



GLUTEN FREE BREAKFAST MENU

Enjoy the following options
for those who are Gluten sensitive.

BEACH

BREAKFAST BUFFET

Enjoy our full buffet selection of fruits, Gluten Free cereal, yogurts, hot dishes and juices, coffee or tea. Ask your server about made-to-order eggs and omelettes and Gluten Free toast.

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

MANGOS BREAKFAST SPECIALS

Eggs Fiesta... Two eggs and chorizo sausage scrambled together and topped with salsa, served with fresh fruit and Gluten Free toast. 10.75

Calypso Combo... Two eggs any style, with your choice of bacon, sausage or oven roasted ham with fresh fruit and Gluten Free toast & jam. 10.75

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

LIGHTER FARE

Fruit & Yogurt Parfait... Low fat Greek yogurt, seasonal fresh fruit and grated almonds, sunflower seeds and pumpkin seeds. 7.75

Seasonal Berry Bowl... A fresh assortment of seasonal berries. 6.95

Cold Cereal... Rice Chex. Add strawberries or bananas for .95¢ 3.95

FRESH OMELETTES

By-You Bayou Omelette... Choose any combination of ham, bacon, sausage, onions, peppers, tomato, mushrooms, cheddar, Swiss, jalapenos, salsa or mango salsa, served with fresh fruit and Gluten Free toast. 11.95

Greek Omelette... Eggs with sautéed tomatoes and feta topped with fresh oregano served with a cup of fresh sliced strawberries. 10.95

Cream Cheese Omelette... A flavorful cream cheese omelette with asparagus, caramelized onions and shiitake mushrooms. Served with fresh fruit. 10.95

SIDE ORDERS

- One Egg \$2.25
- Two Eggs \$3.95
- Bacon, Sausage or Turkey Sausage Patties \$3.95
- Oven Roasted Canadian Bacon \$3.95
- Oven Roasted Sugar Cured Ham \$3.95
- 6oz. Char Broiled Sirloin Steak \$9.95
- * Choice of Raisin, White or 7 Grains Toast \$2.75

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
- Soft Drinks \$2.25
- Espresso \$3.00
- Cappuccino or Latte \$4.00

This menu and the information on it is provided by Mangos Restaurant as a service to our customers. Mangos Restaurant assumes no responsibility for its use and information which has not been verified by Mangos Restaurant. You are encouraged to your own satisfaction, to consider this information in light of your individual requirements and needs. These items are produced in the same kitchen where Gluten-containing items are prepared.

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Seasonal, locally sourced produce used whenever possible.

GRATUITY IS NOT INCLUDED.

* Our Gluten Free Breads come from Canyon Bakehouse. Canyon Bakehouse is "passionately determined to produce delicious breads that taste good and are healthy for you".