

# BREAKFAST

## CONTINENTAL BREAKFAST

Fresh fruit, toast & baked goods.

6

## MAYAN BREAKFAST

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

10

## BELIZEAN BREAKFAST

Fresh country eggs scrambled with sautéed onions, bell peppers and zucchini  
Served with refried beans and 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 either ham, bacon, or breakfast sausage.

10

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

# BREAKFAST

## 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

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# LUNCH

## 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

## GAÍÁ 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

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# LUNCH

## 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 crusted pizza topped with fresh mushrooms, pepperoni, mozzarella and parmesan cheese.

16

## 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

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# APPETIZER

## 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

## 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

## VEGETABLE BRUSCHETTA

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

8

## EMPANADAS

Fresh corn tortilla stuffed with fresh sautéed vegetables and cheese.

8

## GRILLED SHRIMP SKEWER

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

12

## 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

# ENTREE

## SPICY CREOLE STYLE SHRIMP

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

20

## BLACKENED FISH

Blackened with local spices and grilled. Served with curry ginger rice and sautéed vegetables.

20

## 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

## 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 risotto and sautéed veggies.

18

## BARBECUE PORK CHOP

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

18

## GRILLED PEPPER STEAK

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

24

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# ENTREE

## 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

## 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

## 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

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# DESSERT

PECAN PIE WITH CARAMEL DRIZZLE

10

COCONUT PIE

8

CHOCOLATE CAKE

8

RUM FLAN

8

FRESH FRUIT PLATE

5

ICE CREAM

4

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