

# Breakfast Menu

We only serve cage free/organic eggs and locally grown vegetables.

## Healthy & Light

**CREAMY OAT MEAL** 10

With natural cane sugar,  
California raisins and cinnamon

**GREEK YOGURT "PARFAIT"  
or FRUIT PLATE** 12

Seasonal fruits or berries, toasted granola

**LIGHT & LEAN** 15

Scrambled egg whites, grilled smoked turkey  
and oven-baked tomatoes with toasted  
English muffin

**NORWEGIAN SMOKED  
SALMON BAGEL** 20

Open face sandwich, cream cheese, avocado,  
tomato, lettuce, boiled egg and red onions

## Morning Classics

**Include:** 18  
breakfast potatoes, avocados  
and your choice of Applewood  
smoked bacon or sausage links

**EGGS YOUR WAY**  
Three organic eggs scrambled,  
poached, over or sunny side up

**EGGS BENEDICT "CLASSIC"** 17  
Grilled Canadian bacon, toasted English  
Muffins and sauce Hollandaise

**BAHAMIAN GRITS** 5  
Plain or add Cheddar cheese

## Valentines' Omelets

Three organic egg whites or whole eggs 18  
with your choice of wheat bread or white toast

**Spanish:** tomato, onion, bell pepper  
and Pepper Jack cheese

**Veggie:** farm fresh spinach,  
mushrooms and mozzarella

**Boathouse:** onions, bacon, ham,  
bell peppers and Vermont cheddar

## From The Griddle

**BUTTERMILK PANCAKE** 18

**STACK OR BRILAND CINNAMON**

**FRENCH TOAST**

Plain, chocolate or blueberry.

Served with Quebec maple syrup  
and whipped orange-ginger

## Beverages

**COFFEE** 5  
Regular or decaf. With refill.

**ASSORTED BREAKFAST TEA** 5

**FRUIT JUICE** 8  
Orange, pineapple, cranberry, apple or V-8

For your convenience a 15% gratuity and 12% VAT will be added to your check.



VALENTINES

"THE HEARTBEAT OF HARBOUR ISLAND"