

BREAKFAST MENU

Choose one of our four menu options
Complimentary Breakfast Served 9-11 AM

Option 1

Ackee and salted cod fish Or Vegetarian

OPTION 2

Callaloo and salted cod fish Or vegetarian

Served with your choice of either:

- Boiled green bananas
- Boiled dumplings
- Fried dumplings
- Seasonal options include Fried Plantain, Breadfruit, Yam, or Dasheen

OPTION 3

Two Eggs, two frankfurters (local sausage), Tomatoes, bread (fresh or toasted/ whole or white)

OPTION 4

Porridge (Oats, Harmony Corn, or Cornmeal), Condensed Milk, bread (fresh or toasted/ whole or white)

CONDIMENTS INCLUDE

- Seasonal fruits
- Tea / Coffee
- Juices - Orange, Pineapple or Seasonal Sorrel
- Tomato Ketchup
- Margarine/ Jam/ Marmalade
- Honey/ Brown Sugar





TOURS & ATTRACTIONS, NO PROBLEM!

There are all kinds of fun things to do in and around Jamaica. Available for a reasonable fee are guided tours to various attractions. Tours are available on request only and are scheduled to meet your specific preference. Tour fees are payable to the assigned Driver and the travel fees are based on the travel distance and time requirements. Attractions fees are paid directly to the company offering the service.



Things to do during your stay, includes, but are not limited

1. A visit Alligator Pond's fishing village and lunch/ dinner @ Little Ochie, Manchester.
2. A shopping trip to Mega Mart or Bashco in Mandeville and eat at Bloomfield Great House, Star Field, or The Arches Restaurant.
3. Eat at Jabba's Fish Restaurant or Miguel Restaurant in Santa Cruz, or Las Vegas Café or Cloggy's Restaurant in Black River, or Pelican Bar - about one mile offshore from Treasure Beach, St Elizabeth (St. Bess for short).
4. Spend a day at the beach at Treasure Beach in St. Bess, Bluefields Beach in Westmoreland, or Seven Mile Beach in Negril.
5. Take a sight-seeing trip to Lovers Leap and go on the Black River Safari in Black River, St. Bess.
6. Enjoy a relaxing day with nature at YS Falls, Noisy River, or Apple Valley Falls in St. Bess. Alternatively, a beautiful trip through the hills and valleys to Dunns River Falls, Ocho Rios, St. Ann.
7. Rum up with no problem at Appleton Rum Estate and see the hydro plant in Maggotty St Bess.
8. Take a drive through St Bess' cockpit country through the hills and valleys, then take a visit to Aberdeen, Pullet Hall, Balaclava, Siloah, Elim, Braes River, and to Mandeville and see the natural and unspoiled beautiful landscape of this part of Jamaica.
9. Spend time drinking Brenda's Bissy Tea for a small token and connect with nature through a walk in Mr. Samuels 130 acre land and 309 year "Look Out" Property and listen to oral history being told by the locals in their own words.
10. Drive up Spur Tree to ALL SEASONS JERK centre, one of south coast's popular jerk spots.
11. Nightlife in Mandeville's entertainment district allows you to party away, Jamaica style.
12. Shop local in Santa Cruz's bustling local farmers market, retail stores, and mega grocery stores for gifts and mementos to carry home with you.