

# The Sand

MAIN RESTAURANT

**WE HAND SQUEEZE OUR JUICE ON THE PREMISES EVERY DAY  
FOR A FRESH HOME MADE TASTE FROM FRUIT YOU EAT TO FRUIT YOU DRINK**

## TROPICAL PARADISE

this unique combination of banana, strawberry, blueberry and pineapple, blended with our freshly squeezed orange juice, gives a beautiful balance to start your day. a multi vitamin blast

## HONEY BLUE LAGOON

blueberry are heavily loaded with anti-oxidants, blended with banana and honey yogurt for that extra vitamins and minerals. a truly effective detox

## PERFECTLY PINK

not only this juice is absolutely stunning in color, but an anti-inflammatory punch and detox. raspberry, strawberry and yogurt blended with a splash of cranberry juice and honey, a truly refreshing quencher

## COCOON COCONUT

sipping on paradise until the very last drop. perfect mixture of coconut water, honey, cocoa and avocado, sending positive vibes to everyone around you

## POPEYE GREEN

our classic green juice, fresh spinach and almond milk blended with maple syrup that helps to boost your metabolism

## EGGSPECTION

### CHICKEN BENEDICT

perfect poached eggs served on grilled chicken, gruyere cheese, toasted pan brioche, potatoes and topped with hollandaise sauce

### EGGS AVOCADO

avocado served with poached eggs, lightly grilled spiced tomato and parmesan cheese

### BENEDICT WITH BENEFITS

for guilt-free enjoyment of a breakfast "benny", lightly toasted multigrain bread, sliced tomato, brie cheese, poached eggs, pesto sauce, served with fresh fruits

### RUSSIAN RHAPSODY

a pair of perfectly poached eggs prepared on unique beef grilled bacon, romanoff sauce served with gluten free bread and potatoes

### SMOKED SALMON BENNY

two perfectly poached eggs on multigrain toast, with smoked salmon and philadelphia, topped with hollandaise sauce, sprinkle of red onion and capers

### MYKONOS OMELETTE

enjoyed a taste of the mediterranean with sun dried tomato

### VEGGIE OMELETTE

tantalizing omelette with sautéed mushrooms, peppers, spinach and caramelized onions

### CHEF'S OMELETTE

have it your way with our cook to order

### PAN FRIED TOP EGGS

double eggs top fried in a pot



## THE PERFECT SALAD

### CALIFORNIAN SALAD

tossed greens, fresh avocado, cherry tomato, cucumber, topped with garlic sautéed spinach and balsamic dressing, our chef roasts the salad with grilled chicken breast

### GOAT CHEESE SALAD

a fantastic way to boost your morning. mix green salad, fresh tomato, tossed with in house vinaigrette made from lemon juice and extra virgin olive oil topped with walnuts and goat cheese

## SELECTION OF YOU & ME AWESOME MORNING

### ASSORTED SEASONAL FRUIT PLATTER

enjoy this delicious platter created from three of our signature fluffy pancakes, filled with sliced banana, blueberry, chopped walnuts served with maple syrup

### CHOICE OF BEEF BACON AND CHICKEN SAUSAGE

### SMOKED SALMON BUTTER, CAPERS AND TOASTED CEREAL BREAD

### FLAVORFUL LOW FAT YOGURT

### SELECTION OF YOGURTS

### OAT CEREAL WITH MILK

### MIX CEREALS & FLAKES

### SELECTION OF COLD CUTS AND CHEESE

### MILK & RICE WITH CINNAMON/CHOCOLATE/CARAMEL

## DIVINE FRESH FROM THE OVEN

### FRESHLY BAKED CROISSANTS FOR TWO, SERVED WITH HONEY JAM

### PANE E NUTELLA

### CAKE OF THE DAY

### HOME MADE BREAD & BUTTER & JAM

### HOME MADE MUFFIN

### PICK YOUR CHOICE OF CROISSANTS

### NANNY'S DELICIOUS COOKIES OF THE DAY

Breakfast at The Sand