

# BREAKFAST

## HOT BEVERAGES 4 | 6

ASSORTED FORTÉ TEAS | CAPPUCCINO | AMERICANO | LATTE | ESPRESSO | MOCHA | HOT CHOCOLATE

## JUICES 6 | 8

ORANGE | GUAVA | TOMATO | PINEAPPLE | GRAPEFRUIT | APPLE | CARROT

## FRUIT SMOOTHIES 12

MANGO, PASSION FRUIT, BLUEBERRY, STRAWBERRY, TROPICAL FRUIT

## BREAKFAST BOWLS

### FOR CLEANSING THE BODY

#### **V BERRY BLISS BOWL 24**

FRESHLY MADE FOREST BERRY YOGURT, OATS, QUINOA BLEND, FRESH BERRIES

### FOR THE MORNING BOOST

#### **V SPINACH & PINEAPPLE ENERGY BOOST BOWL 24**

FRESHLY MADE SPINACH & PINEAPPLE YOGURT, SLICED PINEAPPLE  
QUINOA BLEND, OATS, BANANA

## BREAKFAST ROLLS

### **MEXICAN BREAKFAST BURRITO ROLL 26**

FLOUR TORTILLA, SCRAMBLED EGG, BLACK BEANS, BELL PEPPERS, CORN, ONION  
TOMATO, SERVED WITH GUACAMOLE

### **CARIBBEAN INSPIRED BREAKFAST ROTI 26**

TORTOLA STYLE ROTI, SWEET ONION AND CHILI OMELET, CURRIED POTATO  
STEAMED GREENS FROM OUR GARDEN, SMOKED CHICKEN WITH CILANTRO AND LIME SALSA

#### **V GF LONGBAY SIGNATURE BREAKFAST 18**

OMELET WITH OREGANO, MARINATED FETA CHEESE, ZUCCHINI, SPINACH  
SIDE SALAD TOSSED IN FRESH ITALIAN DRESSING

### **GUACAMOLE TOAST 17**

WITH PICO DE GALLO

## CLASSICS

**2 EGGS PLAIN | FRIED | OMELETE | SCRAMBLED 8**

**BANANA & COCONUT CREAM PANCAKES 14**

**BLUEBERRY PANCAKES 14**

**FRUIT PLATTER 16**

**APPLEWOOD SMOKED BACON 6**

**SAUSAGES 6**

**TOAST 5**

## BAKERY

**CROISSANT 3.50**

**DANISH 4**

**CINNABUN 4**

**MUFFINS 5**



 #LONGBAYBVI

 **vegan**

 **gluten free**

 **15% service fee will be added to your bill**