

## BREAKFAST

7AM - 11AM

### BREAKFAST YOUR WAY 34

includes eggs your way, selection of 1: organic pork or chicken sausage, bacon, potatoes, toast, served with orange juice and coffee

### WHOLE WHEAT PANCAKES 19

agave syrup, fresh berries

### AVOCADO TOAST VGN, GF 21

cashew cheese, local sprouts, tomatoes

### CHOCOLATE BANANA BREAKFAST 21

quinoa, almond milk, honey, cocoa powder

### GREEN EGGS & HAM 23

poached eggs, organic kale, brussel sprouts, leeks, ham

### CREATE YOUR OMELET 21

*smoked salmon +5*

*extra topping +3*

choose three toppings: onions, bell peppers, mushrooms, tomatoes, spinach, mozzarella, cheddar cheese, kale, brussel sprouts, ham

### SMOKED SALMON BENEDICT 25

poached eggs, english muffin, hollandaise sauce

## DINNER

5PM - 9PM

### SOUP & SALADS

#### DAILY SOUP V 17

#### VEGETABLE PLATTER 21 V, VGN, GF

assortment of seasonal vegetables, extra virgin olive oil, balsamic

#### CAESAR SALAD 21

romaine lettuce, anchovies, croutons, parmesan cheese

#### BURRATA SALAD 23

heirloom tomatoes, burrata, fresh basil, extra virgin olive oil

### PASTA

#### TAGLIATELLE BOLOGNESE 27

traditional italian bolognese, parmigiano cheese

#### LINGUINE MUSHROOM PARMIGIANO 25

sautéed wild mushroom, alfredo sauce

#### CAPRESE SPINACH RAVIOLI 29

fresh mozzarella, cold pressed marinated heirloom tomatoes, fresh basil

### PIZZA

#### GRILLED VEGETABLE PIZZA 25 V

seasonal vegetables, fresh mozzarella, house-made tomato sauce

#### PARMA PROSCIUTTO PIZZA 28

burrata, prosciutto, arugula, house-made tomato sauce

#### TRUFFLE MUSHROOM PIZZA 28

truffle béchamel, fresh mozzarella, mushrooms, parsley

### SANDWICHES

*served with french fries or add truffle parmesan fries +\$4*

#### TURKEY CLUB SANDWICH 23

hearth multi-grain bread, swiss cheese, avocado, caramelized onions, tomato, chipotle aioli

#### STRAND SIGNATURE BURGER 25

romaine, tomato, cheddar, bacon, signature sauce, pickles, french fries

## WELLNESS

choose one of the following to create your desired wellness dish:

1. 6oz protein, grilled or pan seared to perfection
2. sautéed vegetables seasoned with prime extra virgin olive oil, kosher salt and lemon
3. starch accompaniment

#### PROTEINS

chicken 31  
mahi-mahi 33  
branzino 41  
snapper 41  
shrimp 30  
salmon 38  
beef tenderloin 49

#### VEGETABLES

broccoli  
zucchini  
eggplant  
asparagus  
cauliflower

#### STARCH

jasmine rice  
quinoa  
mashed potatoes  
caribbean yellow rice

## HOW TO ORDER:

Orders can be delivered straight to your door or can also be picked up. Deliveries will be subject to a \$5 delivery fee in addition to an 18% gratuity fee.

Place your order for delivery or pick up by dialing "0" from your hotel apartment phone.

**V = VEGETARIAN VGN = VEGAN GF = GLUTEN FREE**

Please let your server know if anyone in your party has food allergies. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.