Menu Reference Guide

This guide is intended as a general reference to help you plan groceries and meals during your stay.

All items listed are commonly available in the area; however, availability may vary depending on season and market supply. Guests are welcome to customize their grocery selections and menus at any time.

Please feel free to share any dietary preferences, allergies, or special requests in advance. You may also adjust meal plans during your stay in coordination with the cook, to ensure a comfortable and enjoyable experience.

Grocery

Fruits:

- Pineapple
- Melon
- Watermelon
- Bananas
- Apples
- Pears
- Green & red grapes
- Passion fruit (chinola)
- Oranges
- Limes
- Lemons
- Mandarins (seasonal)

- Grapefruit (seasonal)
- Kiwi (limited availability)
- Strawberries & berries (limited / seasonal)
- Dragon fruit (occasionally available)

Vegetables:
- Tomatoes (regular & cherry)
- Bell peppers (red, yellow, green, orange)
- Lettuce & mixed greens
- Arugula
- Green & purple cabbage
- Spinach
- Broccoli
- Cauliflower
- Asparagus
- Mushrooms
- Cucumber
- Corn
- Onions (white & red)
- Garlic
- Fresh herbs: basil, mint, rosemary

Starches & Sides:
- Potatoes
- Sweet potatoes
- Yucca

- Green plantains

- Ripe plantains

- Rice

- Pasta

Proteins:
- Chicken (breast, thighs, legs)

- Fresh white fish

- Shrimp

- Eggs

- Beef (various cuts)

- Pork

Dairy & Cold Items:
- Whole milk

- Almond milk

- Greek yogurt

- Cheddar cheese

- Butter

Pantry & Snacks:
- Chips

- Crackers

- Pretzels

- Bagels

- Bread (white & wheat)

- Cereal

- Peanut butter

- Almond butter

- Oatmeal

- Tomato sauce

- Black beans

Drinks:
- Bottled water (still & sparkling)

- Orange juice

- Coffee

Sample Menu – Reference Only
Below is a sample menu provided as a reference to show the types of meals that are commonly prepared during a stay. This is only a guide and can be fully customized based on your preferences. Dinner is not included in this sample menu.

Breakfast Options:
- Fresh tropical fruit platter

- Scrambled eggs, fried eggs, or omelets

- Egg whites or boiled eggs upon request

- Pancakes or waffles

- French toast

- Avocado toast

- Bagels with cream cheese

- Toast with butter, jam, or honey

- Greek yogurt with fruit and granola

- Oatmeal

- Breakfast potatoes or sautéed vegetables

- Bacon or sausage

- Fresh juices (orange, watermelon, pineapple)

- Coffee, tea, and milk options

Lunch Options:
- Grilled chicken breast

- Grilled or pan-seared fresh fish

- Shrimp (grilled or sautéed)

- Chicken or fish tacos

- Pasta with tomato sauce or light cream sauce

- Rice with beans or vegetables

- Fresh green salad

- Mixed greens salad with grilled chicken or shrimp

- Caprese salad (tomato, mozzarella, basil)

- Vegetable stir-fry

- Mashed potatoes or roasted potatoes

- Sweet potatoes or yucca

- Fried plantains (ripe or green)

- Sandwiches or wraps