

PARISOL BEACH CLUB

BREAKFAST MENU

FRESH BEGINNINGS

Yogurt & Coconut

coconut granola, vanilla yogurt

Breakfast Pastries

Pineapple Juice

Orange Juice

Immune Juice

pineapple-orange juice, turmeric, ginger, cayenne

Protein Boost Smoothie

banana, cocoa, seamoss, almond butter & almond milk

Tropical Fruit Plate

Breakfast Pastries

red belly, rock cake, croissant

MAIN DISHES

Gluten-Free Cassava Pancakes

shaved coconut, maple syrup

Bread Pudding

coconut whipped cream, honey

Doubles

turmeric flatbread, curry chickpeas, cucumber, mango chutney

Bakes

fried dumpling, saltfish

Smoked Trout

caper relish, tomato salad, soft boiled egg, English muffin

Egg Callaloo Florentine

poached egg, hollandaise

Jerk Pork & Breadfruit Hash

melted onions, pepper sauce, sunny-side-up egg

Steak & Eggs

marinated skirt steak, soft scrambled eggs, salsa verde

Mushroom & Spinach Frittata

mushrooms, spinach, melted onions, goat cheese