

## 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

Berries Greek Yogurt, House Made Granola, Mix Berries  
KYD 17

### Egg White Frittata

Zucchini, Caramelized Onion, Spinach, Mushroom, Feta Cheese, Sundried Tomato Salad  
Choice of Toast  
KYD 22

### Çilbir

Poached Egg, Garlic Yogurt, Mint & Dill Seasoning Peppers Flakes, Naan Bread  
KYD 16

### Shakshuka

Two Poached Eggs in Spicy Tomato Sauce  
Scotch Bonnet, Spinach, Feta, Za'atar Croissant  
Toast  
KYD 20

## ISLAND FAVORITES

### Cassava Waffle

Poach Egg, Mozzarella Cheese, Watercress, Smoked Salmon, Sofrito Aioli  
KYD 22

### Corned Beef Hash

House Made Corned Beef, Spinach, Maduros, Two Egg Any Style  
KYD 25

### Breakfast Burrito

Scrambled Eggs, Smoke Pork Sausage, Guacamole, Jalapeno, Cilantro, Cheddar Cheese  
KYD 20

### Seven Pancakes

Hibiscus Syrup, Pistachio, Mascarpone  
KYD 18

### Blood Orange French Toast

Rum Syrup, Whipped Cream, Blood Orange, Berries  
KYD 22

### Cayman Steel Cuts Oats

Mango Chutney & Coconut Syrup  
KYD 13

## 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

Croissant, Two Poached Eggs, Chili Honey, Cottage Cheese, Cherry Tomato, Garden Salad  
KYD 24

### Fruit Plate

Tropical Fruits  
KYD 22

## 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

### GREEN SALAD

KYD 5

### 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

### HALF GRILLED TOMATO

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

### Buffalo On The Beach

Brewed Coffee, Buffalo Trace Bourbon, Irish Cream  
KYD 12

### Aperol Spritz

KYD 16

### Mimosa

Assorted Flavors  
KYD 16

## 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, Honey, Cinnamon  
KYD 12

## HOT BEVERAGES

Lavazza Coffee or Espresso  
KYD 6

Lavazza Cappuccino  
KYD 7

Selection of Tea  
KYD 6

**GLUTEN-FREE DINING** Please advise your server of any allergies or dietary restrictions.

The Ritz-Carlton, Grand Cayman is proud to support the local farmers and fishermen in creation of our menus as well supporting "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% Gratuity will be added to your bill