



**SEVEN**

## **Breakfast Menu**

**Address:** The Ritz-Carlton, West Bay Road, Grand Cayman, Cayman Islands

**Phone:** (345) 943 9000

**Cuisine:** Steakhouse

### **HEALTHY OPTIONS**

<b>Tofu Bowl</b>	<b>CI\$18</b>
Brown Rice, Scrambled Tofu, Kale, Tomato Relish, Avocado, Jerk Sweet Potato Tots, Spicy Vegan Aioli	
<b>Oatmeal</b>	<b>CI\$10</b>
Choice of Two Condiments: Brown Sugar, Maple, Banana, Toasted Coconut, Berry Compote	
<b>Granola Bowl</b>	<b>CI\$15</b>
Mixed Berries, Greek Yogurt, Banana	
<b>Egg White Frittata</b>	<b>CI\$18</b>
Bell Pepper, Onion, Spinach, Mushroom, Feta Cheese, Sundried Tomato, Choice of Toast	
<b>Shakshuka</b>	<b>CI\$18</b>
Two Baked Eggs in Spicy Tomato Stew, Spinach, Feta, Grilled Sourdough Bread	
<b>Fruit Plate</b>	<b>CI\$20</b>

### **THE CLASSICS**

<b>Eggs Benedict</b>	<b>CI\$20</b>
House-made Canadian Bacon, Hollandaise	
<b>Two Eggs Any Style</b>	<b>CI\$18</b>
Choice of Bacon, Ham or Niman Ranch Sausage, Choice of Toast	
<b>Create Your Own Omelet</b>	<b>CI\$18</b>
Choice of Cheddar, Mozzarella, Mushrooms, Onions, Bell Peppers, Tomatoes, Spinach, Ham, Bacon, Sausage, Smoked Salmon, Choice of Toast	
<b>Breakfast Sandwich</b>	<b>CI\$18</b>
Ciabatta Bread, Two Scrambled Eggs, Swiss Cheese, Onion Bacon Jam, Arugula, Sundried Tomato Aioli	

### **Avocado Toast**

**CI\$20**

Multigrain Bread, Two Poached Eggs, Tomato Relish, Arugula, Pesto, Balsamic Reduction

### **Enhancements**

Smoked salmon CI\$8 / Applewood smoked bacon / CI\$6 / Turkey bacon CI\$8

## **ISLAND FAVOURITES**

### **Jerk Chicken Hash**

**CI\$18**

Two Eggs Any Style, Sweet Potato Tots, Bell Peppers, Onions

### **Breakfast Tacos**

**CI\$18**

Scrambled Eggs, Bacon, Sweet Potato Hash Brown, Cheddar Cheese, Pico de Gallo, Cilantro Sour Cream

### **Guava Pancakes**

**CI\$16**

Whipped Mascarpone, Pecan Crumble

### **Coconut Waffle**

**CI\$16**

Pineapple Chutney, Coconut Syrup

### **Stuffed Mango French Toast**

**CI\$18**

Mango Chutney & Gel

## **SEVEN MILE BEAKFAST BUFFET**

Adults CI\$36 / Children (12 & Under) CI\$20

### **Chef's Selection of Hot Items**

### **Organic Eggs and Omelets Made To Order**

### **Assorted Breads and Pastries**

### **Smoked Salmon, Cheese and Charcuterie Boards, Granola**

### **Selection of Fresh Juices & Smoothies**

## **SIDES**

### **Cherry Tomato**

**CI\$3**

### **Fresh, Sliced 1/2 Avocado**

**CI\$3**

<b>Bakery</b>	<b>CI\$5</b>
Choice of: White, Wheat, Multigrain, Sourdough, English Muffin or Bagel	
<b>Sweet Potato Hash</b>	<b>CI\$6</b>
<b>Mixed Fruit Bowl</b>	<b>CI\$6</b>
<b>Berry Bowl</b>	<b>CI\$10</b>
<b>Greek Yogurt</b>	<b>CI\$4</b>
<b>Arugula Salad</b>	<b>CI\$4</b>
<b>Niman Ranch Sausage</b>	<b>CI\$5</b>
<b>Smoked Salmon</b>	<b>CI\$8</b>
<b>Applewood Smoked Bacon or Turkey Bacon</b>	<b>CI\$6</b>
<b>Pastry Basket</b>	<b>CI\$12</b>
Selection of Chocolate Croissant, Muffins, Danish & Croissant	

## FRESH FROM THE PRESS

<b>Orange or Pineapple or Melon Carrot or Watermelon</b>	<b>CI\$8</b>
<b>Seven's Signature: The Green</b>	<b>CI\$10</b>
Celery, Spinach, Cucumber, Green Apple	
<b>Plant Your Roots</b>	<b>CI\$10</b>
Beet, Carrot, Coconut Water, Lime	
<b>Cayman Sunrise</b>	<b>CI\$10</b>
Orange, Carrot, Ginger, Lemon	
<b>Immune Shot of the Day</b>	<b>CI\$4</b>

## BREAKFAST SMOOTHIES

<b>Strawberry or Banana or Mango</b>	<b>CI\$10</b>
<b>Green Pina Colada</b>	<b>CI\$10</b>
Pineapple, Coconut Milk, Banana, Low Fat Greek Yogurt, Honey, Spinach	

**Mango Banana Oat Smoothie****CI\$10**

Oats, Yogurt, Mango, Banana, Milk

**Berry Boost Smoothie****CI\$10**

Berries, Banana, Almond Milk, Flax Oil, Honey, Cinnamon

## BREAKFAST COCKTAILS

**Mimosa****CI\$16**

Orange, Pineapple, Mango, Pina Colada

**Sangria Lemonade****CI\$16****Watermelon Aperol Spritz****CI\$16**

## HOT BEVERAGES

**Lavazza Coffee or Espresso****CI\$5****Lavazza Cappuccino****CI\$6****Selection of Tea****CI\$5**

Last updated: Wed 30 Mar, 2022