

Breakfast Menu



The Classic	20.00
Two eggs prepared your way. Served with locally baked toast and fresh fruit.	
Farmer's Omelet	27.00
Cheese, onions, peppers and tomatoes.	
Grenadian "French" Toast	22.00
Locally baked bread paired with seasonal fresh fruit and rich nutmeg syrup.	
The Local	30.00
Freshly prepared, sautéed Salt-Fish with an assortment of local vegetables, served with freshly baked in-house Coconut Bakes.	
Continental Bagel or Toast	18.00
Served with cream cheese and sliced tomato.	
Seasonal Fresh Fruit Plate	21.00
A sweet selection of seasonal fresh fruit.	
Seasonal Fresh Fruit Parfait	23.00
Granola/cereal with seasonal fresh fruit and yogurt.	
Oatmeal or Cereal	18.00
Paired with milk and seasonal fresh fruit.	
Plain Yogurt	8.50

SIDES

Turkey Bacon or Pork Bacon	15.00
Whole-Wheat Toast	10.00
Locally baked, whole-wheat bread served with butter and local jam.	
Savory Toast	15.00
Locally baked, whole-wheat bread served with butter and cheddar cheese.	
Coconut Bakes	15.00
A Grenadian staple you can't pass up. Baked in-house, served with butter and jam.	
Side of Eggs	5.00
Two eggs prepared your way.	

BEVERAGES*

Island Coffee/Tea	10.00
Tea: Lemongrass, Ginger	10.00
Local Cocoa	10.00
Espresso (Single/Double)	13/19
Seasonal Fruit Juice	10.00
Seasonal Fruit Smoothie	16.00

**All beverages include 20% VAT.*

LA SAGESSE
BEACH FRONT ISLAND DINING

All Prices in EC\$. Includes 15% VAT and 10% Additional Service Charge.