pineapple Compote, Chantilly

#### BUCKWHEAT CREPE

Cashew Nut Spread, Banana and Berries

### TWO EGGS

Any Style

#### THREE-EGGS OMELETTE

Choice of: Onion, Mushroom, Bell Pepper, Cheese,  
Ham, Tomato

#### EGGS BENEDICT

English Muffin, Canadian Ham, Asparagus,  
Hollandaise Sauce

#### ANTIGUAN BREAKFAST

Creole Salfish, Fritters, Avocado, Plantain,  
Roasted Tomato, Lettuce

#### TRADITIONAL ENGLISH BREAKFAST

Two Eggs Any Style, Bacon, Pork Sausage,  
Baked Beans, Mushrooms, Grilled Tomato

#### GARBANZO

Scrambled Chickpeas, Okra, Chili-Flakes

#### SMASHED AVOCADO

Multigrain Toast, Sauce Vierge ,  
Avocado, Sunflower Seeds

### GARNISHES:

Applewood Smoked Bacon | English Bacon | Chicken Sausage | Link Sausage  
Roasted Fingerling Potato | Grilled Vegetables | Sautéed Mushroom | Steamed Asparagus | Baked Beans



VEGAN



GLUTEN FREE



## **BREAKFAST BEVERAGES**

### **WELLNESS SHOTS**

Turmeric | Ginger | Greens

### **HOUSE PRESSED BLENDS**

Island Sunrise | Evergreens | Tropical

### **BUILD YOUR OWN JUICE**

Apple | Orange | Papaya | Watermelon | Banana | Berries | Lemon  
Kale | Spinach | Cucumber | Carrot | Beetroot  
| Celery  
Ginger | Turmeric | Coconut Water

### **CREATE YOUR SMOOTHIES**

2% Milk | Full Cream Milk | Almond Milk | Soy Milk  
Coconut Milk | Greek Yogurt | Cottage Cheese

Mango | Banana | Pineapple | Berry | Apple | Beet • Ginger | Turmeric | Greens

Hazelnut | Almond | Walnut | Chia | Flax | Sesame | Sunflower | Pumpkin

Moringa | Collagen | Kelp | Cocoa- Nibs |  
Apple- Cider Vinegar

### **COFFEE SELECTION**

Ristretto | Espresso | Flat White | Latte | Cappuccino  
Flavored Latte | Americano | Filter | French Press  
Hot Chocolate | Chocolate Mocha

### **TEA SELECTION**

English Breakfast | Imperial Earl Grey

Chamomile Flowers | Mountain Berry | Peppermint

Thunderbolt Darjeeling Decaf Breakfast | Jasmine Tea

### **COLD BEVERAGES**

Classic Iced Tea | Lavender & Apricot Iced Tea  
Passion Fruit & Vanilla Iced Tea | Iced Latte  
Iced Cappuccino | Iced Mocha | Flavored Iced Latte