

## BEACH BREAKFAST BUFFET

Enjoy our full buffet selection of fruits, cereals, yogurts, fresh baked breakfast breads, hot dishes and juices, coffee or tea. Ask your server about made-to-order eggs, omelets, waffles and pancakes.

\$16.95 Adult/\$8.95 Children ages 5-10



## THE CONTINENTAL BUFFET

Enjoy our selection of fruits, variety of cold cereals, Steel Cut oatmeal, house made granola, yogurts, fresh baked muffins, bagels, assortment of pastries and breads, with juices, coffee or tea.

\$11.95 Adult/\$5.95 Children ages 5-10

### MANGOS BREAKFAST SPECIALS

 **Healthy Breakfast...** three scrambled egg whites, two turkey sausage patties, slice of whole wheat toast with fresh fruit cup. 9.95  
Fat 21g Sat. Fat 6g Cholesterol 85mg Carbs 37g Protein 30g Cal 450

 **Eggs Fiesta...** two eggs and chorizo sausage scrambled together and topped with salsa, served with breakfast potatoes and toast. 10.75

**Doubletree Cookie Waffle...** golden malted waffle, with our very own Famous DoubleTree Cookie baked right in, topped with walnuts and chocolate chips. 9.25

### ISLAND DELIGHTS

**Calypso Combo...** two eggs any style, with your choice of bacon, sausage, ham with breakfast potatoes, toast & jam. 10.75

**Cabana Croissant...** fried egg, ham and cheese on a butter croissant, served with a fruit cup. 10.50

 **Beach Breakfast Bowl...** breakfast potatoes, spinach, tomatoes & onions topped with mozzarella, hollandaise, 2 eggs cooked to order & fresh avocado garnish. 10.50

**Eggs Caribenedict...** two poached eggs and Canadian bacon on a grilled English muffin, topped with hollandaise sauce, served with breakfast potatoes. 10.50

**Caribbean Breakfast...** two eggs any style, served with black beans and rice, fried plantains and pineapple coconut bread. 10.95

**Tropical Delight...** cup of strawberry yogurt surrounded by a fresh assortment of seasonal fruit. 10.25

### FRESH OMELETTES

**By-You Bayou Omelet...** choose any combination of ham, bacon, sausage, onions, peppers, tomato, mushrooms, cheddar, Swiss, jalapenos, salsa or mango salsa, served with breakfast potatoes and toast. 11.95

 **Greek Omelet...** eggs with sautéed tomatoes and feta topped with fresh oregano served with a cup of fresh sliced strawberries. 10.95  
Fat 30g Sat. Fat 10g Cholesterol 470mg Carbs 15g Pro. 28g Cal 320

**Cream Cheese Omelet...** a flavorful cream cheese omelet made with Egg Beaters, grilled asparagus, caramelized onions & shiitake mushrooms with sweet potato fries. 10.95  
Fat 11g Sat. Fat 4g Cholesterol 16mg Carbs 38g Pro. 22g Cal 340

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Gluten Free Menus available upon request.

Executive Chef Casey Miller  
Executive Sous Chef Aaron Dickey

#### CONSUMER ADVISORY

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

### FROM THE GRIDDLE

**Coastal Cakes...** traditional pancakes. 8.95  
Add strawberries or banana for 95¢

**Tahiti Toast...** French bread sliced thick, dipped in egg batter & cinnamon. 8.95  
Add strawberries or banana for 95¢

**Windsurfer...** original golden malted waffle. 8.95  
Add strawberries or banana for 95¢

### LIGHTER FARE

**Fruit & Yogurt Parfait...** low fat Greek yogurt, seasonal fresh fruit and house made granola. 7.75

**Seasonal Berry Bowl...** a fresh assortment of seasonal berries. 6.95

**Steel Cut Oatmeal...** served with fresh cream, cinnamon syrup, golden raisins and craisins. Add strawberries or bananas for 95¢ 3.95

**Cold Cereals...** choice of Raisin Bran, Frosted Flakes, Fruit Loops or Rice Chex. 3.95

**Homemade Granola cereal...** steel cut oats, honey, cashews, sunflower seeds, almonds, pumpkin seeds, brown sugar, maple syrup, flax seeds, cinnamon, ginger and sunflower oil. 4.95  
Add strawberries or bananas for 95¢

**Fresh Sliced Fruit Plate...** Seasonal fresh fruits. 6.95

**Basket of Fresh Bakeries...** fresh baked butter croissant and today's muffin with butter & jam. 6.95

**Healthy Breakfast Bowl...** hot oatmeal served with sliced bananas, seasonal berries and 2% milk. 6.95

### SIDE ORDERS

**One Egg** ..... 2.95  
**Two Eggs** ..... 3.95  
**Bacon, Sausage or Turkey Sausage Patties** ..... 3.95  
**Canadian Bacon or Sugar Cured Ham** ..... 3.95  
**Breakfast Potatoes or Toast** ..... 3.25  
**English Muffin or Croissant** ..... 3.25  
**Bagel and Cream Cheese** ..... 3.25  
**Short Stack Pancakes** ..... 4.95  
**6oz. Sirloin Steak** ..... 9.95  
**Fresh Baked Muffin** ..... 2.95

### BEVERAGES

**Chilled Fruit Juice** ..... 2.50  
Grapefruit, Tomato, Apple, Mango, Cranberry, Pineapple or Florida Orange Juice.  
**Coffee or Individual Pot of Tea** ..... 2.25  
**Milk (Whole, Skim or Soy)** ..... 2.25  
**Hot Chocolate** ..... 2.25  
**Soft Drinks** ..... 2.25



### MANGOS FAVORITES

#### HEALTHY DINING® OPTIONS

These items meet HEALTHY DINING'S nutrition criteria and are featured on [HealthyDiningFinder.com](http://HealthyDiningFinder.com)

