



BREAKFAST

Df Avocado Toast

9 grain toast, avocado spread, hard boiled eggs, cherry tomatoes, key lime vinaigrette

14

Sunrise Bagel Sandwich

Jalapeño cheddar bagel, fried eggs, bacon, cheddar, tomato, onion, arugula

13

Blue Waters Omelet

Egg white, bacon, feta cheese, arugula, pico de gallo, breakfast potatoes

14

Farmer's Omelet

Two egg omelet with apple wood smoked bacon, sausage, sautéed onions, and American cheese

14

Western Omelet

Two egg omelet with sautéed bell peppers, onions prosciutto and American cheese

14

High Tide Fill-Up

2 eggs your way, bacon or sausage, breakfast potatoes, choice of 9 grain toast or artisan bread

15

Blue Water B.E.L.T

Applewood smoked bacon, fried eggs, arugula, tomatoes, herb mayonnaise, ciabatta

13

Steak and Eggs

Seasoned and seared skirt steak with two eggs your way with sautéed bell peppers and onions

20

V Gf 7 Mile Acai Bowl

Acai, dragon fruit, kiwi, carambola, blueberries, roasted coconut, granola

11



ON THE GO

Banana Nut Overnight Oats

Old fashioned oats, banana, walnuts, maple syrup, milk cinnamon

8

V Honey Yogurt Parfait

Vanilla yogurt, honey, blueberries, raspberries, strawberries, granola, walnut

8

V Gf Island Time Fruit

Pink pineapple, dragon fruit, carambola, kiwi

7



STRAIGHT OUT OF THE OVEN

Croissant, Chocolate Twist, Cream Cheese & Blueberry Danish, Margherita Bistro, Spinach Bistro

V-Vegetarian GF-Gluten Free DF-Dairy Free

Consuming raw or undercooked meats, poultry seafood, shellfish, or eggs may increase your risk of foodborne illness