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BREAKFAST MENU

MANDARIN ORIENTAL
CANOUAN

WELLNESS

Exotic Fruit Platter 20
Daily selection of seasonal fruit

Bircher Muesli D|G|N 22
Overnight oats, toasted almond, green apple, fresh orange zest, banana.

Classic Oatmeal D|G 24
Porridge with milk, local fruit & honey.

Chia Pudding VE 26
Overnight chia seed in coconut cream served with mango compote

Acai Fruit Bowl VE 26
Acai puree, seasonal fruits

Canouan Green Salad VE 26
Cucumber, local lettuce, avocado, lemon vinaigrette

Yoghurt Parfait with Granola D|G|N 26
Greek yoghurt, oats, nuts, honey, dried fruits.

MORNING BAKERY

Pastry Mix Basket E 38
Plain Croissant, Chocolate Croissant, Fruit Danish, Banana Cake

Plain Croissant 10
Chocolate Croissant 10
Fruit Danish 10
Vanilla Muffin 10
Banana Cake 10

D | Dairy G | Gluten N | Nuts SF | Shellfish V | Vegetarian VE | Vegan | P Pork | E Eggs | F Fish | LU Lupin | M Mustard
Our menu utilizes free-range chicken and local fish, responsibly sourced from sustainable from sustainable farms & waters following GSTC standards
Prices are quoted in USD, subject to 16% government tax and 12% service charge

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HEARTY BREAKFAST

Eggs & Steak E 65
Minute steak, mushroom, tomato, two egg sunny side up

Croque Monsieur D|G|P|E 38
Black forest Ham, White Bread, Cheese, Mornay sauce

Avocado Toast G|E 33
Mashed local avocado, tomato Jam, soft poached eggs, sourdough, pickled onion

Buttermilk Pancake D|G|E 26
Whipped cream, cold stewed mixed berries with icing sugar, maple syrup.

Brioche French Toast D|G|E 26
Pastry cream, lemon custard, whipped cream, Fruit compote, maple syrup.

BREAKFAST LIKE A LOCAL

Salted Fish Coconut Dough Boy G|F 26
Caribbean traditional salted fish, onion, bell pepper, tomato, fried plantain

Fish Tea G|F 33
Vincentian fish broth, broccoli, onion, carrot, coconut dumpling served with local hot pepper sauce

COMFORT MEAL

English Breakfast 45
Egg sunny side up, pork sausage, pork bacon, baked beans, roasted potato, grilled tomato

American Breakfast 45
Egg Sunny side up, pork sausage, pork bacon, hash brown, pancake, grilled tomato

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SAINT VINCENT FARM EGGS

Eggs Benedict D|G|P|E 33
Poached egg on a toasted English muffin, black-forest ham, hollandaise sauce

Eggs Florentine D|G|E 33
Poached egg on a toasted English muffin, sautéed spinach, hollandaise sauce

Vegetable Omelette D|G|E 33
Onion, tomato, pepper, spinach, mushroom

Ham & Cheese Omelettes D|G|E|P 33
Pork ham, cheddar cheese

Eggs Your Way D|E 31
Poached, fried, scrambled, boiled

Shakshuka G|E|D 30
Poached eggs cooked in a rich tomato sauce with bell pepper garlic and soft herbs, Arabic spices, finished with crumbled feta cheese, pita

Egg White Frittata E 33
Local farm egg white, Pepper, Onion, Spinach, Tomato.

SIDES USD 10

Crispy Pork Bacon
Chicken Sausage
Pork Sausage
Potato Hashbrown
Avocado Slice
Smoked Salmon

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BEVERAGES

COFFEE CORNER

Our coffees are sourced from Fairtrade Certified producers
Served with whole milk, 2% milk, soy milk, oat milk or almond milk

ESPRESSO 7

AMERICANO 7

CAPPUCINO 8

CAFFÈ LATTE 8

ICED COFFEE 8

HOT CHOCOLATE 8

ORGANIC TEA

Our tea is responsibly sourced from organic farms

ENGLISH BREAKFAST TEA 7

LAVENDER EARL GREY 7

OOLONG 7

LONG-LIFE GREEN 7

CHAMOMILE 7

PEPPERMINT 7

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JUICE & SMOOTHIE BAR

DAILY FRESH JUICE SELECTION 12

NUTTY BANANA 12
Peanut butter, banana, cinnamon

SMILE ME GREEN 15
Green apple, spinach, cucumber, basil

SEA MONSTER 15
Canouan sea moss, banana, nutmeg

CARROT TOP 15
Carrot, apple, ginger

SUNRISE BUBBLE

CANOUAN MIMOSA 26
House champagne, passion fruit juice

CLASSIC BELLINI 18
Prosecco, peach purée

BLOODY MARY 18
Vodka, tomato juice, lemon, spices

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