

Lua
BEACH HOUSE
BREAKFAST MENU

hot and cold beverages

FRESH ORANGE JUICE	CAPUCCINO	\$5
FRESH WATERMELON JUICE	CAFE LATTE	\$5
APPLE JUICE	MATCHA LATTE	\$5
CRANBERRY JUICE	SPICED CHAI LATTE	\$5
ESPRESSO SINGLE/DOUBLE	MATCHA LEMONADE	\$5
FILTERED COFFEE OR DECAF COFFEE	BLOOD MARY	\$7
HOT CHOCOLATE	MIMOSAS	\$8
AMERICANO	MUSCLE MILK	\$5
LEMON ICED TEA	Almond Milk, Banana, Whey Protein, Hemp Seeds, Spirulina, Agave	
SELECTION OF ORGANIC TEA	SUPER GREEN SMOOTHIE	\$5
Earl Gray, English Breakfast, Jasmine, Green Tea with Citrus and Gingko, Egyptian Chamomile, Japanese Sancha	Spinach, Kale, Cucumber, Ginger, Celery, Pineapple, Green Apple, Lemon	

the south bank bakery

TOASTED WHITE OR WHOLE WHEAT BREAD
Selection of Preserves

TOASTED SOURDOUGH BREAD
Selection of Preserves

WOOD-ROASTED FLAT IRON STEAK

PAIN AU CHOCOLAT

BUTTER CROISSANT

BLUEBERRY MUFFIN

DANISH OF THE DAY

V - Vegetarian | GF - Gluten Free | N - Nuts

Consuming undercooked foods of animal origin increases the risk of foodborne illnesses. Individuals with certain health conditions may be at risk if the seafoods are consumed raw or uncooked. Prices are quoted in US Dollars and are subject to 12% Government Tax and 10% Service charge.



BREAKFAST MENU

cereals, grains and salads

100% milk, 2% milk, almond milk, soy milk or organic bio yogurt

TROPICAL FRUIT BOWL ^V

Cantaloupe Melon, Pineapple, Watermelon, Grapes

CHIA SEED PUDDING ^V

Caribbean Coconut Milk, Agave Syrup, Raisins, Fresh Berries

LUA SUMMER SALAD ^V

Local Kale, Arugula, Mint, Red Onion, Cucumber, Orange, Crumble Feta, Aged Balsamic Dressing

BIRCHER MUESLI ^V

Oatmeal, Granny Smith Apple, Yoghurt, Sultanas

JUMBO ORGANIC OAT PORRIDGE

Dominican Honey, Seasonal Berries

SELECTION OF CEREALS

Special K, Rice Krispies, Frosted Flakes, Raisin Bran, Apple Jacks

hot breakfast

FULL ENGLISH BREAKFAST

Free Range Local Brown Eggs - Fried, Poached or Scrambled, Crispy Bacon, Pork Sausage, Field Mushroom, Plum Tomato, Hash Brown, Baked Beans

FREE RANGE BROWN EGGS

ANY STYLE - Sunny Side, Poached, Scrambled, Boiled or Fried

CLASSIC OMELETTE WITH CHOICE OF

Cheese, Mushrooms, Onion, Peppers or Ham

SUPERFOOD EGG WHITE OMELETTE

With Baby Spinach, Kale, Basil and Sprouting Broccolini

CLASSIC EGGS BENEDICT

English Muffin, Black Forest Ham, Hollandaise Sauce

EGGS ROYALE

English Muffin, Smoked Salmon, Hollandaise Sauce

EGGS FLORENTINE

English Muffin, Spinach, Mornay Sauce

LUA SHAKSHUKA

Organic Eggs, Chunky Tomato and Bell Pepper Sauce, Cumin, Paprika, Feta, Sourdough Bread

FRENCH TOAST

Maple Syrup or Nutella

AMERICAN PANCAKES

Maple Syrup and Fresh Berries

SMOKED SALMON

Bagel, Cream Cheese, Capers, Onion

AVOCADO TOAST

Smashed Local Avocados, Poached Eggs, Sourdough Bread, Crushed Farm Tomatoes, Pickled Onions

SCRAMBLED ORGANIC TOFU ^V

Tumeric, Peppers, Onion and Spinach, Sourdough Toast, Local Cay Salt

STEAK AND EGGS

14-day Dry Aged 5 oz Ribeye Steak with Fried Eggs, Hash Brown

\$10

CRAB CAKE BENEDICT

Lump Crab Cakes, English Muffin, Hollandaise Sauce, Pickled Onions

\$8

\$39 - FULL BREAKFAST - YOUR SERVER WILL EXPLAIN OPTIONS.

CHOOSE TWO SIDES: CRISPY BACON, PORK SAUSAGES, BAKED BEANS & HASH BROWNS

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