SEAGRAPE
Bar & Restaurant

Breakfast Menu

SIGNATURE BAJAN BREAKFAST

THE BAJAN EXPERIENCE — 48
**Cornmeal porridge, scrambled eggs, three Bajan fish cakes.
Bajan bakes, fried plantain, local sausage, tropical fruit and your choice of tea, coffee or hot chocolate with a glass of juice.**

THE TRIDENT — 44
Cornmeal porridge, Bajan bakes, scrambled eggs. local sausage or fried fish, served with your choice of tea, coffee or hot chocolate and a glass of juice.

BULJOL & BAKES — 40
Traditional Barbadian buljol made with salted codfish. onions, tomatoes, cucumbers, fresh lemon juice and scotch bonnet peppers, served with three warm Bajan bakes, tropical fruit, and your choice of tea, coffee or hot chocolate with a glass of juice.

AUTHENTIC. LOCAL. DELICIOUS.
Experience the true tastes of Barbados with our local favourites.

Please inform your server of any allergies or dietry requirements.

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CLASSIC BREAKFAST

THE FULL TANK 42
Two eggs any style, bacon or sausage, sweet potato hash (seasonal) or regular potato hash, toast, fresh fruit. and your choice of tea, coffee or hot chocolate

THE UNION JACK 46
Two eggs any style, bacon, pork or chicken sausage baked beans, grilled tomato and toast or an English muffin. served with your choice of tea, coffee or hot chocolate and a glass of juice.

THE CONTINENTAL 24
Fresh croissant or muffin, toast with local preserves. tropical fruit plate, and your choice of tea, coffee or hot chocolate with a glass of juice.

VEGGIE DELIGHT 34
Sautéed seasonal vegetables, served with fried plantain and a selection of tropical fruits, accompanied by your choice of tea, coffee or hot chocolate and a glass of juice

BREAKFAST FAVOURTIES

THREE EGG OMLETTE 20
Served with toast

CHOOSE ANY TWO FILLINGS AT NO EXTRA COST

- Tomatoes
- Mushrooms
- Onions
- Cheddar Cheese
- Sweet Peppers
- Mozerella
- Spinach
- Feta Cheese

ADDITIONAL FILLINGS: $4 each

PREMIUM ADD-ONS:

Ham +5 Bacon +5

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BREAKFAST FAVOURTIES

CLASSIC FRENCH TOAST 22

Two slices of bread, cut into four triangles grilled until golden and served with maple syrup and powdered sugar

FLUFFY PANCAKES 20

Three fluffy pancakes served with maple syrup whipped cream and chocolate sauce

BREAKFAST SLIDERS

3 sliders served with Marie rose sauce, lettuce and tomato.

Fish Slider 30

Egg Slider 18

PREMIUM ADD-ONS:

Ham +5 Bacon +5 Cheese +5

SIDES

Local Fruit Plate	14	Pumpkin Fritters	9
Buljol	20	Sausage	10
Two Eggs Any Style	10	Bacon	10
Corned Beef Hash	12	Baked Beans	9
Plantain	8	Bajan Fish Cakes	10
Cornmeal Bakes (3)	10	Cornmeal/Oatmeal Porridge	8
Bajan Bakes (3)	10	Toast (2 slices)	8

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BEVERAGES

HOT BEVERAGES

Americano	5
Cafe Latte	10
Cappuccino	10
Espresso	12
Hot Chocolate	5
Tea	4
Pot of Coffee	9

SOFT DRINKS

Coke	6
Coke Zero	6
Fanta	6
Sprite	6
Tonic Water	6
Soda Water	6
Ginger Ale	6

JUICES

Fruit Punch	5
Lemonade	6
Orange Juice	5
Pineapple Juice	5
Cranberry Juice	6
Strawberry Lemonade	7

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THANK YOU

For choosing Sea Grape Bar & Restaurant.

WE HOPE YOU ENJOY YOUR MEAL

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