

CONTINENTAL BREAKFAST

Fresh fruit, toast & baked goods. Juice, tea & coffee included in your room rate.

MAYAN BREAKFAST

Fresh homemade corn tortillas, scrambled eggs, refried beans, locally produced cheese, combined with onions and "chaya".

8

BELIZEAN BREAKFAST

Fresh country eggs scrambled with sautéed onions, bell peppers and cilantro. Served with your choice of flour tortilla or fried jack.

10

AMERICAN BREAKFAST

Two eggs prepared to your liking served with toast, and your choice of ham, bacon, or breakfast sausage.

10

OMELET SPECIAL

Farm fresh egg omelet generously filled with home grown assorted vegetables and cheese, served with your choice of bacon, ham or breakfast sausage.

10

REGULAR OR CHOCOLATE PANCAKES

Light and fluffy homemade pancakes, served either plain or topped with chocolate. Served with your choice of ham, bacon, or breakfast sausage.

10

SUNRISE BURRITO

A homemade flour tortilla stuffed with refried beans, scrambled eggs, cheese and fresh vegetables.

10

SIDE ORDERS

Ham Bacon Sausage Refried beans

3

BREAKFAST IS SERVED FROM 7:00 AM UNTIL 10:30 AM

All prices are in U.S dollars. A 12.5% government sales tax and 15% service charge will be added to all prices.

LUNCH MENU

... À LA CARTE ...

GAZPACHO

Served with tortilla chips.

8

FRESH GARDEN SALAD

Wonderful mixture of fresh garden vegetables on a bed of baby lettuce with fresh local cashews.

Served with your choice of balsamic or honey mustard dressing.

8

Add shrimp or chicken

14

GAÍA GRILLED CHICKEN SANDWICH

Tender chicken breast grilled with our secret spices, topped with fresh lettuce and tomato, nestled in our homemade bread. Served with fries.

9

FIVE SISTERS FALLS FAJITAS

Your choice of chicken, shrimp or tenderloin strips, with onions and bell peppers, and topped with fresh tomato and cilantro salsa.

Served with refried beans, grated cheese on a flour tortilla.

Chicken Shrimp Sirloin

10 14 16

BELIZEAN ENCHILADAS

Fresh homemade corn tortilla, stuffed with mild red pepper marinated chicken and tomatoes, topped with refried beans and grated mozzarella cheese.

10

PIZZA FORMAGGIO

Classic cheese lovers pizza topped with ricotta, parmesan, and mozzarella cheese and garnished with fresh vegetables. Freshly baked to perfection.

14

SICILIAN PEPPERONI PIZZA

Homemade thin-crust pizza topped with fresh mushrooms, pepperoni, mozzarella and parmesan cheese.

16

LUNCH IS SERVED FROM 12:00 PM UNTIL 3:00 PM

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APPETIZERS

FRESH GARDEN SALAD

Wonderful mixture of fresh garden vegetables on a bed of baby lettuce and fresh local cashews.
Served with your choice of balsamic or honey mustard dressing.

8

CONCH FRITTERS

Chopped conch meat in a beer batter mixed with fresh vegetable and herbs, deep-fried
and served with our secret dipping sauce. (Seasonal)

10

ITALIAN FRESH ANTIPASTO

Country ham, arugula lettuce, mini asparagus, bell peppers, eggplant, and zucchini.

12

GRILLED SHRIMP SKEWER

Served with grilled pineapple. Topped with coconut shavings and pineapple-ginger glaze.

12

EMPANADAS

Fresh corn tortilla stuffed with fresh sautéed vegetables and cheese.

8

GREEK SALAD

Fresh from our own organic garden, peppers, tomatoes, red onion, cucumber, and feta cheese tossed in an olive oil dressing.

10

Add Chicken or Shrimp

16

VEGETABLE BRUSCHETTA

Homemade French bread, topped with fresh pesto and a mix of freshly picked vegetables garnished with Parmesan cheese shavings.

8

SHRIMP AVOCADO GRAPEFRUIT SALAD

Sliced Avocados, grilled shrimp and grapefruit wedges served on a bed of fresh organic lettuce with balsamic vinegar and olive oil dressing

12

VEGETABLE TEMPURA

Freshly picked garden vegetables deep fried in beer batter and served with a citrus sauce.

8

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ENTRÉES

SPICY CREOLE STYLE SHRIMP

Shrimp lightly stir fried in olive oil tossed with celery, bell peppers, and chili tomato chipotle sauce and served on a bed of coconut rice.

20

GRILLED PEPPER STEAK

Grilled tenderloin marinated with balsamic & herbs and served with potato wedges and mixed fresh vegetables.

24

BARBECUE PORK CHOP

Grilled to perfection. Served with mashed sweet potato & grilled sweet corn.
A Belizean favourite!

18

SWEET & SOUR TROPICAL CHICKEN

Tender chicken breast marinated in sesame oil, brown sugar, ginger and fruit juice; sautéed and served on a bed of vegetable pilaf and sautéed veggies.

18

BELIZEAN FAMILY FAVOURITE

Chicken breast prepared with Belizean spices served with coconut rice and beans, coleslaw and fried plantains.
Simple, delicious and a true Belizean classic.

18

BLACKENED LOCAL SNAPPER

Blackened with local spices and grilled. Served with coconut rice and sautéed vegetables.

24

MAYAN LASAGNA

Homemade corn tortillas layered with refried beans, marinara and béchamel sauce, topped with mozzarella cheese then oven baked. A local take on a classic Italian favourite!

15

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LINGUINE PESTO

Linguine pasta topped with our homemade pesto and fresh grated Parmesan cheese.

15

Add chicken or shrimp

18

PENNE ARRABIATA

Penne pasta prepared in our special homemade spicy tomato sauce.

15

Add chicken or shrimp

18

BAKED EGGPLANT PARMESAN

Slices of eggplant lightly dusted with herbed breadcrumbs, topped with fresh marinara sauce and Parmesan cheese

15

ASIAN STYLE STIR FRY ORGANIC VEGETABLES

A medley of fresh organically grown garden vegetables and cashew nuts, stir fried in Asian Spices and served with ginger rice

15

Add chicken or shrimp

18

VEGETABLE PAELLA

Long grain rice with mixed fresh vegetables and saffron with a hint of white wine

16

GRILLED VEGETABLE 'STEAK'

Grilled eggplant and zucchini 'steaks' topped with red onions and sautéed mushrooms in a red wine reduction

12

DESSERTS

COCONUT PIE
8

CHOCOLATE CAKE
8

RUM FLAN
8

PECAN PIE WITH CARAMEL DRIZZLE
10

FRESH FRUIT PLATE
5

ICE CREAM
4

DINNER IS SERVED FROM 6:30 PM UNTIL 9:00 PM

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