

## HEALTHY OPTIONS

### Seven Vegan Power Bowl

Garlic Quinoa, Kale, Mushroom, Spiced Sweet Potato, Caramelized Onion, Vegan Curry Mayo, Vegan Eggplant Sausage.  
KYD 22

### Granola Bowl

Greek Yogurt, House Made Granola, Mix Berries  
KYD 15

### Egg White Frittata

Bell Pepper, Onion, Spinach, Mushroom, Feta Cheese, Sundried Tomato, Choice of Toast  
KYD 22

### Salmon Waffle Poke

House-Smoked Salmon, Marinated Soft Boiled Egg, Avocado, Edamame  
KYD 22

### Cayman Steel Cuts Oats

Mango Chutney & Coconut Syrup  
KYD 12

### Shakshuka

Two Poached Eggs in Spicy Tomato Stew, Spinach, Feta, Grilled Multigrain Bread  
KYD 20

### Fruit Plate

KYD 22

## ISLAND FAVORITES

### Ackee & Saltfish

Bammy, Charred Scallion, Salted Cod Fish  
KYD 22

### Stuffed Mango French Toast

Mango Chutney & Gel  
KYD 18

### Guava Pancakes

Whipped Mascarpone, Pecan Crumble  
KYD 16

### All About Banana

Banana French Toast, Banana Brûlée, Banana Crème Anglaise  
KYD 16

### Breakfast Tacos

Scrambled Eggs, Chorizo, Sweet Potato Hash Brown, Cheddar Cheese, Pico de Gallo, Cilantro Sour Cream  
KYD 20

### Huevos Rancheros

Two Fried Eggs, Refried Beans, Fire Roasted Salsa, Avocado, Pico De Gallo, Queso Fresco  
KYD 20

### Focaccia Panini

Scrambled Eggs, Smoke Gouda, Sofrito Aioli, Crispy Bacon, Caramelized Onion, Arugula  
KYD 20

## THE CLASSICS

### Eggs Benedict

House-made Canadian Bacon, Hollandaise  
KYD 22

### Two Eggs Any Style

Choice of Bacon, Ham or smoked maple Sausage and a Choice of Toast  
KYD 22

### Create Your Own Omelet

Choice of Cheddar, Mozzarella, Mushrooms, Onions, Bell Peppers, Tomato, Spinach, Ham, Bacon, Sausage, Smoked Salmon, Choice of Toast  
KYD 22

### Corned Beef Hash

House-made Corned Beef, Fingerling Potatoes, Two Eggs Any Style  
KYD 22

### Avocado Toast

Multi-grain Bread, Two Poached Eggs, Tomato Relish, Arugula, Pesto, Balsamic Reduction  
KYD 22

### Vegan Enhancements:

#### Vegan Eggplant Sausage

KYD 10

#### Tofu

KYD 8

## SEVEN MILE BREAKFAST BUFFET

**Chef's Selection of Hot Items**  
**Organic Eggs and Omelets Made To Order**  
**Assorted Breads and Pastries, Granola**  
**House Smoked Salmon, Cheese and Charcuterie Boards,**  
**Selection of Fresh Juices & Smoothies**

Adults KYD 42  
Children (12 & under) KYD 25

### CHERRY TOMATO

KYD 4

### FRESH SLICED 1/2 AVOCADO

KYD 5

### BAKERY

Choice of: White, Wheat, Multigrain, Sourdough, English Muffin or Bagel  
KYD 5

### SWEET POTATO HASH

KYD 6

## SIDES

### MIX FRUIT BOWL

KYD 6

### BERRY BOWL

KYD 12

### YOGURT

Plain KYD 5  
Greek KYD 7

### ARUGULA SALAD

KYD 4

### SMOKED MAPLE SAUSAGE

KYD 5

### HOUSE SMOKED SALMON

Lemon & Caper Cream Cheese, Red Onion, Citrus  
KYD 12

### APPLEWOOD SMOKED BACON OR TURKEY BACON

KYD 6

### PASTRY BASKET

Selection of Chocolate Croissant, Muffins, Danish & Croissant  
KYD 12

## FRESH FROM THE PRESS

Orange or Pineapple or Melon  
Carrot or Watermelon  
KYD 10

### Seven's Signature

Celery, Spinach, Cucumber, Green Apple  
KYD 10

### Cayman Sunrise

Orange, Carrot, Ginger, Lemon  
KYD 10

## IMMUNE SHOT OF THE DAY

KYD 4

## BREAKFAST COCKTAILS

### Chilly Chai

Gun Bay Vodka, Cold Brew Coffee, Chai Syrup, Cream  
KYD 12

### Buffalo On The Beach

Brewed Coffee, Buffalo Trace Bourbon, Irish Cream  
KYD 12

### Watermelon Aperol Spritz

KYD 16

### Mimosa

Assorted Flavors  
KYD 16

## HOT BEVERAGES

Lavazza Coffee or Espresso  
KYD 6

Lavazza Cappuccino  
KYD 7

Selection of Tea  
KYD 6

## BREAKFAST SMOOTHIES

Strawberry or Banana  
or Mango  
KYD 12

### Green Piña Colada

Pineapple, Coconut Milk, Banana, Low Fat Greek Yogurt, Honey, Spinach  
KYD 12

### Mango Banana Oat Smoothie

Oats, Yogurt, Mango, Banana, Milk  
KYD 12

### Berry Boost Smoothie

Berries, Banana, Almond Milk, Flax Oil, Honey, Cinnamon  
KYD 12

**GLUTEN-FREE DINING** Please ask your server for details. Please inform your server of any allergies or dietary restrictions.

The Ritz-Carlton, Grand Cayman is proud to support "Cayman Sea Sense" by only purchasing seafood from sustainable sources.

All prices are quoted in KYD and charged in USD (1 KYD = 1.25 USD).  
For your convenience, a 20% Service Charge will be added to your check.