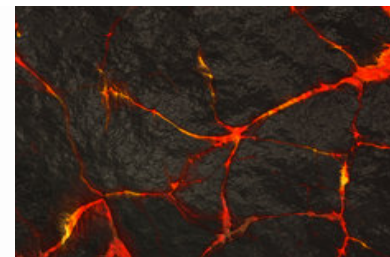


# Lava's

## ON POIPU BEACH



### KAUAI CLASSICS

*Comes with your choice of toast or English muffin*

#### Belgian Waffles 15

*Whipped cream, berries, coconut or maple syrup, smoked bacon or Portuguese sausage*

#### Paniolo Breakfast Wrap 14

*Egg whites, tomato & turkey scramble, whole-wheat tortilla, seasonal fruit*

#### Breakfast Slider 16

*Low-carb wheat bagel, scrambled eggs, black forest ham, low-fat cheddar cheese, seasonal fruit*

#### Two Farm Fresh Eggs 16

*Cooked to your preference smoked bacon or Portuguese sausage, home-fried potatoes*

#### Egg Whites 17

*Baby spinach, tomatoes, onions, low-fat cheddar cheese, seasonal Fruit*

#### Lava's Egg's Benedict 23

*Toasted English muffin, Lava-spiced seared Ahi tuna, hollandaise, home-fried potatoes*

#### South Shore Omelet 18

*Home-fried potatoes,*

*Choose three toppings:*

*Mushrooms, onions, tomato, peppers, spinach,*

*Portuguese sausage, bacon,*

*cheddar cheese, mozzarella cheese*

*Additional toppings 1.5 Egg Beaters or Egg Whites 2*

### CONTINENTAL BUFFET 17

#### Pastries

*Butter Croissants*

#### Mini Muffins

*Raisin Bran, Blueberry, Chocolate, Banana Nut*

#### Breads

*White, Wheat, English Muffin*



#### Plain Yogurt, Fruit Flavored

*Flax Seed, Coconut, Mango House-Made Granola*

#### Cereals & Milk

#### Island Fruits

*Maui Pineapples, Kula Strawberries,*

*Puna Papaya, Melons*



#### Warm Oatmeal

*Cinnamon Macadamia nut Raisins*

#### POG Juice

#### Orange Juice

### The Side Plate 3

#### Yogurt

*Sticky white rice*

*Toast or English muffin*

*Sliced Kamuela Tomato*

*Sliced seasonal fruit*

*Smoked bacon*

*Cereal*

*Portuguese sausage*

### BEVERAGES

*Assorted Tazo Teas 3.5*

*Specialty Espresso Drinks 5*

*Latte, Cappuccino, Americano*

*Add syrup .50*

*Hot Chocolate 3.5*

*Cinnamon & whipped cream*

*Juice 4*

*POG, Orange, Cranberry, Tomato*

*Coffee 4.5*

### SPECIALTY BREAKFAST DRINKS

*Island Mimosa 10*

*Guava juice and sparkling wine*

*Wasabi Bloody Mary 10*

*V8 Tomato Juice, vodka, wasabi,*

*pickled ginger and Lava-salted rim*



### AMERICAN BUFFET 23

#### Scrambled Eggs

#### House-fried Potatoes

#### Chef's Choice Breakfast Meat

*Includes all other offerings from the Continental Buffet*



\*The department of public health advised that eating raw or uncooked beef, poultry, eggs, fish, lamb, pork or shellfish poses a health risk to everyone especially the elderly, young children under 4, pregnant women and other susceptible individuals with compromised immune systems. Thorough cooking of such foods reduces the risk of such illness.  
Indicates a well-balanced, nutrient-rich Color Your Plate™ item. Learn more about our nutrition partner, Core Performance and Color your Plate at [Sheraton.com/fitness](http://Sheraton.com/fitness)