

# Duke's Lobster & Seafood

## HEALTHY BREAKFAST

### 🍏🍏 Juices

Red Vitamins: strawberry, raspberry and melon

or

🍏 Vegetables vitamins: carrot, tomato and celery

or

🍏 C Vitamin: carrot, orange and lime

### 🍏🍏 Fruits

Four different seasonal fruits

### 🍏 Bread

Basket with cereal bread and whole wheat toast

### 🍏🍏🍏 Omelette

Egg white with tomato, gouda cheese, mushrooms and onion

## CONTINENTAL BREAKFAST

### 🍏🍏 Juices

Orange, pineapple, grape fruit, melon, watermelon or tomato with spices

### 🍏 Bread

White baguette, cereal bread, toast, butter and marmalade

### 🍏 Sweet rolls

Butter croissant, chocolate croissant, cinnamon anise sweet roll

### 🍏🍏 Yogurt

Natural, strawberry or fruit of the day

## AMERICAN BREAKFAST

### 🍏🍏 Juices

Orange, pineapple, grape fruit, melon, watermelon or tomato with spices

### 🍏🍏 Fruits

Four different seasonal fruits

### 🍏 Bread

🍏 White baguette, cereal bread, toast, butter and marmalade

### 🍏 Pancakes or eggs

🍏 Pancakes with chocolate or strawberry sauce or

🍏 Eggs of your choice: fried, scrambled or omelette, with the filling and garnish of your choice: onion, pork ham, bacon, Cheddar cheese, bell peppers, tomato and mushrooms. Served with hashbrown potato and baked tomato

# À LA CARTE

## Juices

Orange, pineapple, grape fruit, melon, watermelon or tomato with spices

## Red Vitamins

Strawberry, raspberry and melon

## Vegetables Vitamins

Carrot, tomato and celery

## C Vitamin

Carrot, orange and lime

## Fresh fruits

Four different seasonal fruits


## SWEET ROLLS

### Sweet roll basket



Butter croissant, chocolate croissant, cinnamon anise sweet roll



## BAKERY

### Bread basket

 White baguette, cereal bread, toast, butter and marmalade

## PANCAKES & WAFFLES

  Traditional pancakes with chocolate or strawberry sauce

  Banana pancake with peanut butter, Chantilly and caramel



 Crêpe filled with baked apple, cinnamon sauce


 Waffles with syrup and crispy bacon

 Orange scented French toast with red berries compote



## CEREALS



All-Brand  
Choco Krispies  
Corn Flakes  
Bran Flakes  
Special K  
Froot Loops  
Frosted Flakes

  Oatmeal with dried fruits and milk

   Milk options: whole, skimmed, lactose free (ask for none dairy milk)

  Muesli  
With nuts and dried fruits

  Granola  
Rolled oats, nuts and honey baked until golden brown

  Yogurt  
Natural, apple, strawberry, chocolate or fruit of the day

## EGGS MENU

### Eggs of your choice

Fried, scrambled or omelette, with the filling and garnish of your choice: onion, pork ham, bacon, cheese, bell peppers, tomato and mushrooms. Served with hashbrown potato and baked tomato

### Poached eggs

Over whole wheat toast, spinach and glazed with Hollandaise sauce

### Hardboiled eggs

Mashed avocado on dark whole wheat toast bread with sliced tomato, fresh soy sprouts and extra virgin olive oil

### Fried eggs

With bacon, sausage and pork loin, hash brown potato

### Scrambled eggs

With slow-sautéed tomato and onion, chorizo and spicy sauce

### White omelette

Egg white with tomato, Gouda cheese, mushrooms and onion

## SPECIALTIES

### Dominican eggs

Fried or scrambled eggs served with mashed plantain, fried cheese and salami

### Caribbean eggs

Scrambled eggs with ham, yucca and melted cheese


### Ranchero style


Fried eggs on fresh corn tortilla with ranchera sauce accompanied with refried beans

### Green enchiladas

Corn tortilla stuffed with chicken or fresh cheese with green or ranchera sauce "au gratin" and accompanied with cream

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

 These are healthy dishes which help in maintaining balanced diet

 Animal protein can be substituted by a Whole Food Plant-Based option

 These are ovo lacto vegetarian dishes

 These are spicy dishes

 These are gluten free dishes

 Whole Food Plant-Based option