The Rock
At The Riverside Inn

BREAKFAST ROCKS!

All breakfasts come with bottomless American coffee, English tea and milk



Eggs Your Way 11
three eggs prepared your way with two of your favorite ingredients: ham, bacon, cheese, sausage, tomatoes, mushrooms or onions, served with a baked potato & apple hash brown



Panamanian Tray 16
beef tenderloin in a fresh tomato stew, topped with a fried egg and served with fresh Boquete farmer's cheese, hojaldres, almojábanos and carimañolas



Rockin' English Muffins 12
two English muffins with egg, sausage and Cheddar cheese, served with a baked potato & apple hash brown



Eggs Benedict 16
two English muffins with poached eggs and grilled Canadian bacon, served with hollandaise sauce, accompanied by a baked potato & apple hash brown

- *replace Canadian bacon with smoked salmon +6*



Baked Potato and Bacon Skillet 12
with spring onions, Cheddar cheese and fried eggs



Chilaquiles 12
corn tortilla chips tossed in a green tomatillo sauce, on a bed of refried beans, topped with melted mozzarella cheese, sour cream, red onions and two fried eggs

- *add chicken +4*



Boquete Toast 12
locally sourced artisan cheese, avocado, cherry tomatoes and pesto on crusty farmer's bread, served with a fried egg and a baked potato & apple hash brown

- *add smoked salmon +6*



Huevos Rancheros 12
two fried eggs on a corn tortilla and refried beans, topped with a mildly spicy tomato and chipotle sauce, fresh cheese and avocado



American Breakfast 16
two eggs cooked your way, paired with your choice of any two ingredients: ham, bacon, cheese, sausage, tomatoes, mushrooms or onions. Served with orange juice, fresh seasonal fruit, a baked potato & apple hash brown, and freshly baked artisan bread with marmalade and butter



Rise & Fuel Wrap 15
three egg whites, fresh avocado, ricotta cheese and arugula, wrapped in a whole-wheat tortilla, served with a baked potato & apple hash brown



Sunrise Stack 12
two fried eggs and two pancakes, with your choice of bacon or sausage, served with honey, chocolate sauce, sugar cane and traditional syrups



Morning Chill & Crunch 10
a scoop of frozen Greek yogurt with strawberries, mandarins, blueberries, honey and granola

- *add Sunwarrior plant-based protein natural or vanilla flavor +5*



Seasonal Fruit
sourced from local farms

- *large 9*
- *small 5*





Crème Brûlée Belgian Waffle 11
with coffee and caramel flavors, served with fresh fruit, honey, sugar cane and traditional syrups, chocolate sauce and whipped cream

ADD TO YOUR BREAKFAST

+4 per order of:

- *3 bacon strips*
- *3 sausages*
- *2 eggs your way*
- *3 hojaldres*
- *1 portion of fresh local cheese or American cheese*
- *2 slices of brioche toast*
- *5 almojábanos*

Prices are subject to tax
Unpretentious food, great wines, and craft beers

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SIGNATURE DRINKS

Detox Water - on the house
enjoy our detox water, infused with lemongrass, green leaf extract, mint, and lemon slices



Spiced Citrus Coffee 6
cinnamon spiced espresso with freshly squeezed orange juice



Purple Rock 6
blueberries, Greek yogurt, chia seeds and almond milk



Mimosa 6
if life gives you oranges... add bubbles



Bloody Mary 6
a multivitamin drink for those who prefer their veggies with vodka

COLD BEVERAGES



Tropical Sunrise 4
mango, passion fruit, pineapple and coconut



Tropical Breeze 4
strawberries, orange and pineapple juice, coconut and banana



Mixed Berries 5
mixed berries, oats, almond milk, Greek yogurt and honey



Radiant Strawberry 5
strawberries, chia seeds, granola and whole milk



Citrus Garden 5
a vibrant blend of orange, spinach, and creamy avocado

Natural Fruit Juices 4

- *Pineapple*
- *Papaya*
- *Strawberry*
- *Orange*
- *Passion Fruit*
- *Watermelon*

- *add Sunwarrior plant-based protein natural or vanilla flavor +5*

HOT BEVERAGES

Coffee
American Coffee 3
Espresso 4
Double Espresso 5
Macchiato 4
Cappuccino 4
Mochaccino 4
Cortado 4
Latte 4

Garden Infusions 4
Ginger
Mint
Spearmint
Lemongrass
Chamomile

Traditional Tea 3
Black
Chai
Lemon
Ginger
Red Berry
Green

Chocolate 5
creamy hot chocolate with frothy milk, topped with whipped cream and a soft toasted marshmallow

Creamy Matcha Latte 5
matcha blended with hot milk for a smooth, creamy latte with delicate earthy notes

- *almond, soy or lactose-free milk +2*

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