

MARTHA'S CAFE

In Room Dining Fee - \$10BZD/\$5USD Plus 15% Service Charge

COLD PRESS JUICES 12oz \$10BZD /\$5 USD

KOMBUCHA \$10BZD /\$5 USD Glass

SELECTION OF WINES BY GLASS \$20BZD/\$10USD

DAIRY FREE FRUIT SMOOTHIES

Double Blend \$12BZD/\$6.00USD

Triple Blend \$14 BZD/ \$7.00USD

Special Triple Blend \$16BZD/ \$8.00SD

*(Seasonal) MANGO APPLE BANANA PINEAPPLE MINT KALE
GINGER CARROT COCONUT ORANGE CHOCLOATE PEANUT
BUTTER*

HOT BEVERAGE

Espresso \$6 BZD/ \$3 USD

Latte (Reg) \$10 BZD/ \$5USD (Soy) \$12 BZD /\$6USD

Add Ginger \$3 BZD/ \$!50USD

Martha's Hot Chocolate (has nuts)

(Reg) \$10 BZD / \$5 USD

(Soy) \$12 BZD/ \$6 USD

Herbal Tea: / Americano \$4BZD/ \$2USD

Bottle Water \$2BZD/\$1USD

BREAKFAST

7:00AM-10:00AM

FRESH SEASONAL FRUIT BOWL -\$8BZE/ \$4USD

MARTHA'S HOMEMADE GRANOLA SERVED W/ CHOICE OF
YOOGURT, REGULAR SEMI SKIMMED OR SOY MILK

\$16 BZE /\$8USD

PARFAIT: YOGURT, GRANOLA, FRESH SEASONAL FRUIT

\$19BZD/ /\$9.50USD

AVOCADO TOAST BUTTERED WITH HOMEMADE BASIL PESTO
WITH ROASTED TOMATOES AND BALSAMIC DRIZZLE

\$18.00 BZE/ \$9USD

ADD 2 EGGS (BOILED OR SCRAMBED) \$4BZE/ \$2 USD

MARTHA'S SPINACH & CHEDDAR QUICHE \$8BZD/\$4USD

MICHELLE'S CHEESE AND GUAVA BREAKFAST PANINI -W/
MOZZERELLA CHEESE, BELIZEAN SUNNY AND TAN BUN AND
GUAVA PRESERVE \$8 BZE/ \$4USD

MARTHA'S FAMOUS PEANUT BUTTER BANANA WAFFLES OR
PANCAKES SERVED WITH WALNUT CRUMBLE, MAPLE SYRUP
OR HONEY AND WHIPPED CREAM \$18BZ / \$9USD

LUNCH AND DINNER MENU

APPETIZERS

Bruschetta V \$14BZD/\$7USD

Cashew cheese w/ Corn Chips & Veggie Sticks V, GF

\$22BZE/ \$11USD

Vegan Hummus w/ Corn Chips & Veggie Sticks V,GF

\$20ZD/\$10USD

Tropical Ceviche w/ Corn Chips V, GF \$18BZD/\$9USD

Samosas with Chutney (3) V \$14BZD/\$7USD

Vegan Chips and Dip V, GF \$13BZD/\$6.50USD

Om Shanti House Salad -contains nuts served with
homemade Balsamic -Guava Dressing V, GF

\$25BZD/\$12.50USD

Fully Loaded Vegan Nachos V GF \$25BZE/\$12.50USD

SOUPS & SANDWICHES

SOUPS \$15BZE/\$7.50USD

Vegan Coconut Curry Lentils V GF

Carrot Ginger VG GF

Gazpacho V GF

SANDWICH

“No Tuna” made from curried chick peas on whole wheat V

Open Face “No Tuna Sandwich V GF \$10BZE/\$5USD

Crispy Cucumber (with olives and buttered with hummus) V

\$10BZE/\$5USD

Mozzarella Cheese Panini VG \$8BZE/\$4USD

SOUP & SANDWICH COMBO \$22BZE/\$11.50USD

MAIN COURSE

Vegan Tamales with side salad V GF \$12BZD/\$6USD

Homemade Basil Pesto Pasta with side salad VG

\$20BZE/\$10USD

No Bun Vegan Cheese Burger w/ ceviche & side salad V

\$24BZE/\$12USD

*Martha's Famous Garden Veggie Lasagna w/ side salad
and whole wheat toast VG \$23BZD/\$11.50USD*

Vegan Curry Bowl with brown rice V GF \$23BZD/\$11.50USD

Mediterranean Buddha Bowl with Brown Rice V GF

\$26BZD/\$13USD

Martha's Spinach and Cheddar Quiche with side salad

\$12BZD/\$6USD

DESSERTS

Martha's Famous Carrot Cake

Vegan or Regular

\$10BZD/\$5USD

Vegan Chocolate Brownie V

\$8BZD/\$4USD

Vegan Banana Bread/Muffin V

\$3BZD/\$1.50USD

Turmeric Spiced Latte Ice-cream VG GF

\$6.00 BZD/\$3:00USD per scoop

Golden Milk Vegan Ice-cream V GF

\$6.00 BZD/\$3:00USD per scoop

15% Service Charge is added to all tables of 5 or more

INCLUSIVE OF GST (GENERAL SALES TAX)

OM SHANTI BELIZE GIFT SHOP

Reusable Bamboo Straws -

Small \$3BZD/\$1.50USD

Large \$5BZD/\$2.50USD

Manduka Mat Rental \$5BZD/\$2.50USD

Incense (a box) \$22 BZD/\$11USD a box

BELIZE IN YOU Toner OR Cleanser \$100BZD/\$50USD

Saint J Mahogany and Ziricote Sunglasses

\$80BZD/\$40USD,

\$100BZD/\$50USD

\$160BZD/\$80USD

\$180BZD/\$90USD

To support of our non profit :

Rhythm of Change Belize (ROC) 

We have Water Bottles & Belize International Yoga Festival

T-shirt Combo for \$30

www.yogahealsbelize.com

