Well Be Inn

# Martha's Cafe

## BREAKFAST MENU

# ***BREAKFAST BEVERAGES***

## **Beverages:** $12BZD/$6USD

Natural Juices (no sugar added)

Watermelon

Orange Juice

Coconut Water

Bottled Water $3BZD/$1.50USD

## Smoothies:

Dairy Free made with coconut water

Choose your combination:

Orange, Kale, Lime, Mango (seasonal)

Coconut, Avocado, Banana, Turmeric & Black Pepper, Peanut Butter, Cucumber, Pineapple, Chocolate, Carrot, Blueberry

| | |
|---|---|
| Double Blend | $22BZD$11USD |
| Tripe Blend | $26BZD/$13USD |
| Quadruple Blend | $30BZD/$15USD |

**10% service charge will be added to each order. Prices include 12.5% General Sales Tax**

# ***BREAKFAST BEVERAGES & ON THE COUNTER SWEET TREATS***

Espresso/ Americano $9BZ/$4.50USD

Latte/ Cappuccino $14BZD/$7USD

With Nut Milk $16BZD/$8USD

## Iced Coffee:

Black $10BZD/$5USD

With dairy milk $14BZD/$7USD

With Nut milk $16BZD/$8USD

Martha's Hot Chocolate $16BZD/$8USD

With Nut Milk $18BZD/$9USD

Herbal & Caffeinated Teas $8BZD/$4USD

Iced Tea $10BZD/$5USD

## Martha's Homemade Chai:

Hot with dairy milk $14BZD/$7USD

Hot with nut milk $16BZD/$8USD

Iced with dairy milk $16BZD/$8USD

Iced with nut milk $18BZD/$9USD

Ayurvedic Morning drink $14BZD/7USD

## On the counter Desserts:

Banana Bread $7BZD/$3.50USD

Oatmeal Cookies (3) $12BZD/ $6USD

Brownies $16BZD/$8USD

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# ***BREAKFAST***

## Vegan Options:

Seasonal Fruit Bowl

$21BZ/$10.50USD

Xander's Vegan Waffle

Served with syrup and seasonal fruit

*~ made with Almond milk*

$32BZD/$16USD

## Gluten Free & Vegetarian Options:

Homemade Granola served with natural yogurt and seasonal fruit

$34BZ/$17USD

Harbour View Avocado Toast

Choice of whole wheat toast or cassava crisp (gluten free) buttered with homemade basil pesto, roasted tomatoes with balsamic guava drizzle topped with smashed avocado.

Make it vegan take out the pesto.

Whole Wheat Toast - $34BZD/$17USD

Cassava Crisp - $36BZD/$18USD

Morgan's Banana Oatmeal Pancakes

Delicious gluten free pancakes served with seasonal fruit and syrup. Make it VEGAN take out the eggs.

$34BZD/$17USD

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# ***BREAKFAST CONTINUED***

## Vegetarian Options:

Tricia's Spinach & Cheddar Quiche

$21BZ/$10.50USD

Mike's Famous Waffles or French Toast or Pancakes in

Served with Peanut Butter, Banana, Syrup and Whipped Cream

$32BZ/$16USD

Martha's Belizean Breakfast Burrito

Homemade Flour tortilla filled with scrambled eggs with veggies, refried beans, cheddar cheese

$34BZD/$17USD

Garden Veggie Omelette

Served with whole wheat toast & fruit

$32BZ/$16USD

Martha's Belizean Breakfast

Scrambled eggs with veggies, refried beans, johnny cakes or fry jacks, butter & jam with fresh fruit.

$34BZD$17USD

Add Stew Chicken: $14BZD/$7USD

Extra Sides: $10BZD/$5USD

Bacon, Sausage, Avocado, Cassava Crisp, Johnny Cakes, Fry Jacks, Eggs, Fruit

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Well Be Inn

# Martha's Cafe

## MENU

# ***BEVERAGES***

## **Natural Juices**: $12BZ/$6USD

Watermelon

Orange Juice

Coconut Water

## Smoothies

Dairy Free made with coconut water

Choose your combination:

Orange, Kale, Lime, *Mango (seasonal)*

Coconut, Avocado, Banana, Turmeric & Black Pepper, Peanut Butter, Cucumber, Pineapple, Chocolate, Carrot, Blueberry

| | |
|---|---|
| Double Blend | $22BZD$11USD |
| Tripe Blend | $26BZD/$13USD |
| Quadruple Blend | $30BZD/$15USD |

| | |
|---|---|
| Bottle Water | $3BZD/$1.50USD |
| Belikin Beer | $8BZD/$4USD |

## Wines

House Red & House White

| | |
|---|---|
| Glass | $28BZD/$14USD |
| Bottle | $104BZD/$52USD |

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# ***COCKTAILS***

**Martha's Mojito**

Belizean rum, freshly squeezed lime juice, mint from our garden, homemade simple syrup, ice topped off with soda water. Light & Refreshing

$24BZD/$12USD

**Harbour House Sangria (Red or White)**

Freshly squeezed orange juice, homemade simple syrup, white or red wine ice topped with fruit.

$25BZD/$12.50USD

**Cuba Libre**

Belizean dark rum, freshly squeezed lime juice, coke, ice and lime wedge

$16BZD/$8USD

**Harbour View Rum & Coke or Juice**

Belizean dark rum with either Coke, natural juice or coconut water.

$16BZD/$8USD

**Martha's Margaritas:**

A refreshing blend of tequila, freshly squeezed lime juice, and orange liqueur, homemade simple syrup served over ice or frozen with a salted rim and a fresh lime garnish.

Classic. $30BZD/$15USD

Jalapeño $32BZD/$16USD

Blueberry $34BZD/$17USD

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# ***APPETIZER***

## Vegan options:

Samosas with chutney

$30BZD/$15USD

## Gluten Free & Vegan Options:

Homemade Hummus served with corn chips & veggie sticks

$40BZ/$20USD

Guacamole with chips

Smashed avocado, lime juice, diced tomatoes, onions, peppers and cilantro served with corn chips.

$40BZ/$20USD

## Pescatarian:

Harbour View Shrimp Ceviche

Shrimp marinated in lime juice with diced tomatoes, onions, peppers, cilantro served with corn chips.

$45BZ/$22.50USD

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## Soups:

Martha's Coconut Curry Lentils

Lentils cooked with coconut milk, veggies & fresh ginger. Served with whole wheat toast.

(Vegan)

$35BZD/$17.50USD

Creamy Seafood Chowder

Tender shrimps, plump white fish and clams in a creamy white sauce with vegetables served with whole wheat toast or coconut white rice.

$50BZD/$25USD

## Sandwiches:

### Vegan option:

"No Tuna" Sandwich"

Whole wheat toast buttered with our homemade hummus' and smashed avocado filled with chickpeas, freshly diced celery, bell peppers, mixed with hummus topped tomatoes.

$30BZD/$15USD

### Vegetarian option:

Michelle's Spicy Cheese & Onion Panini

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

$28BZD/$14USD

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# ***MAIN COURSE***

## Vegan & Gluten Free options:

Open Face “No Tuna” Deluxe

Curried chickpeas, freshly diced celery, bell peppers, avocado mixed with hummus served with a tomato cucumber salad & balsamic guava drizzle

$45BZD/$22.50USD

Belizean Power Bowl

Coconut rice and beans with black beans and brown rice, ripe baked plantain, avocado, homemade salsa with a tomato cucumber salad and a balsamic guava drizzle

$40BZD/$20USD

## Vegetarian option:

Chickpea & Avocado Salad

Chickpeas, Avocado, cherry tomatoes, cucumbers, onion, toasted sesame seeds, feta cheese tossed in a lime vinaigrette. Make it vegan take out the Feta cheese.

$50BZD/$25USD

Martha’s Spinach & Cheddar Quiche

Served with sautéed vegetables

$40BZD/$20USD

## Pescatarian option:

Veracruz Fish

Pan seared white fish fillet topped with a homemade tomato sauce made from roasted tomatoes, garlic, onions peppers, green olives and capers simmered to perfection. Served with coconut white rice, ripe baked plantains and sautéed vegetables

$70BZD/$35USD

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# ***PIZZA & PASTA***

## Pizzas:

Margarita Pizza (8 slices)

Herb tomato sauce, mozzarella cheese, sliced tomatoes and basil leaf

$50BZD/$25USD

Classic Pepperoni Pizza (8 slices)

Herb tomato sauce, mozzarella cheese & sliced pepperoni

$50BZD/$25USD

## Pastas:

Martha's Garden Pesto Pasta served with cherry tomatoes

$50BZD/$25USD

Martha's Famous Traditional Lasagna

Layers of pasta, seasoned ground steak and ground pork, rich homemade tomato-herb sauce, and a blend of melted cheeses, baked to golden, bubbly perfection. A hearty Italian classic served with a tomato cucumber salad with balsamic guava drizzle.

$60BZ/$30USD

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# 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.

**Kriol Stew Chicken with Rice and Beans**

Kriol Stew Chicken with coconut rice and beans with black beans and brown rice served with "fall off the bone" Belizean stew chicken, baked ripe plantain, tomato cucumber salad drizzled with balsamic guava vinaigrette

$35BZD/$17.50USD

**Martha's Famous Fully Loaded Fish Tostadas**

Crispy corn tortillas topped with plump white fish, fresh veggies, homemade salsa & smashed avocado drizzled with Martha's secret creamy lime sauce

$45BZD/$22.50USD

**Mayan Dukunu Plate**

Mayan Tamilitos made from sweet corn and cooked in coconut milk then steamed in the corn husk served with chicken stewed in traditional Mayan Spices served with a tomato cucumber salad and drizzled with balsamic guava vinaigrette

$35BZD/$17.50USD

**Fully Loaded Mestizo Garnaches**

Crispy corn tortillas topped with a layer of homemade refried beans, fresh salsa, shredded cheddar cheese & smashed avocado

$35BZD/$17.50USD

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# ***Teas, Coffees & Dessert***

| | |
|---|---|
| Espresso/ Americano | $9BZ/$4.50USD |
| Latte/ Cappuccino. | $14BZD/$7USD |
| With Nut Milk | $16BZD/$8USD |

## Iced Coffee

| | |
|---|---|
| Black | $10BZD/$5USD |
| With dairy milk | $14BZD/$7USD |
| With Nut milk | $16BZD/$8USD |
| Martha's Hot Chocolate | $16BZD/$8USD |
| With Nut Milk | $18BZD/$9USD |

| | |
|---|---|
| Herbal & Caffeinated Teas | $8BZD/$4USD |
| Iced Tea | $10BZD/$5USD |

## Martha's Homemade Chai

| | |
|---|---|
| Hot with dairy milk | $14BZD/$7USD |
| Hot with nut milk | $16BZD/$8USD |
| Iced with dairy milk | $16BZD/$8USD |
| Iced with nut milk | $18BZD/$9USD |
| Ayurvedic Evening drink | $16BZD/$8USD |

## Desserts:

| | |
|---|---|
| Chocolate or Vanilla Ice Cream | $14BZD/$7USD |
| Martha's Famous Vegan Brownie | $16BZD/$8USD |

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