

Breakfast

Bacon & Eggs	23.00
with Sausage & Beans	26.00
Add Hash Browns or Mushrooms	3.00
Eggs Benedict	34.00
American Pancakes with maple syrup	18.00
French Toast with Fresh Fruit	22.00
Boiled Egg & Soldiers	13.00
Croissants, Donuts and Pastries	8.00
Bagels and Cream Cheese	12.00
with smoked Salmon	20.00
KIPPERS	22.00



Breakfast Paninis	22.00
Toast and Marmalade	8.00
Muesli with fresh fruit	15.00
Yoghurt and Honey	10.00
With fresh fruit	18.00
Fresh Fruit Plate	18.00

Lunch

Sandwiches

Egg or Cheese or Tuna	14.00
Ham or Salami or Chicken	20.00
Smoked Salmon	22.00
Special Mediterranean Panini	20.00
Grilled Ham & Cheese sandwich with Garlic, roasted peppers, basil and olive oil	
HotHotHotSpot Proscuitto, Melon, Camembert and Arugala	22.00
Roti and Salad	23.00

Wahoo (when available)
See Menu boards for daily specials and

Salads

Indonesian Chicken Salad	22.00
Roasted garlic and nampla chicken with peppers, tomatoes, onions, lettuce, mung beans, snow peas (when available) avocado and cucumbers with a lime and olive oil dressing	
Garden Salad	15.00
Fresh, crisp lettuce, tender spinach leaves, tomatoes, cucumbers, peppers, onions, avocado, celery, tossed in balsamic vinaigrette	
Italian Salad	22.00
Shredded red and green cabbage, carrots, romaine lettuce, tomato, onions, cucumbers, red and green peppers, olives, hard boiled eggs, avocado mozzarella cheese and proscuitto	
Chicken Caesar Salad	20.00
Tender Romaine hearts tossed in a home made Caesar dressing, topped with anchovies, croutons and parmesan cheese	
Salad Nicoise	28.00
Tuna served on crisp lettuce, potatoes, green beans, tomatoes, cucumber, onions, hard boiled eggs, olives and anchovies.	
Seared Tuna Nicoise	40.00
Made with fresh seared Tuna	



Smoked Salmon and Shrimp Plate	40.00
Shrimp and smoked salmon, served on a bed of lettuce and fresh salad vegetables with a lime, garlic mayonnaise dressing.	



All salads served with fresh baguette

Prices in EC Dollars
Service Charge is Not Included

Wraps

Our special wraps are made to order with the freshest ingredients wrapped in a flour tortilla	
Chicken	20.00
Grilled garlic chicken with roasted peppers, basil, tomatoes, onions, lettuce, avocado and cucumbers with mayonnaise or balsamic vinaigrette	
Veggie	12.00
Your choice of fresh, crisp veggies with mayonnaise or Balsamic vinaigrette	
Tuna.	18.00
Tuna, garlic, mayonnaise, tomato, onions, lettuce, cucumbers, red and green peppers,	
Thai chicken	22.00
Chicken in a thai curry sauce with Spinach, and basil	
Thai Shrimp	22.00
Shrimp in a thai curry sauce with spinach, cilantro and avocado	

Daily Specials

Homemade Soups	
Made with all fresh ingredients	12.00
Stir Fry Chicken	28.00
Garlic soy chicken tossed in fresh stir fried veg (ask if you want it spicy hot)	
Thai Red Pork	28.00
Thai marinated pork, veg & noodles in a lime and nampla sauce	
Snapper	40.00
Mahi Mahi	45.00
Seafood Pasta	50.00
Garlic Shrimp	45.00
Pasta Carbonara	30.00

Desserts

Homemade cakes and tartes vary daily—ask the waitress



Beverages

Regular Coffee	7.00
Espresso	8.00
Cappuccino	10.00
Latte	11.00
Mocha	12.00
Macchiato	9.00
Americano	8.00
Chocolate	7.00
Tea	7.00
Ice Tea	8.00
Ice Coffee	8.00
Ice Latte	12.00
Ice Mocha Frappaccino	14.00
Fresh Squeezed Orange or Grapefruit Juice	12.00
Soft Drinks	8.00
Tropical Delight	8.00
Red Bull	10.00
Lemon, Lime and Bitters	7.00
Sparkling Water	8.00
Water	5.00

Smoothies

- Banana** 12.00EC
- Wild Berry**
- Mango**
- Passion Fruit**
- Papaya**
- Strawberry**
- Raspberry**



- With Fresh Fruit** \$16.00
- Cappuccino Smoothies** \$18.00

Obama !... Chocolate & Vanilla \$15.00 EC

ICE CREAM



Local Bush Teas 5.00

Delicious aromatic teas, which help to maintain well being:

- Calming, soothing, curative, digestive
- Noonoo Balsaam (fresh)
- Cattle Tongue
- Wild local sage
- French Thyme
- Fever Grass (lemon grass)
- Hibiscus
- Soursop
- Sugar Apple
- Lime
- Christmas Bush
- Sorrel

Imported 6.00

- Mint
- Chamomile
- Ginseng
- Rooibus

Kombucha 7.00

A living health drink made in house from a pro-biotic culture with a taste resulting something between a sparkling apple cider and champagne



The Miracle of Juice

Freshly squeezed Vegetable and Fruit Juices, made to order

Our super powerful twin gear juicer extracts maximum minerals, enzymes and vitamins out of the produce. It's twin gears operate at a very low speed with low heat transfer slowing down the oxidation of nutrients and helps retain enzyme content.

House Special:

Carrot, Celery, Garlic, Ginger, Apple and a hint of Tumeric

Our V8

Carrot, Celery, Ginger, Garlic, Beets, Parsley, Apple, Tomatoes

Beet Experience!

Just Beets!

Green Stuff!

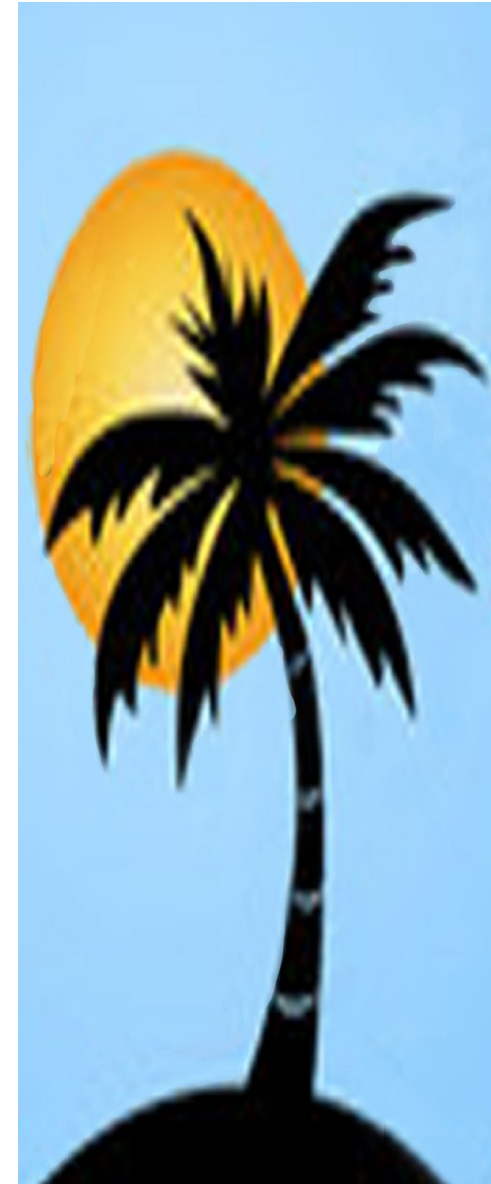
Spinach, Cabbage, Garlic, Celery

Or build your own from our hamper of :

Beets, Celery, Cabbage, Onions, Ginger, Apples, Tumeric, Garlic, Spinach, Carrots, Tomatoes, Lettuce, Peppers and herbs, Cucumber

\$15.00 EC

Delightful Cafe



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Service Charge is not Included