

## Breakfast in the Keys

Whether you live in the Keys, or are just vacationing, you should start each day with a happy and healthy breakfast. Research shows that eating breakfast each day boosts your metabolism by 10%, making it easier for you to burn calories the rest of the day, and it also affects your mood. When our bodies are hungry it can lead to irritability and mood swings. This not only affects you, but all the people you interact with throughout the day.

It is important, if you eat out, to go to the right places. There is nothing worse than starting your day by eating at a stinky, dirty, moldy old shack restaurant with a slovenly crabby waitress that makes you want to lose your lunch, so we have compiled a list of the Cream of the Crop of Upper Keys breakfast eateries. We are certain that you will not be disappointed at these fine establishments. Each one has a 5-Coconut Rating and you can read the Coconut Telegraph while you dine. Guaranteed to make you smile!



**Doc's Diner** - MM 99 bayside. Down-home country cooking and super-friendly, happy servers. The homemade potato casserole is to die for. Their slogan is "Come Hungry". They will feed you well.



**Denny's** - MM 97.6 median. This is NOT your average Denny's. It has quickly become a locals favorite since it opened. It is clean as a whistle, open from 7 am to 2 am serving their famous breakfast all day long. This Denny's has a full bar with a flat screen TV. Friendly and happy servers welcome you. Locally owned and operated.

Local brunch menus often offer a complimentary mimosa or champagne with your entree, and yummy, creative seafood items are often featured.



**The Buzzard's Roost** - MM 106 oceanside at the ocean's edge. Sunday Brunch is what this place is famous for. Sit under the palms and sip a mimosa while you watch the busy Atlantis Dive Center yachts take lucky divers and snorkelers out to the reef. Sundays only.



**The American Legion** - MM 99 oceanside. On a budget? They will cook anything you want for \$6.00. Sunday only.



**The Conch House** - MM 100 oceanside. Nestled in the natural beauty of a Key Largo hammock, you can dine on a deliciously different menu that includes my favorite special: Shrimp, andouille sausage and grits. Order up a specialty coffee and you will think you are in heaven!



**The Galley Restaurant** - MM 99 ocean side. Did you party the night away at Sharkey's Pub? Have no fear, order up a Bloody Mary and some great breakfast at the upstairs cozy, air-conditioned, diner-style restaurant or eat out on the veranda and watch the boat traffic on the canal. This is a secret Coconut Telegraph guaranteed hangover cure!



**The Island Grill** - MM 85 on the ocean. Get there early and mingle with the local fisherman. You can even book a fishing trip. Dine on the beach with the finest view of the ocean. This is the best breakfast in Islamorada... and maybe the world.

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## Adopt a Key Largo Animal Shelter Pet

Meet a few of the animals who are currently available for adoption at the Key Largo Animal Shelter. If you are interested in taking one of these adorable furry friends home stop by or call. The Shelter is located at mile marker 106 Oceanside; phone 305-451-0088.



**Velvet, Charlie & Felix**



**Rex**



**Blue**  
(Blue has one blue eye and one amber eye.)



**Cocoa**



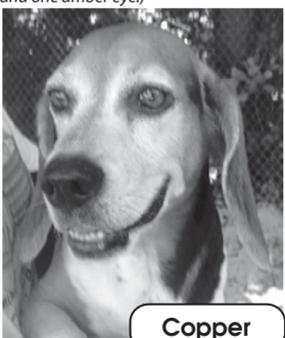
**Norman**



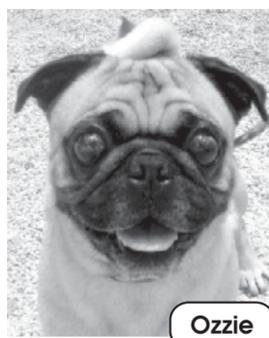
**Angel**



**Coconut**



**Copper**



**Ozzie**