

Breakfast Menu

GOOD FOOD, GREAT VIBES, ISLAND STYLE.

Continental

Eggs & 2 Sides \$14
Eggs done your way with 2 sides of your choice

Smoked Salmon \$18
Smoked salmon with cream cheese, capers & cucumber on toast or a bagel of your choice

Chicken and Waffles \$18
Crispy fried chicken served with waffles & maple syrup

Pancakes \$8
2 Pancakes served with maple syrup

French Toast \$10
French toast served with maple syrup & a homemade strawberry compote

Breakfast Wrap \$15
Eggs, cheese, sausage & bacon wrapped in a tortilla with lettuce, sweet peppers, garlic & avocado sauce

Breakfast Sandwich \$12
Eggs, cheese & bacon served on toast or a bagel with lettuce, tomato, onions, garlic & avocado sauce

Caribbean

Oatmeal Porridge \$8
Steel cut oatmeal simmered with milk & sugar

Bake & Saltfish \$12
Sautéed saltfish served with two fried bakes

Omelettes

Ham & Cheese \$14

Bacon & Cheese \$14

Spinach & Cheese \$14

Smoked Salmon \$18

Vegetarian \$12

Alternatively, you can create your own omelette by selecting your preferred ingredients.



Sides (Meat & Cheese)

Bacon \$4

Ham \$4

Sausage \$4

Smoked Salmon \$13

American Cheese \$2

Swiss Cheese \$2

Sides (Bread)

Toast \$2

Bagel \$3

Pancakes \$8

Waffles \$8

Lunch Menu

ROOTED IN FLAVOR, SERVED WITH ISLAND SOUL.

Lunch Service: Starts at 12:00 PM and continues until we're sold out. For our Saturday lunch menu, please ask a member of our staff.

Monday

Curried Chicken \$15
Served with roti or 2 sides

Curried Stewed Pork \$15
Served with roti or 2 sides

Fish (Ask for availability) \$30 | \$35
Any style fish served with 2 sides

Tuesday

Stewed Oxtail \$22
Served 2 sides

Pot Roast Chicken \$14
Served with 2 sides

Fish (Ask for availability) \$30 | \$35
Any style fish served with 2 sides

Wednesday

Curried Chicken \$15
Served with roti or 2 sides

Curried Goat \$20
Served with roti or 2 sides

Fish (Ask for availability) \$30 | \$35
Any style fish served with 2 sides

Thursday

BBQ Chicken \$15
Served with 2 sides

Cooking Rice \$15
Served with 2 sides

Fish (Ask for availability) \$30 | \$35
Any style fish served with 2 sides

Friday

BBQ Chicken \$15
Served with 2 sides

Baked Pork Chops \$15
Served with 2 sides

Fish (Ask for availability) \$30 | \$35
Any style fish served with 2 sides



Sides (Ask for availability)

Cream Potatoes \$5

Potato Salad \$5

Green Salad \$5

Macaroni Salad \$5

Coleslaw \$5

Ripe Plantain \$5

French Fries \$5

Mac & Cheese \$7

White Rice | Peas & Rice \$5

Kindly note: A 12% service charge is applied when dining in.

Savoury Saturday

Headliners

Doubles	\$4
Bake & Shark	\$14
Bake & Salt Fish	\$12
Pholourie	\$8
Aloo Pie	\$6
Dhal Puri (Made to order)	\$12
Channa Bowl	\$10
Fried Fish Banga	\$15
Chicken Foot Souse	\$8
Pepper Pot (Served with roti or 2 sides)	
Duck Curry	\$20
(Served with roti or 2 sides)	
Chicken Curry	\$15
(Served with roti or 2 sides)	
Goat Curry	\$20
(Served with roti or 2 sides)	
White and Black Pudding	\$10

Side Kicks

French Fries	\$5
Fried Plantains	\$5
Fried Green Plantains	\$5
Green Salad	\$5
White Rice	\$5
Peas & Rice	\$6
Coleslaw	\$5
Veggie Salad	\$6
Potato Salad	\$6



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