

ALL DAY MENU

AVO TOAST

Avocado, tomato, basil, EVOO on toasted sourdough OR flourless "Life-Changing" Toast **11**

TROPICAL GRANOLA

Housemade granola, Honey Greek yoghurt, tropical fruit, coconut and mixed nuts **12**

SMOOTHIE BOWL

Acai/Tropical topped with maple walnut granola, coconut, mixed fruit **13**

BREAKFAST BURRITO

local egg frittata, mozzarella, greens, tomato, avocado, hot sauce **13**

SMASHED AVO BAGEL

Green Romesco, avocado, eggplant bacon, greens, tomato **14**

SALMON BAGEL

Smoked salmon, cream cheese, capers, tomato, pickled onion **14**

KETO SALMON PLATE

Flourless "Life-Changing" muffin, avocado, arugula, hot smoked salmon, pickled onion, tumeric mayo **18**

B.E.A.T. THAT ENGLISH MUFFIN!

Bacon (or sub eggplant bacon), egg, avocado, tomato **10**

SALMON ENGLISH MUFFIN

Smoked salmon, herbed cream cheese, arugula, pickled onion, capers, lemon zest **11**

BREAKFAST CUBANO

Swiss cheese, ham, mustard, pickle, egg, garlic mayo **9.5**

LOCAL EGG BREAKFAST

2 steamed eggs, toasted flourless "Life-Changing" bread soldiers, avocado, Green Romesco **14**
Add smoked salmon + 7 Kimchi + 6

SALADS

MISO TASTY

Eggplant bacon, greens, cucumber, tomato, avocado, sesame miso dressing **13**

THE BREAKFAST SALAD

Spinach, tomato, avocado, 2 steamed eggs, flourless "Life-Changing" croutons, capers, yoghurt ranch dressing **13**

CHILLI CRUNCH

TURKEY SALAD

Greens, cucumber, pickled carrot, mixed nuts, cilantro, chilli lime dressing **13**

RANCH TURKEY SALAD

Spinach, tomato, cucumber, pickled carrot, avocado, yoghurt ranch dressing **13**

EAT THE RAINBOW

Cashew & chickpea hummus, beet falafel, pickled carrot, tumeric fennel, greens, avocado, Green Romesco **13**

All salads available as GF veggie flax or whole-wheat wraps

TOASTED SANDWICHES

(GRILLED CHEESE) **12**

VEGGIE ROYALE

Mozzarella, eggplant bacon, greens, tamarind + ginger tomato chutney

REUBEN ROYALE

Swiss cheese, sauerkraut remoulade, pastrami, greens

KIMCHI

Swiss cheese, pineapple, ham (can sub eggplant bacon)

MUSHROOM & BRIE

Mozzarella + brie, pickled mushroom, greens, truffled salt

TURKEY & BRIE

Mozzarella + brie, turkey, greens and sorrel jelly

Please advise staff of any allergies upon ordering.

All prices in Cayman dollars (KYD)
10% service charge is included in the price