

## HEALTHY OPTIONS

### Vegan Seven Power Bowl

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

### Granola Bowl

Mixed Berries, Greek Yogurt, Banana  
KYD 15

### Egg White Frittata

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

### Cayman Steel Cut Oats

Mango Chutney & Coconut Syrup  
KYD 12

### Shakshuka

Two Baked Eggs in Spicy Tomato Stew, Spinach, Feta, Grilled Sourdough Bread  
KYD 20

### Fruit Plate

KYD 22

## ISLAND FAVORITES

### Jerk Chicken Hash

Two Eggs Any Style, Sweet Potato Tots, Bell Peppers, Onions  
KYD 22

### Breakfast Tacos

Scrambled Eggs, Chorizo, Sweet Potato Hash Brown, Cheddar Cheese, Pico de Gallo, Cilantro Sour Cream  
KYD 18

### Huevos Rancheros

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

### Guava Pancakes

Whipped Mascarpone, Pecan Crumble  
KYD 16

### Stuffed Mango French Toast

Mango Chutney & Gel  
KYD 18

## 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

### Avocado Toast

Multigrain Bread, Two Poached Eggs, Tomato Relish, Arugula, Pesto, Balsamic Reduction,  
KYD 22

### Vegan Enhancements:

### Vegan Eggplant Sausage

KYD 10

### Any Style 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 40  
Children (12 & under) KYD 30

## SIDES

**FRESH SLICED 1/2 AVOCADO**  
KYD 4

### BAKERY

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

**SWEET POTATO HASH**  
KYD 6

**MIX FRUIT BOWL**  
KYD 6

**BERRY BOWL**  
KYD 10

**YOGURT**  
Plain KYD 5  
Greek KYD 6

**ARUGULA SALAD**  
KYD 4

**SMOKED MAPLE SAUSAGE**  
KYD 5

**HOUSE-SMOKED SALMON**  
KYD 8

**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 8

Seven's Signature: The Green Celery, Spinach, Cucumber, Green Apple  
KYD 10

Cayman Sunrise Orange, Carrot, Ginger, Lemon  
KYD 10

## IMMUNE SHOT OF THE DAY

KYD 4

## BREAKFAST COCKTAILS

Mimosa Orange, Pineapple, Mango, Piña Colada  
KYD 16

Sangria Lemonade  
KYD 16

Watermelon Aperol Spritz  
KYD 16

## HOT BEVERAGES

Lavazza Coffee or Espresso  
KYD 5

Lavazza Cappuccino  
KYD 6

Selection of Tea  
KYD 5

## BREAKFAST SMOOTHIES

Strawberry or Banana or Mango  
KYD 10

Green Piña Colada Pineapple, Coconut Milk, Banana, Low Fat Greek Yogurt, Honey, Spinach  
KYD 10

Mango Banana Oat Smoothie Oats, Yogurt, Mango, Banana, Milk  
KYD 10

Berry Boost Smoothie Berries, Banana, Almond Milk, Flax Oil, Honey, Cinnamon  
KYD 10

**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.