

BREAKFAST MENU

7:30AM - 10:00AM



house specialties

Bayfront Eggs

Sunnyside | Over easy | Over medium | Scrambled | Poached

Served with your choice of:

- Smokehouse bacon *or*
- Sausage links *or*
- Corned beef hash

Hello Blue Sunrise Sandwich

Fried egg, melted cheese, vine-ripened tomatoes and your choice of smokehouse bacon or sausage on white or whole wheat toast or an English muffin

Bucco Benedict

2 poached eggs served on English muffins, layered over smoked ham and drizzled with our homemade Hollandaise sauce

BWI omelets

Sunrise Omelet

Ham, peppers, onions and cheddar cheese

Golden Grove Omelet

Peppers, onions, mushrooms, tomatoes and cheddar cheese

griddle favourites

Castara Stacks

A stack of three fluffy pancakes with warm maple syrup and your choice of smokehouse bacon *or* sausage links *or* scrambled eggs

Island Toast

Two slices of French toast served with warm maple syrup and your choice of smokehouse bacon *or* sausage links

Tobago Continental

tobago tastes

Speyside Buljol

A Tobagonian tradition of seasoned cod fish, served on a freshly roasted 'bake'

Mariner's Cove Choka

A vegetarian local dish of smoky roasted tomato or eggplant, served with roasted or fried 'bake'

Market Morning Bowl

A sautéed mix of sweet peppers, tomatoes, spinach, onion, mushrooms

little sailors

Toddlers

(below 5 years - complimentary for registered hotel guests)

Your choice of juice, milk or water with one item:

- Cereal
- Yogurt
- One egg (*scrambled, fried or boiled*) with one slice of toast
- Cheese and egg omelet
- One pancake
- One slice of French toast

Children

(5 - 12 years)

- Less 30% of the above menu
- Served with a glass of juice, milk or water

If you have a food allergy or special dietary requirements please advise a member of staff.

Guests on MAP or FAP or AI meal plans are entitled to any one of the items listed above.

LUNCH MENU

12:00PM - 3:30PM



soups & salads

Batteaux Bay Shrimp Salad



Grilled, blackened shrimp served over mixed greens with mandarin oranges, pecans, blue cheese crumble, apple slices, strawberry slices and an apple cinnamon dressing

Mediterranean Bay Bowl

Romaine lettuce served with Kalamata olives, red onions, tomatoes, cucumber, feta cheese, croutons and our signature Greek dressing

handheld favourites

(sandwiches & wraps served with french fries or sweet potato fries)

Pigeon Point Plate

Crispy flying fish tucked into a toasted bun with fresh fixings

Scotty's Steak Wrap

Warm shaved steak, provolone cheese, horseradish cream sauce, mushrooms, onions and peppers in a flour tortilla

The Salty Dog

Grilled all beef hotdog, served on a fresh bun with yellow mustard, chopped onion and sweet relish

Calypso Chicken Quesadilla

Grilled chicken breast in a crispy flour tortilla with shredded lettuce, cheddar cheese, pico de gallo, guacamole and sour cream

Grafton Veggie Quesadilla

Flour tortilla with sliced sweet peppers, onions, mushrooms, cucumber and cheese. Served with sour cream and avocado crema

bayview bites

Pirate's Bay Fried

Crispy catch of the day served with cassava fries and our signature coleslaw

Wings & Tings

4 full chicken wings tossed in Buffalo or Korean BBQ, served with fries

Nylon Pool Nachos

Crispy tortilla chips piled high with seasoned chicken, melted cheese, and classic toppings.

Curry Coast Bowl

Tender protein served in a coconut curry sauce served on a bed of basmati rice, accompanied with fresh salad

with: **Fresh Catch**

with: **Shrimp**

with: **Chicken**

Ms. J's Famous Speyside Caesar

Fresh romaine topped with ciabatta croutons and Ms. J's homemade Caesar dressing

with: **Chicken**

with: **Shrimp**

with: **Fresh Catch**

Island Garden Salad



Pot of the Day

Ask your server about today's fresh island-inspired soup

The High Tide Burger

8oz grilled angus burger smeared with garlic spread and tossed with lettuce, tomato, red onion, pickles and cheese on a Kaiser roll.

Tobago Blazer

Crispy fried chicken, locally flavoured, topped with lettuce, sriracha coleslaw, chadon beni aioli, tamarind sauce served on a toasted Kaiser roll

Bago Tacos

Three flour tortillas with fried choice of protein, topped with shredded lettuce, pico de gallo and citrus tartar sauce

with: **Fresh Catch**

with: **Shrimp**

with: **Lobster (seasonal)**

Charlotteville Catch

Fried or grilled catch of the day on ciabatta bread, topped with sliced tomatoes, lettuce, red onion and our signature curry-mayo sauce

little sailors

Children 5-12 years

(below 5 years - complimentary for registered hotel guests)

The Low Tide Burger

Lil' Fry Catch Fish & Chips

Island Spaghetti

BWI Mac 'n Cheese

Captain's Chicken Strips & Fries

Bucco Dog

Mini Calypso Chicken Quesadilla

**Guests on MAP or FAP or AI meal plans are entitled to any one of the items listed above and a house salad or soup.
Desserts are an added lunch cost.**