

## - Eggs & Omelettes -

*Served with hash browns and your choice of toast or English muffin*

### The All American \$11

*Two eggs, any style, served with choice of Applewood smoked bacon, sausage or ham.*

#### Denver Omelette \$12

*Three fluffy eggs mixed with diced ham, onions and bell peppers, topped with melted cheddar cheese.*

#### Plain Omelette \$10

*Made with three fluffy eggs, egg whites or egg beaters.*

#### Ham and Cheese \$12

*Classic diced ham with three eggs. Served with your choice of American, Swiss, Jack or Cheddar cheese.*

### Classic Egg Sandwich \$11

*Your choice of toasted bread served with two eggs, fried or scrambled. Topped with choice of Applewood smoked bacon, sausage or ham and American, Swiss, Jack or Cheddar cheese. Served with hash browns or fresh fruit.*

## - Specialties -

*Served with fresh fruit*

#### Breakfast Burrito \$11

*Scrambled eggs filled with your choice of Applewood smoked bacon, ham or sausage, Jack and Cheddar cheeses and tasty refried beans rolled into a flour tortilla. Served with salsa, sour cream and guacamole.*

#### Eggs Benedict \$13

*A favorite breakfast specialty with two poached eggs with grilled Canadian Bacon nestled on an English muffin and smothered with a classic Hollandaise Sauce.*

#### Croissant Sandwich \$11

*Open faced croissant topped with two eggs, any style, and melted Cheddar cheese. Your choice of Applewood smoked bacon, ham or sausage.*

## Frittatta

*Served with your choice of toast.*

#### Vegetable Frittatta \$11

*Three fluffy eggs with sauteed onions, green and yellow bellpeppers, carrots and grape tomatoes. Topped with smoked Gouda cheese, oven baked and served open faced.*

#### Mediterranean Frittatta \$12

*Three fluffy eggs tossed with sauteed onions, marinated artichokes, spinach and sliced mushrooms. Topped with melted Feta cheese, oven baked and served open faced.*

## - Light Fare -

#### Tropical Fruit Plate \$12

*Seasonal fresh fruits, Pineapples, Strawberries, Grapes and Melons served with your choice of strawberry yogurt or low fat cottage cheese.*

#### Yogurt Parfait \$9

*Yogurt served with low fat Granola and topped with fresh strawberries and raspberries. Served with a large bran muffin.*

## - From the Griddle -

*All pancakes and waffles are lightly dusted with powdered sugar and served with whipped butter and warm maple syrup.*

#### Short Stack \$7

*Add Strawberry, Blueberry or Banana toppings \$2.00 ea*

#### Stack of Three \$9

*Add Strawberry, Blueberry or Banana toppings \$2.00 ea.*

#### Island Combo \$12

*Short stack of buttermilk pancakes served with two eggs, any style, and choice of Applewood smoked bacon, ham or sausage.*

#### French Toast \$9

*Two slices of egg bread dipped in a Milk, Egg, Cornflake and Cinnamon Batter, grilled until golden brown.*

#### Plain Waffle \$9

*A golden brown waffle served with whipped cream. Add Strawberry, Blueberry or Banana toppings \$2.00 ea.*

## - Hot & Cold Cereals -

#### Oatmeal \$6

*Old fashion, made daily, served with Raisins, Brown Sugar and a side of Milk.*

#### Dry Cereals \$5

*Choice of Corn Flakes, Frosted Flakes, Raisin Bran, Fruit Loops, Special K, Cheerios or Granola.*

## - Baker's Special -

#### Danish \$4

*Choice of Apple, Blueberry, Cream Cheese or Cherry.*

#### Muffins \$4

*Choice of Blueberry, Banana Nut or Bran.*

#### Cinnamon Roll \$4

*Topped with Cream Cheese frosting.*

#### Bagel with Cream Cheese \$5

#### Cinnamon Sticky Buns \$5

*Bread dough filled with Raisins, Walnuts and Cinnamon.*

## - Beverages -

Kona Coffee or Decaffeinated Coffee	\$3	Assorted Juices:		sm: \$3
Teas - Hot or Iced	\$3	Apple, Cranberry,		lrg: \$4
Hot Chocolate with Whipped Cream	\$3	Grapefruit, Pineapple,		
Milk	\$3	Tomato or V8		
Soft Drinks	\$3			
Freshly Squeezed Orange Juice	sm: \$3	Eye Openers		\$7
	lrg: \$5	Bloody Mary, Screwdriver or Cape Cod		

*An automatic 18% gratuity will be applied to parties of 8 or more.*

*Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.*



**THE ISLANDS**  
RESTAURANT

