



**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