

# BLUE HEAVEN Breakfast Menu

## "BREAKFAST WITH THE ROOSTERS"

RICHARD'S VERY GOOD PANCAKES  
(MADE FROM SCRATCH) ORDER OF THREE  
Plain • Banana • Pecan • Pineapple  
- pure maple syrup available -

### BENEDICTS

- served with poached eggs, english muffin with lime Hollandaise -  
Vegetable Benedict • Ham Benedict  
Sausage Benedict • Bacon Benedict • Beef Tenderloin Benedict

### HOMEMADE GRANOLA

(made in our kitchen with organic oats)  
available with milk, soy milk, fruit, and organic low-fat vanilla yogurt

### FRUIT CUP

### FRUIT PLATE & HOMEMADE BANANA BREAD

### FRESH FRUIT SMOOTHIE

made with apple juice, strawberries and bananas

### OMELETTES SERVED WITH BLUE HEAVEN BAKERY TOAST

Suanne's Favorite  
(mushroom, cheese and onion)  
Cheese Omelette  
(with Vermont white sharp cheddar)  
Chef's Delight

### SHRIMP AND GRITS

Five sautéed Key West shrimp served over grits  
with Vermont white cheddar cheese, scallions  
and bakery fresh toast

### ROOSTER SPECIAL

Two eggs, any style, and grits or seasoned potatoes,  
and bacon or country sausage,  
with toast, homemade pancakes or Betty's Banana Bread

### BREAKFAST TORTILLA

Scrambled eggs with onion, peppers,  
herbs and cheese on flour tortilla topped with sour cream and salsa

### BREAKFAST SANDWICHES

(On bakery fresh bun)  
Egg • Egg and Cheese • Egg and Bacon or Sausage

Egg, Cheese and Bacon or Sausage

À LA CARTE

Pancake • Bacon • Egg  
Fruit or Pecan Cake • Country Sausage • Hollandaise Sauce  
Betty's Banana Bread • Toast (freshly baked) • Salsa  
Grits • Toasted Bun • Side Yogurt  
Lobster bites • Potatoes

DRINKS

Good Coffee  
Unfiltered Apple Juice • Hot Tea  
Cappuccino • Tomato • Green Tea  
Lakewood Cranberry • Mimosa w/fresh OJ • Fresh Squeezed OJ  
Bloody Mary • Fresh Grapefruit

# BLUE HEAVEN

## Lunch Menu

VEGETARIAN BLACK BEAN SOUP  
(Garnished with sour cream & cheese)

SEASONAL SOUP

GARDEN SALAD  
(Greens tossed in orange vinaigrette with tomatoes, red onions,  
feta cheese and Kalamata Olives (with pits))

CAESAR SALAD  
(Romaine with homemade croutons,  
Pecorino Romano cheese and Caesar dressing)  
- Top with jerk chicken strips, skillet seared fish, shrimp -

FRUIT PLATE  
with Cottage cheese

JAMAICAN JERK CHICKEN SANDWICH  
(Strips of boneless breast tenderized in a 12-herb marinade,  
served on a bakery fresh bun with lettuce and tomato)  
- cheese may be added -

JERK CHICKEN PLATE  
(Comes with brown rice, black beans, vegetables and corn bread)

SHRIMP MELT

(Sautéed Key West pink shrimp served on a bakery fresh bun topped with Vermont white cheddar cheese)

#### LOCALLY CAUGHT FISH

(Sandwich with freshly made tartar sauce on bakery fresh bun)  
(Plate with brown rice, black beans, vegetable, corn bread and sauce du jour)

#### NATURAL BEEF HAMBURGER

(Shaped here, with lettuce, onion, tomato and mayonnaise)  
- cheddar cheese may be added -

#### GRILLED CHEESE SANDWICH

(Vermont white cheddar with sliced tomato. Served with daily garnish)  
- available with avocado and sprouts -

#### LUNCHEON TORTILLAS

(Black beans and brown rice, melted cheese, sour cream, cilantro salsa and avocado on top of a flour tortilla)  
- available with sautéed tofu or jerk chicken -

#### VEGETABLE PLATE

(Brown rice, black beans, fresh vegetables, red onion marmalade and corn bread)

#### SIDE ORDERS

sour cream • cheese • 1/2 avocado • salsa • corn bread • rice • black beans

#### DESSERTS

Banana Heaven • Key Lime Pie • Chocolate Torte  
Homemade Ice-Cream and Fruit

# BLUE HEAVEN

## Dinner Menu

### APPETIZERS

CARROT AND CURRY SOUP  
Garnished with mango chutney

### SEASONAL SOUP

VEGETARIAN BLACK BEAN SOUP  
With sour cream and cheese

### SPLENDID SALAD

Romaine, fresh vegetables, and orange cider vinaigrette

### BABY GREENS

With twice baked miso eggplant, goat cheese, and our house vinaigrette

### CARIBBEAN BBQ SHRIMP

Seared with jerk seasonings, deglazed with beer, and served with freshly baked corn bread muffins

### ENTRÉES

*- served with fresh vegetable and corn bread -*

### CARIBBEAN BBQ SHRIMP

Seared with garlic and jerk seasonings, deglazed with Red Stripe beer and served with brown rice and black beans

### PORK TENDERLOIN

Pan seared and served with sweet potato, mango chutney and curry butter sauce

### JAMAICAN JERK CHICKEN

“Jerked” in Caribbean spices and served with brown rice and black beans

### BEEF TENDERLOIN

An eight-ounce center cut Angus filet with Cabernet demi-glace

### VEGETABLE PLATE

Brown rice, black beans, grilled plantains, fresh vegetables and red onion marmalade

VEGETABLE STIR-FRY

**FRESH SEAFOOD SPECIALS**

Seared Sea Scallops Provençale  
Sauteed Yellowtail Snapper with Citrus Beurre Blanc Sauce  
*(Lobster & Stonecrab when in season)*

**SIDES**

Green Vegetables • Herbed Red Potatoes • Plantains  
Fresh Corn • Wilted Spinach • Rice & beans

**DESSERTS**

**BANANA HEAVEN**  
With Betty's banana bread, bananas flamed with rum  
and homemade Vanilla ice cream

**BELGIAN CHOCOLATE TORTE**

**KEY LIME PIE**

**GOOD COFFEE**  
Cappuccino • Espresso

**BLUE HEAVEN**  
Dinner Menu

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Cappuccino • Espresso