

*** 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 Cage Free scrambled egg whites, two turkey sausage patties, slice of whole wheat toast with fresh fruit cup. 10.95
Fat 21g Sat. Fat 6g Cholesterol 85mg Carbs 37g Protein 30g Cal 450

 ***Eggs Fiesta...** two Cage Free eggs and chorizo sausage scrambled together and topped with salsa, served with breakfast potatoes and toast. 10.95

DoubleTree Cookie Waffle... golden malted waffle, with our very own famous DoubleTree cookie baked right in, topped with walnuts and chocolate chips. 10.25

ISLAND DELIGHTS

***Calypso Combo...** two Cage Free eggs any style, with your choice of bacon, sausage, or ham with breakfast potatoes, toast & jam. 11.50

***Cabana Croissant...** two Cage Free eggs, ham and cheese on a butter croissant, served with a fruit cup. 11.50

 ***Beach Breakfast Bowl...** breakfast potatoes, spinach, tomatoes & onions topped with mozzarella, hollandaise sauce, 2 Cage Free eggs cooked to order & fresh avocado garnish. 11.50

***Eggs Caribenedict...** two poached Cage Free eggs and Canadian bacon on a grilled English muffin, topped with hollandaise sauce, served with breakfast potatoes. 11.50

***Caribbean Breakfast...** two Cage Free eggs any style, served with black beans and rice, fried plantains and pineapple coconut bread. 11.50

***Mediterranean Breakfast...** two Cage Free eggs any style with grilled Halloumi cheese from the island of Cyprus, served with tomatoes and onions drizzled with lemon olive oil, vinegar and pita chips 11.95

FRESH OMELETTES

***By-You Omelet...** three Cage Free eggs or egg whites; 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...** three Cage Free eggs with sautéed tomatoes and feta topped with fresh oregano served with a cup of fresh sliced strawberries. 11.95
Fat 30g Sat. Fat 10g Cholesterol 470mg Carbs 15g Pro. 28g Cal 320

Executive Chef Casey Miller
Sous Chef George Ratliff

***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. 9.95
Add strawberries or banana for 95¢

***Tahiti Toast...** French bread sliced thick, dipped in egg batter & cinnamon. 9.95
Add strawberries or banana for 95¢

Windsurfer... original golden malted waffle. 9.95
Add strawberries or banana for 95¢

LIGHTER FARE

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

Steel Cut Oatmeal... served with fresh cream, brown sugar, golden raisins and craisins. 4.95
Add strawberries or bananas for 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. 5.95
Add strawberries or bananas for 95¢

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

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

SIDE ORDERS

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

BEVERAGES

- Chilled Fruit Juice 2.95
Grapefruit, Tomato, Apple, Mango, Cranberry, Pineapple or Florida Orange Juice.
- Coffee or Individual Pot of Tea..... 2.95
- Milk (Whole, 2% or Soy)..... 2.95
- Hot Chocolate 2.95
- Soft Drinks..... 2.95



MANGOS FAVORITES

HEALTHY DINING® OPTIONS

These items meet HEALTHY DINING'S nutrition criteria and are featured on HealthyDiningFinder.com