



Get Caffeinated

All prices are in BZD and include 12.5% GST

HOT BEVERAGES

Fresh Brewed Coffee	
.....Med	\$3
.....Lg	\$4.50
Espresso	
.....Single	\$3.50
.....Double	\$5.50
Cappuccino or Latte	\$8
Chai Tea Latte	\$8
<i>Regular, caramel & decaf flavors available</i>	
Hot Tea	\$4
<i>Various flavours available</i>	
Flavoured syrups	\$2
<i>Vanilla, almond, toffee, hazelnut & coconut</i>	

COLD BEVERAGES

Double Iced Coffee	\$5
Iced Latte	
.....Sm	\$8
.....Lg	\$10
Frappuccino	\$9
Icy Cold Chai Tea Frappe	\$9
Oasis Iced Espresso	\$8
<i>Two shots of espresso served over a large coffee ice cube</i>	
Frozen Coffee Iceberg	
.....Reg Med	\$8
.....Lg	\$10
.....Mocha Med	\$9
.....Lg	\$11
.....Caramel Med	\$9
.....Lg	\$11
<i>Iced coffee blended with milk & vanilla, topped with a floating scoop of vanilla ice cream</i>	
Iced Dirty Chai Latte	
.....Med	\$9
.....Lg	\$11
<i>Shot of espresso blended on ice with chai tea and milk</i>	

ADD-ONS

Soy or almond milk	\$2
Scoop of vanilla or chocolate whey	\$3
Scoop of vegan plant-based vanilla	\$4

OTHER OPTIONS

Fresh Squeezed Juice	
.....Med	\$5
.....Lg	\$6
<i>Orange & seasonal options</i>	
Milkshakes	
.....Med	\$9
.....Lg	\$12
<i>Vanilla or chocolate</i>	
Kombucha	\$10
Soda	\$3
Powerade	\$2
Le Croix	\$4
Water	
Small	\$2
Large	\$3



GREEN SMOOTHIES



- Green Machine.....\$11**
Spinach, fresh orange juice, pineapple & ginger
- Jolly Green Goddess.....\$11**
Kale, soursop juice, apple & cantaloupe
- Hopkins Hulk.....\$11**
Arugula, fresh orange juice, pineapple & mango
- Beachy Green Detox.....\$11**
Kale, banana, ginger, cinnamon, honey & almond milk

All smoothies and green smoothies are gluten-free & vegetarian friendly. Non-dairy options are indicated.

Liquid Meals

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SMOOTHIES

- Taste of Belize.....\$11**
Banana, pineapple, soursop juice & yogurt
- Watermelon Wonder.....\$11**
Watermelon, yogurt, mint & honey
- Coconut Kiss.....\$12**
Banana, pineapple, coconut yogurt, coconut flakes, coconut milk & honey
- Strawberry Colada.....\$12**
Pineapple, banana, strawberry yogurt, honey & milk
- Bugs Bunny.....\$11**
Carrots, pineapple, fresh orange juice & banana
- Belize Sunrise.....\$12**
Apple, fresh orange juice, banana, strawberry yogurt & ginger
- Banana Ginger.....\$11**
Banana, ginger, milk, yogurt & honey
- Caribbean Cucumber.....\$11**
Cucumber, pineapple, banana, ginger & coconut water
- Mango.....\$12**
Mango, honey, cinnamon, yogurt and a choice of orange juice or milk



ADD-ONS

- Soy or almond milk.....\$2**
- Scoop of vanilla or chocolate whey.....\$3**
- Scoop of vegan plant-based vanilla.....\$4**

PROTEIN SHAKES

- Muscle Mania.....\$12**
Chocolate whey protein, whole banana, peanut butter, cocoa & milk
- Energy Jumpstart.....\$12**
Vanilla whey protein, oatmeal, banana, soy milk & cinnamon
- Pump It Up.....\$12**
Chocolate or Vanilla whey protein, iced coffee, banana & almond milk



Fill Your Belly

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BREAKFAST

Breakfast Burrito

Scrambled eggs with salsa in a homemade flour tortilla served with fresh fruit. Choice of:

Egg & cheese.....	\$9
Egg, cheese & veggies.....	\$10
Egg, cheese & sausage.....	\$11
Egg, cheese & bacon.....	\$11
Egg, cheese & ham.....	\$11

Egg Sandwich

Fresh eggs on home made bun served with fresh fruit. Choice of:

Egg & cheese.....	\$8
Egg, cheese & veggies.....	\$9
Egg, cheese & sausage.....	\$10
Egg, cheese & bacon.....	\$10
Egg, cheese & ham.....	\$10

Bagels

White, wheat, blueberry, cinnamon-raisin, everything.....	\$3
Add cream cheese.....	\$2

Yogurt Parfait	\$7
Choice of yogurt, topped with fresh tropical fruit and granola	

ADD-ONS

Double scrambled eggs.....	\$5
Hardboiled egg.....	\$1
Extra meat / veggies.....	\$3
Extra cheese.....	\$4
Fresh fruit.....	\$2

BAKED GOODS

Baked in house. Selections may vary.

Cookies.....	\$3
Chocolate chip	

Cinnamon Buns.....	\$3
With cream cheese frosting and without	

Muffins.....	\$2.50
Chocolate chip banana, coconut, carrot or zucchini	

Ham and Cheese Buns.....	\$3
Homemade buns filled with ham and cheese	

SMALL BITES

Fresh Fruit Cup.....	\$6
Various local tropical fruit	



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ADD-ONS

Double scrambled eggs.....	\$5
Hardboiled egg.....	\$1
Extra meat / veggies.....	\$3
Extra cheese.....	\$4
Fresh fruit.....	\$2
Side salad.....	\$7

LUNCH

Grilled Chicken Burrito.....\$10

Grilled seasoned chicken strips with fresh veggies and cheese in home made flour tortilla

Veggie Burrito.....\$10

Fresh seasonal veggies and beans with cheese in home made flour tortilla

Grilled Chicken Breast Sandwich.....\$8

Grilled seasoned chicken breast with fresh veggies and spicy ranch in a home-made sesame seed bun

Quesadilla.....\$16

Choice of chicken or veggie with fresh veggies and cheese in a home-made flour tortilla

Nachos.....\$18

Nachos topped with fresh veggies, cheese and chicken

Add fresh fruit to any of the above for \$2

Salad.....\$15

A variety of fresh salads made with local ingredients

Ham and Swiss Sandwich.....\$15

Grilled with lettuce, tomato and mayo

Turkey and Mozzarella Sandwich.....\$15

Grilled with lettuce, tomato and mayo

Grilled Veggie Wrap.....\$15

Zucchini, red onion, eggplant and feta cheese