



HOT DRINKS

Cappuccino, Cafetière Coffee, Espresso

Hot Chocolate
Caribbean Cocoa & Milk of choice

Teas Fresh Ginger, Turmeric or Lemon, Harney's Earl Grey,
English Breakfast, House Wellness Tea

Caribbean Cocoa Tea
Made with Caribbean Cocoa Nibs, Vanilla, Agave Syrup,
Cinnamon, Nutmeg & Milk of choice

LOCAL FRUIT PLATTER OF THE SEASON

FRESH LOCAL JUICES

Watermelon Lime & Mint or Pineapple, Lemon & Ginger

SMOOTHIES & SHORT SHOTS

Organic Island Greens Smoothie
Banana, Date & Nut Smoothie with Oat Milk
Ginger, Beetroot or Carrot Short Shot

HOMEMADE BREADS

Fresh or Toasted
Gluten-Free, Multigrain, Wholewheat or White
Organic Island Marmalade, Mango & Pineapple Jam,
Guava Jam, Dairy Butter, Peanut or Almond Butter

OATMEAL PORRIDGE

With Water or Milk of choice
Island Honey, Nut Crumble, Cinnamon or Chia Seed

HOMEMADE GLUTEN-FREE GRANOLA & MUESLI

Milk of choice, Yoghurt of choice
Island Honey or Cinnamon

HOMEMADE PASTRIES

Banana Bread, Coconut Bread or Danish Pastries

YOGHURTS

Vegan Coconut Yoghurt made by Wapo
Greek Style Yoghurt by Vaylen
Honey Nut Crumble, Fruit, Chia Seed or Granola



CRÊPES

With Toasted Almonds, Caramelized Bananas
Agave Chocolate, Almond or Peanut Butter

PANCAKES & FRENCH TOAST

Gluten Free Banana Pancakes
with Coconut Yoghurt & Maple Syrup or Island Honey

Cinnamon French Toast
with Banana, Walnuts & Island Honey

AND A CHOICE OF ONE DISH

ORGANIC EGGS

Avocado, Poached Egg & Harissa with Bread of choice
Quinoa, Boiled Egg & Avocado Salad

Huevos Habaneros, Onion, Peppers,
Tomatoes, Chorizo, Cilantro

Omelette
with Herbs, Chives, Tomato, Chilli, Harissa,
Spinach, Hatchman's Cheese or Pepper Sauce

FISH

House Smoked Flying Fish
Grilled Tomato, Dill & Horseradish Cream

House Smoked Fish of the Day & Poached Egg,
(one or two) with Fresh Horseradish or Pepper Jelly

Smoked Fish Egg Benedict, Spinach & Hollandaise

FULL ENGLISH BREAKFAST

Local Organic Bacon & Pork Sausages
Eggs, as you like them, Grilled Tomatoes
Bread of choice, fresh or toasted

Bds \$80 PER PERSON

All prices are in Bds \$ & include both
VAT & Product Development Levy but are
subject to an additional 10% service charge.

Almost all our food, whether
fished or farmed, is sourced from
local organic suppliers.

