

## MANGO TREE

### Breakfast Menu

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#### **Stonefield Breakfast** (Accommodation Package)

Two (2) eggs any style or French toast with one (1) choice of (Sausage, Ham, Bacon, Potatoes, Baked Tomato, and Bake Beans)

**OR**

Caribbean Pancake with one (1) choice of (Sausage, Ham, Bacon, Potatoes, Mushroom, Baked Tomato, and Bake Beans)

Coffee/Tea

Local Juice/Orange Juice

Fruit Salad/Cereal/Oatmeal

(Continental) Toast, Bagel, Muffin and Croissant with homemade jam/butter

#### **Choice of Gluten Free Banana, Mango, Coconut Pancakes \$8.00**

Served with a low sugar mango and banana compote sprinkled with chopped basil

#### **Stonefield Chopped Breakfast Salad \$12**

Boiled eggs, tomato, cucumbers, cilantro, olive oil and red onions.

#### **Stonefield Organic Vegetable Three Egg Omelet \$12**

Three egg omelet (Chopped organic herbs and vegetables from our garden)

#### **St Lucian Breakfast \$16**

Codfish creole, bakes, cucumber salad, fruit Salad, cocoa tea and fresh local fruit juice

#### **Piton Special \$15**

Two eggs any style, Sausage, Ham, Bacon, Salad, Fried Plantain, Local Juice, Coffee or Tea



### **Salmon Eggs Benedict \$16**

Two poached eggs over English muffins, hollandaise, smoke salmon, capers, and Salad

### **Scramble eggs and vegetables wrap \$12**

Chopped local veggies and herbs, two scrambled eggs, in a multigrain, wheat or gluten-free wrap, served with a side salad (egg whites optional)

### **Open faced breakfast sandwich \$9**

Two open faced toasted slices, chopped local herb & olive oil mix, lettuce tomatoes, eggs (boiled, fried or scrambled).



### **Smoothie bowls \$10**

Vanilla yoghurt, banana slices, grated coconut, chopped mango or dates (mango is seasonal)

**OR**

Plain Greek yoghurt, granola, honey, banana slices

### **Banana protein smoothie \$12**

Protein powder, banana, unsweetened almond milk (Options – addition of local fruits in season, peanut butter, honey *(no additional cost)* )

### **Avocado smoothie \$12 (Seasonal)**

Avocado, Unsweetened almond milk, honey (Protein powder optional)

### **Pot of fresh local ginger/lemon grass /turmeric tea \$8**

### **Pot of Stonefield herbal tea of the day \$8**

Various combinations of herbs grown on property (Broad leaf thyme, basil, lemon grass, ginger, panadol) (*Panadol is a low spreading herb in the mint family which is used for pain relief*)

### **Pot of Coffee \$8 Local sugar free juices (honey or sugar on the side) \$4**

**Espresso Single \$5 Double \$8 Triple \$12**

**Kindly mention to server any dietary or personal request. All prices are in United States Dollars and are subject to 10% service charge and 10% Government sales tax**

