

NATIVE ABODE BREAKFAST MENU

We invite you to enjoy our nutritious local breakfast which comprises:

- **Meat or Vegetarian main dish**
- **Freshly baked local bake**
- **Traditional Entrée / Side Dish**
- **Fresh Salad**
- **Fruit(s) of the day**
- **Tea or Coffee with local punches or juices**
- **(Cereal, yogurt, jams/jellies upon request only)**

MAIN DISH (Meats or Vegetarian)

1. Fried Fish

(flying fish, white salmon or shark fillet marinated in fresh herbs and seasonings then breaded and pan fried)

2. Fried Chicken

(boneless pieces of chicken marinated in fresh herbs and seasonings then breaded and pan fried)

3. Salt Fish Buljol

(salted cod fish sautéed with herbs, tomatoes, onions and sweet peppers)

4. Smoked Herring

(smoked herring sautéed with herbs, tomatoes, onions and sweet peppers)

5. Smoked Fish

(smoked tuna sautéed with herbs, tomatoes, onions and sweet peppers)

6. Eggs

(either fried, scrambled, poached, boiled or in a variety of omelettes)

7. Sausage

(turkey, beef or pork sausages grilled and/or sautéed with herbs, tomatoes, onions and sweet peppers)

8. Bacon

(tender bacon strips grilled and/or sautéed herbs with tomatoes, onions, and sweet peppers for a traditional-style fiesta)

9. Vegetarian

(soya-based vegetarian products - *chicken nugget, fish stick, shrimp, bacon* - which are seasoned with herbs and spices then sautéed with tomatoes, onions and sweet peppers or oven fried)

BAKE

- Carrot or Coconut

TRADITIONAL ENTRÉE / SIDE DISH

Vegetable(s) of the day (eggplant, squash, patchoi, pumpkin, bhaghi, beans, ochro) seasoned with herbs and sautéed or grilled.



Typical Native Abode Cuisine

FRESH SALAD

- Lettuce
- Tomatoes
- Cucumber
- Carrot

Varying combinations of these vegetables served either without or with a salad dressing which may include a choice of traditional dressings or a local specialty of the day.

FRESH FRUIT

A single fruit of the day or combinations of fruits in season.

DRINKS

In addition to tea or coffee, one is served either

- Local punches which are milk-based drinks made from fruits, nuts, vegetables or starchy ground provisions.
- Local fruit juices made from various fruits which are in season.