



FRESH FROM THE PRESS

Orange or Pineapple or Melon
Carrot or Watermelon

Seven's Signature The Green
Celery, Spinach, Cucumber,
Green Apple

Plant Your Roots
Beet, Carrot,
Coconut Water, Lime

AM Sunrise
Grapefruit, Apple, Carrot,
Ginger, Lemon

BREAKFAST SMOOTHIES

Strawberry or Banana
or Mango

Green Pina Colada
Pineapple, Coconut Milk, Banana,
Low Fat Greek Yogurt,
Honey, Spinach

Banana Oat Smoothie
Oats, Yogurt, Banana, Milk

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

BREAKFAST COCKTAILS

Mimosa
Orange, Pineapple, Grapefruit, Mango

Bloody Mary

Cayman Paloma

HOT BEVERAGES

Lavazza Coffee or Espresso

Lavazza Cappuccino

Selection of Tea

THE CLASSICS

Free Range Eggs & Sweet Potato Hash
Brown

Eggs Benedict

Canadian Bacon, Hollandaise

Two Eggs Any Style

Choice of Bacon, Ham or Apple
Gouda Sausage, Choice of Toast

Create Your Own Omelet

Choice of Cheddar, Feta or Goat Cheese,
Mushrooms, Onions, Bell Peppers,
Tomatoes, Ham, Bacon, Chorizo,
Smoked Salmon, Spinach,
Choice of Toast

Buttermilk Pancakes

Choice of Coconut, Banana,
Blueberry or Chocolate Chip

Belgium Waffle

Choice of Coconut, Blueberry
or Chocolate Chip

Brioche French Toast

Choice of Classic, Nutella,
Chocolate, Banana or Berries

Seasonal Fruit Plate

Honey Yogurt

SEVEN MILE Breakfast Buffet

Selection Of Assorted Breads and Pastries,
Fresh Fruits,

Yogurts, Smoked Salmon, Cheese
and Charcuterie Plates

Build Your Own Parfait, Granola, and Oatmeal Bowls
Organic Eggs and Omelets Made To Order
Chef's Selection Of Hot and Cold Items

HEALTHY OPTIONS

Sweet Potato Power Bowl

Chicken Sausage, Sweet Potato,
Mushroom, Asparagus, Avocado, Two
Poached Eggs

Oatmeal

Choice of Two Condiments:
Brown Sugar, Maple, Banana,
Toasted Coconut, Fruit Chutney

Organic Yogurt Parfait

Granola, Caribbean Fruit

Smoothie Bowl

Mixed Berry Greek Yogurt, Nuts,
Seasonal Fresh & Dried Fruit

Avocado Toast

Two Poached Eggs, Tomato Relish,
Arugula, Pesto, Balsamic Reduction,
Sourdough Bread

Enhancements:

House Smoked Salmon

Bacon or Ham

Egg White Frittata

Bell Peppers, Onions, Spinach,
Mushrooms, Feta Cheese,
Sundried Tomato,
Choice of Toast

ISLAND FAVORITES

Truffle Eggs Benedict

Sautéed Mushrooms, Onions, Truffles, Spinach
and Truffle Hollandaise

Breakfast Sandwich

Toasted Focaccia, Guacamole,
Scrambled Eggs, Bacon, Cheddar,
Sundried Tomato Aioli, Arugula

Jerk Chicken Hash

Two Eggs Any Style, Breakfast Potatoes, Bell Peppers,
Onions And Spinach

Breakfast Tacos

Chorizo, Scrambled Eggs, Cheddar Cheese,
Pico de Gallo, Hash Brown, Guacamole and Cilantro,
Sour Cream

SIDES

Single Pancake

Side Egg

Toasted Bread
Choice of: White, Wheat,
Multigrain, Sourdough

Toasted Bagel
Choice of: Plain, Sesame,
Whole Wheat

English Muffin

Smoked Bacon
Niman Ranch, All Natural

Apple Gouda Sausage
Niman Ranch, All Natural

Turkey Bacon

Smoked Salmon

Sweet Potato Hash Browns

Breakfast Potatoes

Baby Green Salad

Fresh Sliced Avocado

Sliced Tomatoes

Mixed Fruit Salad

Seasonal Berries

Greek Yogurt

Selection Of Fresh Pastries

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.