



SEVEN

Breakfast Menu

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

Phone: (345) 943 9000

Cuisine: Steakhouse

HEALTHY OPTIONS

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

THE CLASSICS

Eggs Benedict	CI\$20
House-made Canadian Bacon, Hollandaise	
Two Eggs Any Style	CI\$18
Choice of Bacon, Ham or Niman Ranch Sausage, Choice of Toast	
Create Your Own Omelet	CI\$18
Choice of Cheddar, Mozzarella, Mushrooms, Onions, Bell Peppers, Tomatoes, Spinach, Ham, Bacon, Sausage, Smoked Salmon, Choice of Toast	
Breakfast Sandwich	CI\$18
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

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

FRESH FROM THE PRESS

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

BREAKFAST SMOOTHIES

Strawberry or Banana or Mango	CI\$10
Green Pina Colada	CI\$10
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