

Well Be Inn



Martha's Cafe

BREAKFAST MENU

BREAKFAST BEVERAGES

Natural Tropical Juices

(NO WATER NO SUGAR ADDED 12oz)	\$12BZ/\$6USD
Add Ginger	\$16BZ/\$8USD
Ginger Shot	\$12BZ/\$6USD
Kombucha Glass (Fermented probiotic drink)	\$18BZ/\$9USD
Bottled Water	\$3BZ/\$1.50USD

Smoothies

DAIRY-FREE FREE Made with coconut water
Choose your combination:

Mango (seasonal)	Orange	Lime	Kale
Apple	Coconut	Avocado	Turmeric
Banana	Peanut Butter	Cucumber	Flaxseed
Pineapple	Chocolate	Carrot	Ginger

Double Blend	\$16BZ/\$8USD
Triple Blend	\$18BZ/\$9USD
Quadruple Blend	\$23BZ/\$11.50USD

Signature Smoothies

Martha's Agua Fresca Immune Booster

Pineapple, Cucumber, Lime,
Ginger, Mint & Filtered Water
\$25BZ/\$12.50USD

Be Berry Merry Smoothie

Blueberry, Pineapple, Lime, Ginger, Turmeric,
Black Pepper, Flaxseed, Honey, Filtered Water
\$30BZ/\$15USD

Shanti's Green Protein Smoothie

Kale, Pineapple, Apple,
Peanut Butter, Coconut Water
\$25BZ/\$12.50USD

Jaen's Immune Booster

Natural Orange Juice, Banana, Ginger,
Turmeric, Black Pepper, Honey
\$25BZ/\$12.50USD

FOR ORDERS PLEASE WHATSAPP CAFÉ AT +(501) 610-0882

10% Service Charge is added to each table. Prices include 12.5% General Sales Tax.

BREAKFAST
BEVERAGES

Martha's Teas and Coffees

Espresso/Americano \$9BZ/\$4.50USD

Latte/ Cappuccino

(Dairy) \$12BZ/\$6USD

(Nut/Oat Milk) \$16BZ/\$8USD

Martha's Hot Chocolate (contains nuts)

(Dairy) \$14BZ/\$7USD

(Nut/Oat Milk) \$18BZ/\$9USD

Herbal & Caffeinated Teas \$5BZ/\$2.50USD

Iced Tea (Sweetened or Unsweetened)

\$7BZ/\$3.50USD

Iced Coffee

Dairy \$12BZ/\$6USD

Nut/Oat Milk \$16BZ/\$8USD

Shanti's Homemade Chai Tea

Dairy \$9BZ/\$4.50USD

Nut/Oat Milk \$12BZ/\$6USD

Iced \$12BZ/\$6USD

Iced \$14BZ/\$7USD

Ayurvedic Morning Drink

\$12BZ/\$6USD

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MARTHA'S CAFE MENU
BREAKFAST

Vegan Options

Seasonal Fruit Bowl \$21BZ/\$10.50USD

Xander's Vegan Waffles

served with syrup & fresh seasonal fruit.

\$32BZ/\$16USD

Gluten free & Vegetarian Options

Parfait: Natural Yogurt (no sugar), Homemade

Granola, Fresh Seasonal Fruit.

\$34BZ/\$17USD

Harbour View Avocado Toast:

Choice of whole wheat toast or Cassava Crisp GF buttered with homemade basil, pesto, roasted tomatoes and balsamic guava drizzle topped with smashed avocado. Make it vegan ...take out the pesto!!

Whole Wheat Toast \$34BZ/\$17USD

Cassava Crisp \$36BZ/\$18USD

Morgan's Banana Oatmeal Pancakes:

Delicious light and fluffy SUGAR & GLUTEN FREE pancakes served with fresh seasonal fruit and syrup. Make it VEGAN and ask for it to be made with no EGGS.

\$34BZ/\$17USD

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MARTHA'S CAFE MENU
BREAKFAST

Vegetarian Options

Sally's Peanut Butter & Banana Breakfast Toast

with drizzle of Belizean organic honey

\$16BZ/\$8USD

Tricia's Spinach & Cheddar Quiche

\$21BZ/\$10.50USD

Mike's Famous Waffles or French Toast or Pancakes

Served with Peanut Butter, Banana, Walnut Crumble, Syrup
and Whipped Cream

\$32BZ/\$16USD

Garden Veggie Omelette

Served w/ whole wheat toast and fruit

\$32BZ/\$16USD

Martha's Belizean Breakfast

Scrambled egg with vegetables, refried beans, toasted Johnny
cakes and fruit

\$32BZ/\$16USD

Continental Breakfast

Seasonal Fruit Bowl with choice of toasted Johnny cakes
or whole wheat toast, butter and jam

\$29BZ/\$14.50USD



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Well Be Inn



Martha's Cafe

M E N U

Martha's Cafe
APPETIZERS

Vegan Options

Samosas with Chutney (4) \$28BZ/\$14USD

Gluten Free & Vegan Options

**Homemade Vegan Hummus w/ Corn Chips
& Veggie Sticks \$39BZ/\$19.50USD**

Guacamole with chips

Avocado mashed with lime juice, diced tomatoes, onions, peppers and cilantro,
served with corn chips \$40BZ/\$20USD

Fully Loaded Vegan Nachos

Corn chips, homemade salsa, jalapenos, olives, vegan cheese, refried beans,
smashed avocado (seasonal) \$40BZ/\$20USD

Om Shanti House Salad

Organic mixed greens, tomatoes, carrots, olives, raisines, cucumber, walnuts.
Served with homemade balsamic guava dressing
& whole wheat toast \$40BZ/\$20USD

Sally's Chickpea & Avocado Salad

Chickpeas, Avocado, Cherry Tomatoes, Cucumbers, Onion, Black Olives,
Toasted Sesame Seeds & Feta Crumble served with Martha's Balsamic
Guava Vinaigrette \$50BZ/\$25USD

PESCATARIAN

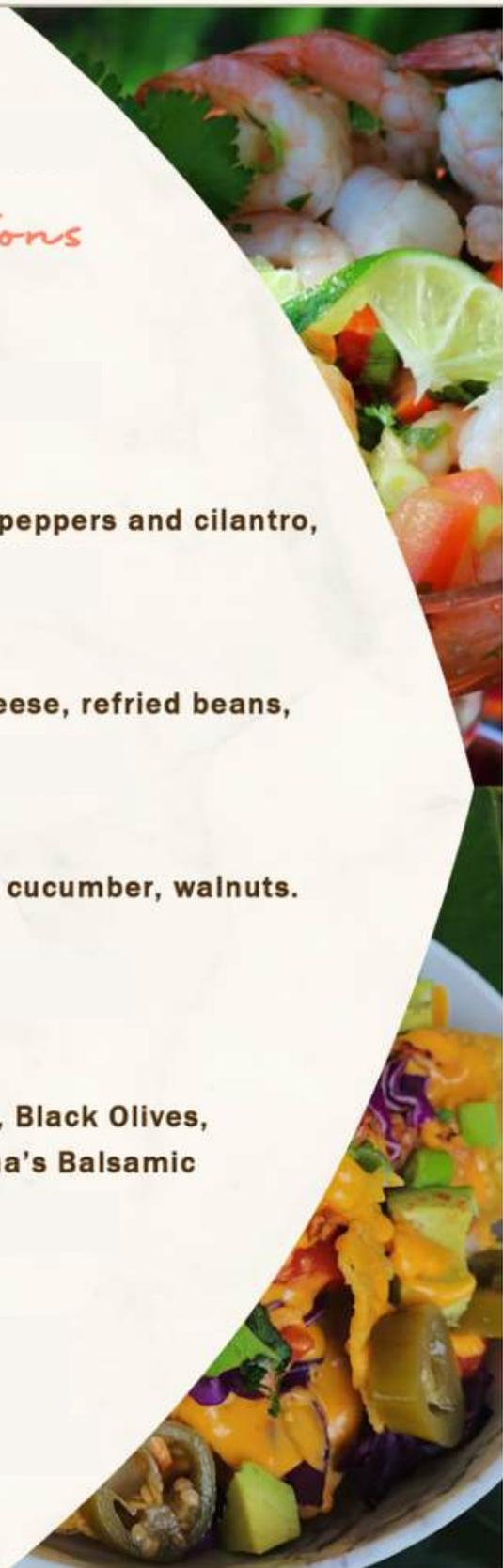
Harbour View Shrimp Ceviche

Local shrimp marinated in lime juice w/ diced tomatoes,
onions, pepper & cilantro served w/ corn chips

\$45BZ/\$22.50USD

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Martha's Cafe
MARTHA'S SOUPS & SANDWICHES

Martha's Signature Soup

Martha's Signature Soup of the Day

served with whole wheat toast

\$35BZ/\$17.50USD

Creamy Seafood Chowder

tender shrimps, chunks of plump white fish and clams in a creamy white sauce with vegetables served with whole wheat toast

\$40BZ/\$20USD

Martha's Signature Sandwiches

VEGAN OPTION:

"No Tuna" Sandwich

Whole wheat toast buttered with our homemade hummus and smashed avocados and filled with curried chickpeas topped with organic greens and sliced tomatoes

\$27BZ/\$13.50USD

VEGETARIAN OPTION:

Michelle's Spicy Cheese and Onion Panini

Whole wheat bread, mozzarella cheese, onions and jalapeños served with a guava dipping sauce

\$27BZ/\$13.50USD

Crispy Cucumber Sandwich

Hummus, thinly sliced cucumbers, olives on whole wheat toast

\$27BZ/\$13.50USD

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Main Course

VEGAN & GLUTEN FREE OPTIONS

Belizean Vegan Power Bowl

Coconut brown rice & cilantro infused black beans, organic mixed greens, baked ripe plantain, avocado, homemade salsa, vegan cheese drizzle.

\$40BZ/\$20USD

Mediterranean Buddha Bowl

(A burst of enzymes) Homemade Hummus, organic tri-color bell peppers, olives, tomatoes, cucumber, roasted chickpeas, with brown rice

\$57BZ/\$28.50USD

PESCATARIAN - VeraCruz Fish

Pan-seared fish fillet topped with a tomato sauce made from roasted tomatoes, garlic, onions, peppers, green olives, and capers simmered to perfection. Served with coconut cilantro rice, sautéed vegetables, and baked ripe plantain. **\$70BZ/\$35USD**

Open Face "No Tuna" Deluxe

Curried Chickpeas on a bed of organic greens, sliced avocados and a tomato cucumber salad with balsamic guava drizzle.

\$45BZ/\$22.50USD

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Martha's Cafe
MARTHA'S SIGNATURE DISHES

Main Course

VEGETARIAN OPTIONS

Martha's Spinach and Cheddar Quiche

with organic side salad.

\$40BZ/\$20USD

Martha's Garden Basil Pesto Pasta

with organic side salad & toastini.

\$43BZ/\$21.50USD

Martha's Famous Garden Veggie Lasagna

w/organic side salad & toastini.

\$40BZ/\$20USD

Pizzas

SUNSET MARGARITA PIZZA (8 slices)

Herb tomato sauce, Mozzarella Cheese, Sliced Tomatoes & Basil Leaf, Ve

\$51BZ/\$25.50USD

XANDER'S CHEESE PIZZA (8 slices)

Herb tomato sauce, Mozzarella & Cheddar
Cheese

\$45BZ/\$22.50USD

CLASSIC PEPPERONI PIZZA (8 slices)

Herb Tomato Sauce, Mozzarella & Cheddar
Cheese, Pepperoni

\$50BZ/\$25USD

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Martha's Cafe
BELIZEAN DISHES

A Taste of Belize

Our special Belizean cuisine options are crafted with authentic flavors and local ingredients. Each dish offers a true bite of Belizean tradition.

BELIZEAN KRIOL STEWED CHICKEN WITH RICE & BEANS

Brown rice and black beans cooked in coconut milk infused with cilantro served with "fall off the bone" Belizean stewed chicken, baked ripe plantain, cucumber and tomato salad drizzled with our famous balsamic guava vinaigrette and a side of local fruit.

\$34BZ/\$17USD

MARTHA'S FAMOUS FULLY LOADED FISH TOSTADAS

Crispy corn tortilla topped with plump white fish, fresh veggies, freshly made pico de gallo and avocado drizzled with Martha's secret creamy lime sauce.

\$45BZ/\$22.50USD

MAYAN DUKUNU PLATE

Mayan tamilitos made from sweet corn cooked in coconut milk and steamed in corn husk, accompanied by chicken stewed in traditional Mayan spices (the gravy makes it Ohhh Soo GOOD!!!), cucumber and tomato salad drizzled with our famous balsamic guava vinaigrette and a side of local fruit.

\$34BZ/\$17USD

FULLY LOADED MESTIZO GARNACHES

Crispy corn tortillas, topped with a layer of homemade refried red kidney beans, fresh homemade salsa, shredded cheddar cheese, smashed avocado & a side of local fruit.

\$34BZ/\$17USD

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Martha's Cafe
COCKTAILS

Martha's Signature Cocktail's

Harbour House Sangria (Red or White)

Freshly squeezed orange juice, homemade simple syrup, organic red (merlot) or white wine (chardonnay) ice, fruit topped off with club soda.

\$25BZ/\$12.50USD

Signature Mojito

Belizean organic white rum, freshly squeezed lime juice, fresh mint from our garden, homemade simple syrup, ice, topped off with club soda.

Light, refreshing and a perfect blend of sweet and tart.

\$23BZ/\$11.50USD

Cuba Libre

Belizean Barrel Rested organic dark rum, coke, ice, lime juice, lime wedge.

\$16BZ/\$8USD

Harbour View Rum & Juice or Coke

Belizean Barrel Rested organic dark rum, natural juices or coconut water & ice.

\$16BZ/\$8USD

Harbour View Margaritas:

Made with our secret ingredient for the BEST Margarita EVER served frozen or on the rocks.

**Classic Margarita
Strawberry Margarita
Jalapeno Margarita**

\$32BZ/\$16.50USD

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Martha's Cafe
BEVERAGES

Natural Tropical Juices

(NO WATER NO SUGAR ADDED **12oz**) \$12BZ/\$6USD

Add Ginger \$16BZ/\$8USD

Smoothies

DAIRY-FREE FREE Made with coconut water

Choose your combination:

Mango (seasonal)	Orange	Lime	Kale
Apple	Coconut	Avocado	Turmeric
Banana	Peanut Butter	Cucumber	Flaxseed
Pineapple	Chocolate	Carrot	Ginger

Double Blend \$16BZ/\$8USD

Triple Blend \$18BZ/\$9USD

Quadruple Blend \$23BZ/\$11.50USD

Martha's Signature Smoothies

Martha's Agua Fresca Immune Booster

Pineapple, Cucumber, Lime,
Ginger, Mint & Filtered Water

\$25BZ/\$12.50USD

Shanti's Green Protein Smoothie

Kale, Pineapple, Apple,
Peanut Butter, Coconut Water

\$25BZ/\$12.50USD

Be Berry Merry Smoothie

Blueberry, Pineapple, Lime, Ginger, Turmeric,
Black Pepper, Flaxseed, Honey, Filtered Water

\$30BZ/\$15USD

Jaen's Immune Booster

Natural Orange Juice, Banana, Ginger,
Turmeric, Black Pepper, Honey

\$25BZ/\$12.50USD

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Martha's Cafe
BEVERAGES

Kombucha Glass

(Fermented probiotic drink)

\$18BZ/\$9USD

Ginger Shot

\$12BZ/\$6USD

Belikin Beer

\$8BZ/\$4USD

Bottled Water

\$3BZ/\$1.50USD

Wines

Harbour House Sangria (Red or White) \$25BZ/\$12.50USD

Organic House Wines by Glass

By Glass (Red, White, or Rose) \$27BZ/\$13.50USD

By Bottle \$102BZ/\$51USD

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Martha's Cafe
MARTHA'S TEAS & COFFEES

Ayurvedic Golden Milk

(Dairy) \$12BZ/\$6USD

(Nut/Oat Milk) \$16BZ/\$8USD

Espresso/Americano \$9BZ/\$4.50USD

Latte/ Cappuccino

(Dairy) \$12BZ/\$6USD

(Nut/Oat Milk) \$16BZ/\$8USD

Martha's Hot Chocolate (contains nuts)

(Dairy) \$14BZ/\$7USD

(Nut/Oat Milk) \$18BZ/\$9USD

Herbal & Caffeinated Teas

\$5BZ/\$2.50USD

Iced Tea (Sweetened or Unsweetened)

\$7BZ/\$3.50USD

Iced Coffee

Dairy \$12BZ/\$6USD

Nut/Oat Milk \$16BZ/\$8USD

Shanti's Homemade Chai Tea

Dairy \$9BZ/\$4.50USD

Nut/Oat Milk \$12BZ/\$6USD

Iced \$12BZ/\$6USD

Iced \$14BZ/\$7USD

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Martha's Cafe
DESSERTS

Vegan Options

Vegan Chocolate Brownie \$16BZ/\$8USD

Golden Milk Vegan Ice-cream
(Coconut Milk base) **per scoop** \$14BZ/\$7USD

Vegan Banana Bread \$7BZ/\$3.50USD

Vegetarian Options

**Turmeric Spiced Latte Full
Cream Ice-cream per scoop**
\$14BZ/\$7USD

Vanilla Ice Cream per scoop
\$14BZ/\$7USD

Martha's Famous Carrot Cake
\$16BZ/\$8USD

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