

# TROPICS

## BAR & GRILL

### BREAKFAST

Served 7:00 am - 10:00 am

#### FRESH FRUIT

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

#### GUILT-FREE

Selection of Cereals	8
Special K, Bran, Raisin Bran, Toasted Granola, Fruit Loops, Frosted Flakes	10
House Made Bircher Muesli dried fruits, seasonal berries, nuts	8
Steel Cut Oatmeal brown sugar, raisins, milk	8

Healthy Yogurt & Granola Bar	18
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#### FLOUR & WHEAT

Buttermilk or Oat Pancakes whipped butter and coconut or maple syrup	12
<i>Add Seasonal Fruit, Macadamia Nuts, Chocolate Chips</i>	14
Belgium Waffle butter, coconut or maple syrup	12
<i>Add Seasonal Fruit, Macadamia Nuts, Chocolate Chips</i>	14
Selection of Pastries preserves & butter	<i>selection of three</i> 6 <i>selection of five</i> 10

#### HYDRATIONS

Coffee - regular or decaffeinated	4
Tea Forte herbal - citrus mint, chamomile tisane, ginger black - forte, earl grey, black current green - oasis	6
Milk - whole, low fat, 2% or soy	4
Juices - guava, orange, grapefruit, tomato, cranberry	4
Odwalla Juices - super food, mango tango, orange, pomagranate limeade, blueberry	6

## **SPECIALTIES**

<b>Tropics Omelet</b> smoked ham, spinach, tomatoes, mozzarella cheese, breakfast potatoes, toast	16
<b>Baked Egg White Casserole</b> spinach, shiitake mushrooms, tomatoes, fresh fruit, whole grain toast	17
<b>Hawaiian Loco Moco</b> steamed white rice, grilled burger patty, fried eggs, Maui onion gravy	15
<b>Smoked Salmon &amp; Bagel</b> cream cheese, cucumber, tomatoes, red onions, caper berries & sliced eggs	18
<b>The Morning After Saimin</b> shrimp, char sui pork, spam, island kamabuko, bok choy, scallions, Chinese hot mustard, shoyu	16

<b>Tropics Continental</b> fruit juice, fresh fruit, croissant or toast, coffee or tea	15
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<b>Tropics Breakfast</b> two eggs, breakfast potatoes, choice of ham, spam, bacon, link sausage or Portuguese sausage, fruit juice, fresh fruit, croissant or toast, coffee or tea	19
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Brown or White Rice may be substituted for Breakfast Potatoes

## **EGGS BENEDICTS**

<b>Hawaiian</b> english muffin, Portuguese sausage, hollandaise sauce	18
<b>Traditional</b> english muffin, Canadian bacon, hollandaise sauce	18
<b>Seared Lump Crab Cake</b> english muffin, sliced tomatoes, capers, hollandaise sauce	20

## **TROPICS KIDS**

<b>Mini Pancakes or Waffles</b> butter & maple syrup and seasonal fruit	8
<b>Scrambled Eggs, Rice and Bacon, Sausage, Spam or Ham</b>	8
<b>Selection of Cereals</b>	6
Raisin Bran, Fruit Loops, Frosted Flakes, Coco Puffs	<i>with fruit</i> 8

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.