



CAPE SANTA MARIA  
BEACH RESORT  
LONG ISLAND, SOUTH BAHAMAS

# Breakfast

## Light Start

|   |           |
|---|-----------|
| <b>Yogurt Parfait</b> (gf)  | <b>12</b> |
| house made granola   fresh fruit  |           |
| <b>Warm Oatmeal</b>   | <b>8</b>  |
| fresh fruit   brown sugar   raisins                                     |           |
| <b>Breakfast Wrap</b>   | <b>12</b> |
| scrambled eggs   double smoked bacon   cheddar cheese<br>flour tortilla |           |
| <b>Smoked Salmon Bagel</b>  | <b>17</b> |
| cold smoked salmon   cream cheese   capers   red onion                  |           |
| <b>Avocado Toast</b>  | <b>14</b> |
| fresh avocado   salsa fresca   feta cheese   lime   multi grain toast   |           |
| <b>Toasted Bagel</b>  | <b>6</b>  |
| cream cheese   preserves  |           |
| <b>Fresh Fruit Plate</b> (gf)   | <b>13</b> |

## Local Favorites

|   |           |
|---|-----------|
| <b>Bahamian Boil Fish</b> (gfo)   | <b>16</b> |
| fresh local grouper poached in an authentic broth<br>potatoes   onions   johnny cake or grits |           |
| <b>Tuna &amp; Grits</b> (gfo)   | <b>14</b> |
| choice of lightly spiced tuna salad or fried tuna   firm grits                                |           |
| <b>Fire Engine</b> (gfo)  | <b>14</b> |
| corned beef   potatoes   onions   firm grits   johnny cake                                    |           |

## Side Orders

|                                 |          |                                |          |
|---------------------------------|----------|--------------------------------|----------|
| <b>Double Smoked Bacon</b> (gf) | <b>4</b> | <b>House made johnny cake</b>  | <b>3</b> |
| <b>3 Sausage links</b> (gf)     | <b>4</b> | <b>Multi grain toast</b>       | <b>3</b> |
| <b>Avocado</b> (gf)             | <b>4</b> | <b>Bagel</b>                   | <b>3</b> |
| <b>Roasted Potatoes</b> (gf)    | <b>3</b> | <b>English muffin</b>          | <b>3</b> |
| <b>Extra Egg</b> (gf)           | <b>3</b> | <b>House made banana bread</b> | <b>5</b> |
| <b>Sliced Ham or Turkey</b>     | <b>4</b> | <b>Gluten free toast</b> (gf)  | <b>4</b> |

## Breakfast

|   |           |
|---|-----------|
| <b>2 Egg Breakfast</b> (gfo)  | <b>13</b> |
| egg style choice   double smoked bacon or sausage<br>roasted potatoes   multi grain toast                         |           |
| <b>Breakfast Egg &amp; Bean Tacos</b> (gfo)   | <b>16</b> |
| egg style choice   black beans   salsa fresca   avocado<br>feta cheese   warm flour tortilla                      |           |
| <b>Breakfast Hash</b> (gf)  | <b>18</b> |
| egg style choice   double smoked bacon   salsa fresca<br>avocado   cheddar cheese   roasted potatoes              |           |
| <b>Cape Santa Maria - CSM Eggs Benedict</b> (gfo)   | <b>16</b> |
| 2 soft poached eggs   double smoked bacon   english muffin<br>classic hollandaise   roasted potatoes              |           |
| <b>Lobster Scramble</b> (gfo)   | <b>25</b> |
| local poached lobster   sour cream   roasted potatoes   multi grain toast<br><i>meal plan supplement charge 7</i> |           |
| <b>Long Island Omelette</b> (gfo)   | <b>18</b> |
| double smoked bacon   avocado   tomato   cheddar cheese<br>roasted potatoes   multi grain toast                   |           |
| <b>Healthy Start</b> (gfo)  | <b>14</b> |
| egg white omelette   fresh herbs   feta cheese<br>fresh fruit   multi grain toast                                 |           |
| <b>Breakfast Sandwich</b> (gfo)   | <b>13</b> |
| egg style choice   double smoked bacon<br>bagel or English muffin   roasted potatoes                              |           |
| <b>Fluffy Golden Pancakes</b>   | <b>12</b> |
| chocolate chip, blueberry or banana   syrup or fruit compote  |           |
| <b>French Toast</b>   | <b>12</b> |
| vanilla cinnamon custard   syrup or fruit compote<br>whipped cream  |           |
| <b>Banana Bread French Toast</b>  | <b>14</b> |
| house made banana bread   vanilla cinnamon custard<br>caramelized plantains   whipped cream                       |           |

(gf) gluten friendly

(gfo) gluten friendly option available

*All menu selections are subject to 15% service charge and 10% VAT*