

BREAKFAST

POWERHOUSE SMOOTHIE \$12

Local Yogurt, Whey Protein, Chia & Flax Seed, Oats, Banana & Seasonal Fruit

FRESH JUICE LIST AVAILABLE

FRESH FRUIT PLATE \$12

Assorted Seasonal Fruits

QUAKER STEEL CUT OATS \$5

with Honey and Sliced Banana

JAMAICAN STYLE BREAKFAST

ACKEE & SALTFISH or SALT MACKEREL RUNDOWN \$15

with Johnny Cake, Callaloo, Boiled Banana

Add Poached Egg \$3

LOCALLY SMOKED MARLIN \$12

With Cream Cheese, Capers, Dijonnaise, Cucumber Ribbons, Tomato, Shaved Red Onion and Bagel

FROM THE HEN HOUSE

Served with your choice of toasted Jamaican hard dough, whole wheat or bagel and breakfast potatoes

OMELET YOUR WAY \$12

3 Eggs Whipped

Choice of 3

Sautéed Mushrooms, Spinach, Sweet Peppers, Smoked Bacon, Jerk Sausage, Tomato, Pepper Jack or Cheddar

More than 3 an additional \$2 per item

Egg Whites Only Add \$2

OLIVE OIL BASTED LOCAL FARM EGGS \$15

Over Corned Beef Hash with Callaloo

COUNTRY BURRITO \$15

Stuffed with Scrambled Eggs, Black Bean Salsa & Pepper Jack Cheese with Pico De Gallo, Cilantro Crema and Corned Beef Hash

Egg Whites Only Add \$2

JAMAICAN HARD DOUGH BREAD FRENCH TOAST \$8

With Vanilla Bean Mango Compote

BELGIUM WAFFLE \$10

With Honey or Maple Syrup and Fresh Whipped Cream

SILVER DOLLAR PANCAKE \$12

With Jerk Sausage and Local Honey Syrup

SIDES

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|-------------------|-----|---------------------|-----|
| JOHNNY CAKES | \$3 | BOILED GREEN BANANA | \$3 |
| BOILED YELLOW YAM | \$3 | SAUTEED CALLALOO | \$3 |
| CORNED BEEF HASH | \$5 | LOCAL SMOKED BACON | \$5 |
| JERK SAUSAGE | \$5 | BANANA BREAD | \$3 |

HOUSE MADE ASSORTED MUFFINS \$5

*Please inform your server of any allergies you may have that are food related
The above rates are subject to 10% Government tax and 15% service charge