

FRESH FRUIT

Hawaiian Papaya or Pineapple	6
Fresh Seasonal Berries	8
Bowl of Seasonal Fruits	10
Seasonal Fruit with Banana Nut Muffin & Yogurt	15

GUILT-FREE

Selection of Box Cereals	8
Special K, Bran, Raisin Bran, Toasted Granola, Fruit Loops, Frosted Flakes	<i>with fruit</i> 10
House Made Bircher Muesli dried fruits, seasonal berries, nuts	8
Oatmeal brown sugar, raisins, milk	9

Healthy Yogurt & Granola Bar	<i>adult</i> 19
daily selection of local granola, yogurt, seasonal fruit, pastries and fruit juice	<i>child</i> 9
<i>Add one of our Healthy entrées: Honey Wheat Cranberry Pancakes, Baked Egg White Casserole or Oat Bran Belgian Waffles</i>	24

PANCAKES, WAFFLES & PASTRIES

Buttermilk or Honey Wheat Cranberry Pancakes whipped butter and coconut or maple syrup	12
<i>Add Strawberries, Bananas, Macadamia Nuts, or Chocolate Chips</i>	14
Plain or Oat Bran Belgian Waffle whipped butter, coconut or maple syrup	12
<i>Add Strawberries, Bananas, Macadamia Nuts, or Chocolate Chips</i>	14
Hawaiian Bananas Foster French Toast Hawaiian brown sugar caramel sauce, macadamia nut ice cream	14
Selection of Pastries preserves & butter	<i>selection of three</i> 6 <i>selection of five</i> 10

HYDRATIONS

Coffee - regular or decaffeinated	4.50
Harney & Son's Tea english breakfast, caribe, sencha, pomegranate oolong, red bush rooibos chai bangkok, dragon pearl jasmine, decaf ceylon	4.50
Milk - whole, skim or soy	4.50
Juices - guava, orange, POG, grapefruit, tomato, cranberry, apple	4.50

Tropics Continental 17
fruit juice, fresh fruit, croissant or toast, coffee or tea

Tropics Breakfast 22
two eggs, breakfast potatoes, choice of ham, spam, bacon, link sausage or Portuguese sausage,
fruit juice, fresh fruit, croissant or toast, coffee or tea

Brown or White Rice may be substituted for Breakfast Potatoes

SPECIALTIES

Tropics Omelet 16
smoked ham, spinach, tomatoes, mozzarella cheese, breakfast potatoes, toast

Baked Egg White Casserole 16
spinach, shiitake mushrooms, tomatoes, whole grain toast, choice of fresh fruit or mixed greens

The Morning After Saimin 16
shrimp, char sui pork, spam, fried egg, island kamaboko, bok choy, scallions,
Chinese hot mustard, shoyu, side of kim chee

Big Island Goat Cheese Quiche 16
ham, Maui onions, roasted tomato, choice of fresh fruit or mixed greens

Hawaiian Loco Moco 17
steamed white rice, grilled burger patty, fried eggs, Maui onion gravy, side of kim chee

Smoked Salmon & Bagel 18
cream cheese, cucumber, tomatoes, red onions, caper berries & sliced eggs

Traditional Eggs Benedict 18
english muffin, Canadian bacon, hollandaise sauce

Seared Lump Crab Cake Eggs Benedict 20
english muffin, sliced tomatoes, capers, hollandaise sauce

SIDES

5

Portugese Sausage

Bacon

Spam

Lump Crab Cake

Ham

Pork Link

Breakfast Potatoes

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

Prices are inclusive of 4.712% state sales tax. 17% gratuity will automatically be charged to parties of 7 or more.