ALL DAY FOOD

MATCHA MINT OR ACAI BERRY SMOOTHIE BOWL
10.50
made with coconut milk, topped with Maple Walnut Granola, cacao nibs, coconut & fresh fruit

OR choose your smoothie base & we'll add the toppings above (smoothie price +2.50)

SALMON ENGLISH MUFFIN 7.75
Lemon caper cream cheese, arugula. red onion. smoked salmon

HOUSEMADE GRANOLA
8.50
Fruit, honey Greek yoghurt, nuts & seeds. choice of milk

HAM & CHEESE CROISSANT 7.50
HAM, EGG & CHEESE CROISSANT 8.75

CUBANO ENGLISH MUFFIN
6.50
Swiss cheese, mustard, garlic mayo, ham, pickle

with egg 7.75

LOCAL EGG BREAKFAST 9.75
2 steamed local eggs, avocado, bomb sauce with life changing toast soldiers

TOMATO, AVOCADO & BASIL TOAST 8.75
topped with a steamed local egg 10.25
with 2 eggs 11.50

SMOKED SALMON TOAST 13
Pea pesto with local greens & lemon

Topped with a steamed local egg 14.50
with 2 eggs 15.75

MARBLED RYE SOURDOUGH GRILLED CHEESE

1. KIMCHI & PINEAPPLE 8.75
House made kimchi, pineapple chutney, aioli & Swiss cheese
With ham or turkey 11.75

2. VEGAN ROYALE 8.75
Pea pesto, hummus, spinach, artichoke

3. VEGGIE ROYALE 8.75
Artichoke, local arugula, Swiss cheese, fig & eggplant chutney, tumeric mint mayo

4. TURKEY ROYALE 9.75
Veggie Royale with turkey instead of artichoke 9.75 with both 11

5. TURKEY, BRIE & PEPPER JELLY 9
Mozzarella, spinach, turkey, brie, sorrel hot pepper jelly

ADD ONS
Steamed local egg 1.5
Feta, Mozzarella or Swiss 1.5
Kalamata olives 1.5
Baby tomato 1.5
Nuts/Toasted chickpeas 1.5
Flourless nutty croutons 2
Avocado 2
Nut butter 2
Turkey/Ham 3
Salmon 5

SALADS & WRAPS (WHOLE WHEAT OR VEGGIE FLAX)

BREAKFAST SALAD 7.25/12
Steamed egg, avocado, tomato, spinach, capers, flourless nutty croutons, yoghurt ranch

AS A WRAP 9

BEET SALAD
6.75/11.75
Shredded beet & carrot, cilantro, greens, berry balsamic, avocado, mixed nuts +/- feta

AS A WRAP 9

TURKEY SALAD 7.25/12
Greens, tomato, avocado, carrot, cucumber, turkey breast & yoghurt ranch dressing

AS A WRAP 9

BUDDHA BOWL 12.50
Spinach, arugula, zucchini noodles, beet, chickpeas, red cabbage, olives, tomato, sprouts & avocado
Topped with your choice of egg OR nuts
Dressing: Tumeric mint mayo OR sesame miso dressing

BLISS BOWL
7.25/12
Kale, arugula, zucchini noodles, toasted chickpeas, avocado, hemp hearts & sesame white miso dressing

AS A WRAP 9

SESAME MISO SALMON SLAW 15
Zucchini noodles, carrot, arugula, cucumber, red cabbage, local greens, smoked salmon & avocado with a citrus sesame miso dressing

AS A WRAP 12

Please note we do NOT add gratuity and leave it your discretion but the staff very much appreciate tips!
We accept US credit cards and cash but do not give USD change. The conversion is a fixed rate of CI $1 = US $1.25

ICE POPS 3

OMG (OH MY GUAVA!)
Guava, plain organic yoghurt, honey

TANGY FRUIT
Mango, pineapple & passionfruit, plain organic yoghurt, honey

CHOCOLATE
Dark chocolate almond milk, banana, cacao nibs (vegan)

PINK PANTHER
Watermelon, strawberry, banana, agave

IMMUNITY SHOT 4.50
Lemon, ginger, tumeric, cayenne, black pepper & honey

KOMBUCHA

12 OZ GLASS 5.75
32 OZ BOTTLE 13.50
(REFILLS 12.50)

BOOST YOUR SMOOTHIE
with powdered organic mushrooms
DETOX / IMMUNE
RECOVER / ANTI-AGING
+2

PROBIOTIC LEMON+AID

SHOT 2.75 / BOTTLE 7.50
Kombucha, lemon, ginger, tumeric, cayenne, black pepper

COLD PRESSED JUICES 6.50

WATERMELON
(+/- ginger)

CLOCKWORK ORANGE
Carrot, oj, lemon, +/- ginger

PINK GINGER
Beet, carrot, pineapple, apple, ginger

FRISKY SOUR
Grapefruit, orange, lemon, lime

FRUIT PUNCH
Watermelon, orange, pineapple

GREEN PARTY
Local greens (kale, purslane & mint), cucumber, parsley

GREEN ALKALISER
Local greens (kale, purslane & mint), parsley, celery, cucumber, watermelon

GREEN POWER
Local greens (kale, purslane & mint), parsley, celery, cucumber, watermelon, apple, pineapple

JACKED UP SMOOTHIES

CONTAIN PANTHER ESPRESSO FOR YOUR CAFFEINE FIX

JACKED UP GEORGE 8
Espresso, milk, banana

HARLEM EXPRESS 8
Espresso, choc almond milk, banana

THE CHAI EXPRESS 9.50
Espresso, milk, maca, chai spices, banana

ALL DAY EXPRESS 8.50
Espresso, milk, granola, peanut butter, banana

TIRAMISU 9
Espresso, milk, avocado, maca, banana

MILKY SMOOTHIES

(DAIRY OR NON-DAIRY) CHOICE OF 2% DAIRY, COCONUT, CHOCOLATE, ORIGINAL OR UNSWEETENED ALMOND MILK

CURIOUS GEORGE 6
Milkof choice, banana

BOB THE BUILDER 6.50
Milk, peanut butter, banana

HARLEM SHAKE 6
Chocolate almond milk, banana

ALL DAY BREAKFAST 6.50
Milk, granola, peanut butter, banana

CHUNKY BOB 6.75
Milk, peanut butter, banana, chocolate chunks

STRAWBERRY SHORTCAKE 6.50
Milk, strawberry, banana, honey

PEPPY LONGSTOCKINGS 6.75
Chocolate almond milk, peppermint, banana, chocolate chunks

PBJ 6.75
Milk, strawberry, banana, peanut butter

JUICE BASED SMOOTHIES

LIGHT, FRUITY & REFRESHING. DAIRY FREE

ORANGE JULIUS 6.75
Orange juice, banana

PINK PANTHER 6.75
watermelon juice, strawberry, banana

SUN SALUTE 6.75
coconut water, oj & pineapple juice, mango, banana

FRISKY MONKEY 6.75
Orange, grapefruit, lemon juice, banana

CARMEN MIRANDA 6.75
Oj, pineapple & watermelon juice, strawberry, peach, mango, banana

PINEAPPLE EXPRESS 7.50
Pineapple, ginger, coconut water, banana & date

SUPER SMOOTHIES

CONTAIN NATURE'S SUPERFOODS FOR A NATURAL BOOST

CHAI SMOOTHIE 8
Housemade chai spice blend, maca, milk, banana

CACAO MINT 8
Milk, peppermint, spinach, banana, raw cacao nibs

ONE LOVE 8.50
Milk, raw cacao, maca, banana, cacao nibs

THE HIGH ROLLER 9.50 WITH ESPRESSO 10.50
Milk, avocado, maca, dates, raw cacao, banana

PBJ POWER 8.75
Milk, strawberry, peanut butter, banana, maca, & vanilla protein

GREEN:

THE HULK 8.50
Green Alkalizer juice, spirulina, banana

MATCHA GREEN 8.50
Milk, matcha green tea, spinach, banana

CLEAN GREEN 8.50
Coconut water, spirulina, spinach, mango, pineapple

SUPED UP CLEAN GREEN 10.50
CLEAN GREEN + avocado & hemp protein

DR GREEN 9.50
Coconut water, spirulina, spinach, lemon, honey, ginger, green apple, avocado +/- garlic & cayenne

PINK:

BERRY LEGIT 8.50
Watermelon, chia, mixed berries & banana

SUPED UP BERRY 8.50
Milk, mixed berries, acai, banana, honey

THE AMAZONIAN 8.50
Coconut water, acai, mango, mixed berries, honey

TICKLED PINK 8.50
Pink Ginger juice, chia, mango, pineapple

THE FRESH MAKER 9.50
Coconut water, blueberry, ginger, mint, mango, honey, pineapple, chia

add vegan vanilla protein or natural hemp protein +2.00
sub bananas for other fruit +.50c
add ginger juice to any juice or smoothie +.50c