



THE WAVES

RESTAURANT & BAR

DESAYUNO A LA CARTA

Continental \$6.50

Fruta de temporada con yogur griego y granola, pan baguette, mantequilla, mermelada. Incluye café, chocolate caliente o té, y jugo de fruta de temporada. *Seasonal fruit with Greek yogurt and granola, baguette bread, butter, and jam. Includes coffee, hot chocolate, or tea, and seasonal fruit juice.*

Americano \$12.50

Clásico desayuno americano: huevos al gusto, pancakes, tocino crocante, sirope y mantequilla. Incluye café, chocolate caliente o té, y jugo de fruta de temporada. *Classic American breakfast: eggs cooked your way, pancakes, crispy bacon, syrup, and butter. Includes coffee, hot chocolate, or tea, and seasonal fruit juice.*

Healthy \$14

Tostadas de pan integral con queso crema, aguacate, tomates cherry, albahaca y rúcula fresca. Acompañado de yogur griego con granola, café, té o chocolate caliente, y jugo de fruta de temporada. *Whole grain toast with cream cheese, avocado, cherry tomatoes, basil, and fresh arugula. Served with Greek yogurt and granola, coffee, tea, or hot chocolate, and seasonal fruit juice.*

Steak a Caballo \$13

Filete de res a la plancha con cebolla, servido con huevos al gusto, hojaldres o tortillas y queso. Incluye café, chocolate caliente o té, y jugo de fruta de temporada. *Grilled beef steak with onions, served with eggs cooked your way, fried dough (hojaldres) or corn tortillas, and cheese. Includes coffee, hot chocolate, or tea, and seasonal fruit juice.*

Desayuno The Waves

Desayuno servido incluido	\$12.50
Buffet	\$15

Incluye:

Fruta de temporada con yogur artesanal o cereal.

Principal a elegir:

Huevos al gusto con pan baguette y queso.
Pancakes con tocino.

Típico: salchichas guisadas al estilo panameño con tortilla y queso.

Includes:

Seasonal fruit with artisanal yogurt or cereal.

Main dish of your choice:

Eggs cooked your way with baguette bread and cheese.

Pancakes with bacon.

Traditional: Panamanian-style stewed sausages with tortilla and cheese.

Todos los platos incluyen mermelada, mantequilla, café, chocolate caliente o té, y jugo de fruta de temporada.

All dishes include jam, butter, coffee, hot chocolate, or tea, and seasonal fruit juice.

Ordenes Adicionales / Extra Orders

● Hojaldre / Fried dough (2)	\$2
● Tortilla / Corn tortilla (2)	\$2
● Tostadas / Toast (2)	\$3
● Tocino / Bacon (3)	\$3
● Jamón / Ham (2)	\$2
● Huevos al gusto / Eggs cooked your way	\$3
● Queso del País / Traditional local cheese	\$2
● Pancakes / Pancakes (2)	\$3

Bebidas / Beverages

● Café con leche / Latte	\$3.50
● Espresso / Espresso	\$3
● Macchiato / Macchiato	\$4
● Cappuccino / Cappuccino	\$4.50
● Chocolate caliente / Hot Chocolate	\$4
● Moccaccino / Mocha	\$4.50
● Té orgánico / Organic Herbal Tea	\$2.50
● Té clásico / Regular Tea	\$2
● Jugos naturales / Fresh Juice	\$3.75
● Batidos de frutas naturales / Fresh Fruit	
● Smoothie	\$4.50
● Jugo verde / Fresh Green Juice	\$4.50
● Espresso doble / Double Espresso	\$4

