



Sample Weekly Breakfast Menus

Day One

Coffee or tea
Toasted onion-garlic focaccia
Omelet or vegan omelet with *kale, red pepper, & havarti or vegan cream cheese*
Grilled ripe plantain
Pineapple

Day Two

Coffee or tea
Tofu-and-roasted *vegetables* scramble
George's famous everything jalapeño bagel
*Mango or mamón chino**

Day Three

Coffee or tea
Nutty oatmeal *or muesli or cornflakes*
Lemon-ginger, butternut, or cinnamon scone
Grilled ripe plantain
Papaya

Day Four

Coffee or tea
Banana, chocolate, chocobanano pancakes
Gallo pinto
Mixed-fruits smoothie (with water, plant milk, or yogurt)

Day Five

Coffee or tea
French toast with *guayaba* jam
Vegan "bacon"
Starfruit (Carambola)

Italics = homegrown or locally grown and/or housemade

Day Six

Coffee or tea
Eggs *Florentine* or vegan "eggs" *Florentine* with *avocado* on *English muffin* or *bagel*
Pico de gallo
Mixed-fruits smoothie

Day Seven

Coffee or Tea
Breakfast bowl of the day (with grains, legumes, nuts, seeds, fresh *vegetables, herbs, salsas, chutneys*)
Piña-en-agua or *minted lemonade*

Other options:

Breakfast hash with *black beans* and corn, *yucca* fries, *yucca* cakes, *yampi* cakes, mashed *yampi*, herbed toasting bread, grilled cheese, grilled peanut butter and cheese, VLT sandwich, rice, *black beans, red beans, hummus, avocado* toast, Caribbean rice and beans, polenta, rice pudding, tapioca pudding, *muffins, mango chutney, pineapple salsa, curried potato empanadas*, all sorts of eggs, quiches, frittatas, vegan scrambles, *breads, pancakes, bowls*, . . . if we have the ingredients, we'll be happy to prepare it for you!

* Just one of Costa Rica's crazy & delicious fruits!

