

Breakfast

MENU

FROM THE GRIDDLE

PANCAKES

Two homemade pancakes served with maple syrup on the side and your choice of breakfast meat.

FRENCH TOAST

Two slices of our homemade bread, batter-dipped, and grilled golden brown. Served with a sprinkling of powdered sugar and maple syrup on the side.

EGGS & OMELETS

Served with a choice of bread and two sides.

CHEESE OMELET

Two eggs and sharp cheddar.

HAM & CHEESE OMELET

Two eggs, sharp cheddar, and ham.

SPANISH OMELET

Two eggs with salsa.

VEGGIE OMELET

Two eggs, onions, tomatoes, bell peppers, and mushrooms.

WESTERN OMELET

Two eggs, sharp cheddar, and salsa.

TWO EGGS YOUR WAY

Sunny side up, over easy, scrambled, poached, or hard boiled.

ISLAND SCRAMBLE

One egg and two egg whites scrambled with tomato, onion, and mutton pepper.

VEGGIE FRITTATA

Eggs scrambled with fresh vegetables and then oven-roasted.

"EGG WHITES ONLY"
AVAILABLE UPON REQUEST



HOUSE SPECIALS



DESAYUNO TIPICO

Two eggs any style served with sides of refried beans, corn tortillas, ham, Honduran white cheese, white cream, and ripe plantains.

HUEVOS RANCHEROS

Crisp corn tortillas topped with refried beans, two over-medium eggs, melted cheese, fresh tomato salsa, and Honduran white cream.

BALEADA

Two warm homemade flour tortillas, smeared with refried beans, sprinkled with Honduran white cheese, and white cream.

HEALTHY CHOICES



OATMEAL

Hot oatmeal cooked with cinnamon and served with brown sugar and raisins.

YOGURT PARFAIT

Natural vanilla yogurt topped with granola and seasonal fruit.

ISLAND FAVORITES



JOHNNY CAKES

A traditional island quick bread, similar to a biscuit.

FLITTERS

Our island version of the famous New Orleans "Beignet!"

SERVED TWO PER ORDER OR GET A BASKET FOR THE TABLE.

SIDES



WHITE OR WHOLE WHEAT TOAST
HASH BROWN POTATOES
BACON, SAUSAGE, OR HAM
TURKEY BACON

HONDURAN WHITE CHEESE
HONDURAN WHITE CREAM
AVOCADO
TOMATO SALSA
REFRIED BEANS