



Available from to 6:30am-11:00am

FRUITS & YOGURT

Tropical Fruit

BZ 18 | US 9
Delicious and fresh seasonal fruit combination.



Greek Yogurt

BZ 24 | US 12
Creamy organic plain yogurt with your selection of the fruit of the day and homemade fruit compote.



Jungle Parfait

BZ 30 | US 15
Your selection of yogurt with homemade granola, tropical ripe fruit and wild honey.



Smoothie Bowl

BZ 34 | US 17
Your breakfast inspiration with Greek yogurt, wild berries, banana, Chia seeds, granola and almond milk



INDULGE

Crispy Waffle

BZ 36 | US 18
Blueberries waffle, whipped butter, sliced banana and strawberry with maple syrup.



Itz'ana Toast

BZ 22 | US 11
Homemade Brioche toast, caramelized banana, walnuts and warm rum infused honey.



Nutty Pancake

BZ 24 | US 12
Buttermilk pancake, whipped butter, the selection of fruit of the day, mixed nuts and raisins syrup.



Berry Crepe

BZ 24 | US 12
Stuffed with wild berries, vanilla and orange whipped cream, served with chocolate sauce or honey ginger.



SPECIALITIES

Steak & Eggs **BZ 44 | US 22**

Grilled beef tenderloin (6 onz), fried eggs, roasted potatoes, sauteed cherry tomato, and sliced avocado.



Famous Fry Jacks **BZ 30 | US 15**

Stuffed with green plantain, shrimps and accompanied with refried beans and spicy mayo.



Red Chilaquiles **BZ 24 | US 12**

Chef's recipe with Guajillo chilli sauce, sour cream, fresh cheese, avocado and fried egg on top.



BREAKFAST TIME

Belizean Style

BZ 28 | US 14

A classic Belizean breakfast of fry jack, scramble eggs, cheese, beans and bacon.



Steel-Cut Oatmeal

BZ 18 | US 9

Build your own oatmeal selecting your favorite sweetness, milk, topping and seasonal fruit.

Our prices includes 12.5% GST



Ham & Cheese

BZ 24 | US 12

Itz'ana ham and cheese sandwich with chipotle dressing. served with your choice of fruit or salad.



ITZ'ANA
RESORT & RESIDENCES

THE CLASSICS

American **BZ 26 | US 13**

Two eggs any style, your selection of ham, sausage or bacon, hot pancake and maple syrup. Served with white bread toast and butter.

English **BZ 32 | US 16**

Enjoy this substantial dish with fried eggs, sausage, bread, mushroom, bacon, roasted tomatoes and baked beans.

A La Mexicana **BZ 28 | US 14**

Scrambled cage free eggs with fresh tomato, onion, cilantro, and jalapeño peppers, served with refried beans, corn tortillas, and the classic Mexican guacamole.

Continental **BZ 20 | US 10**

Seasonal fruit platter, baked goods basket, toast with butter and jams.

CAGE FREE EGGS

Any Style

BZ 20 | US 10

Two eggs at your choice served with hash browns or white bread toast and your selection of ham, bacon or sausage.

Benedicts

Soft poached eggs and cilantro Hollandaise sauce on toasted sourdough bread.

BZ 34 | US 17 **Stir Fried Chaya**

BZ 44 | US 22 Butter Sauteed Organic Shrimps 

Farmer's Omelet

BZ 32 | US 16

Three whole eggs omelet, sauteed potato, artisan sausage, crispy bacon, tomato, cheddar cheese, and toasted bread.

Egg White Frittata

BZ 30 | US 15

Three eggs white omelet with sauteed spinach, cherry tomato and ricotta cheese. Served with whole wheat toast.

Rancheros

BZ 24 | US 12

Traditional Mexican breakfast with two fried eggs on a corn tortilla and homemade tomato sauce. Served with avocado, jalapeño and refried beans.

SIDES

Avocado	BZ 14	US 7
Bacon	BZ 14	US 7
Corn Tortillas	BZ 8	US 4
Fry Jacks	BZ 8	US 4
Guacamole	BZ 14	US 7
Ham	BZ 14	US 7
Hash Brown	BZ 8	US 4
Pico de Gallo	BZ 8	US 4
Refried Beans	BZ 8	US 4
Sausage	BZ 14	US 7
Single Egg	BZ 8	US 4

JUICES & SMOOTHIES

Orange BZ 12 US 6

Pineapple BZ 12 US 6

Watermelon BZ 12 US 6

Strawberry Dynamite BZ 14 US 7

Strawberries, orange juice, ginger, honey syrup

Choco-Latte BZ 16 US 8

Espresso coffee, chocolate syrup, banana, coconut flake

Coco-Tan BZ 14 US 7

Banana, coconut milk, vanilla, peanut butter

Fountain of Youth BZ 16 US 8

Beet, raspberries, pineapple, orange juice, honey

Green Fever BZ 14 US 7

Wild spinach, moringa leaf, pineapple, orange, ginger, honey

HOT BEVERAGES

Espresso BZ 8 US 4

Cappuccino BZ 10 US 5

French Press BZ 16 US 8

Tea & Infusion BZ 8 US 4

Coffee BZ 8 US 4



Spicy



Gluten Free



Contain Dairy



Contain Nuts

Our prices includes 12.5% GST



ITZ'ANA
RESORT & RESIDENCES



Contain Gluten



Pork



Contain Shellfish