



ALL FOOD

# MENU

MSG FREE

## BREAKFAST

### VEGGIE OMELETTE • 12

Organic eggs, spinach, mushroom, tomato, bell pepper onion, served with multigrain toast.

### SUNRISE BREAKFAST SANDWICH/ WRAP • 12

Organic fried eggs, turkey bacon, tomato cheddar cheese, local greens, basil mayo.

### DOWN HOME TUNA & GRITS • 9 GLUTEN FREE

Island yellow grits, served with the best tuna salad with side of multi grain toast.

### HOT OATS • 8 GLUTEN FREE

Whole grain oats made with almond milk, topped with cranberries, coconut, cinnamon, lightly sweetened.

## BREAKFAST CONT'D

### MY THREE SONS' PANCAKES • 9 GLUTEN FREE

Options for gluten free +\$4, banana options +\$2, blueberry options +\$2

### BREAKFAST GRIDDLE • 11

Eggs, Turkey Bacon & Cheese Stacked between fluffy pancakes. Gluten free option +\$3

## SOUPS GLUTEN FREE

SERVED WITH COCONUT JOHNNY CAKE

### VEGAN SOUP OF THE DAY • 8

### MEL'S CONCH CHOWDER • 12

## BREAKFAST SIDES

BUILD YOUR BREAKFAST

### SCRAMBLED EGGS • 4

### TUNA SALAD • 4

### YELLOW GRITS • 3

### MULTIGRAIN TOAST • 2

### TURKEY BACON • 3

### SMOKED SALMON • 6

### FETA / CHEDDAR • 2

## SALADS VEGAN

ADD ANY PROTEIN

### POWER SALAD • 14 GLUTEN FREE

Local greens, quinoa, pumpkin seeds, hemp seeds, pecans, cucumbers, purple cabbage, chia seeds, carrots, bell peppers, red onion, balsamic vinaigrette.

### FARM GREEN CEASAR • 12

Local greens, spinach, croutons, house caesar dressing.

### CITRUS BEET SALAD • 12

Local greens, orange, beet, roasted, cranberries, pecans, feta cheese, sprouts, house citrus dressing.

## HOT PLATE

ADD ANY PROTEIN

### STIRFRY VEGGIE QUINOA • 14

Quinoa, served with stir-fry veggies (broccoli, carrots, peppers, onions, mushrooms) Choose a sauce.

### JASMINE RICE OF THE DAY • 12

Rice of the day, served with stir-fry veggies.

## OUR SAUCES

ADDITIONAL SAUCE • +1

TERIYAKI    HONEY MUSTARD  
JERK        SWEET THAI CHILI  
BBQ

## SWEET TREATS

### MUFFINS • 4

### COCONUT JOHNNY CAKE • 3

## BUILD YOUR PLATE

## PROTEIN ADD ONS

### WILD CAUGHT SALMON • 14

### GRILL CHICKEN BREAST • 8

### CAJUN GRILL SHRIMP • 10

### BEYOND VEGGIE BURGER • 8

### WILD CAUGHT MAHI MAHI • 12

### WILD CAUGHT SNAPPER FILET • MP

### CHICKEN SALAD • 6

### CRISPY CHICKEN • 10

## HEALTHY CARBS

### STIR-FRY VEGGIES • 6

### GARDEN SALAD • 6/12

### SWEET POTATO FRIES • 5

### CASSAVA | YUCCA FRIES • 6

### JERK CHICKPEAS • 6

## SANDWICHES & WRAPS

GLUTEN-FREE WRAP OPTION AVAILABLE • +2  
SERVED WITH CARROT STICKS

### CHICKEN CRANBERRY SALAD • 12/13

Chicken Salad with or without cranberries, local greens, tomato.

### THE BEST TUNA SALAD • 12

Tuna salad. local greens, tomato.

### CHIPOTLE CHICKEN • 16

Grilled chicken breast, caramelized onions, local greens, tomato, house chipotle mayo.

### TURMERIC AIOLI TURKEY BURGER • 15

Turkey burger, honey mustard, caramelized onions, local greens, tomato, turmeric aioli.

### WAY BEYOND JERK BURGER • 16

Beyond burger, jerk sauce, pickled onions, local greens, tomato. Add mushrooms • +2

### SHRIMP CAESAR WRAP • 16

Cajun seasoned shrimp, local greens, pickled onions, bell peppers, house caesar dressing.

### OCEAN BURGER • 18

Chef made Patty (salmon, mahi, snapper), pickled cabbage, tomato, local greens, citrus aioli.

### CRISPY CHICKEN WRAP • 17

Lightly batter fried chicken breast, local greens, pickled onions, tomato, ranch dressing.

### WILD CAUGHT SALMON /MAHI MAHI WRAP • 18

Wild caught salmon or mahi mahi, local greens, pickled cabbage, tomato, citrus aioli.

### SPINACH MUSHROOM MELT • 16

Sautéed spinach, mushrooms, onions, tomato, feta & cheddar cheese.

### JERK CHIPOTLE CHICKPEA WRAP • 16 VEGAN **NEW DISH**

Jerk chickpeas, local greens, peppers, red onions, tomato, vegan spread.

WE'RE OPEN TO SERVE YOU

10% VAT ADDED TO THE FINAL PRICE



# SMOOTHIES & DRINKS

## PROTEIN MEAL REPLACEMENT

### THE DAWN • 11

Banana, oats, cinnamon, almond milk, vanilla protein, chia, dates, and nutmeg.

### GO NUTS • 12

Vanilla protein, cashews, almond butter, dates, cinnamon, almond milk, & banana.

### PINK SANDS • 12

Almond milk, cashews, strawberries, banana, almond butter, vanilla protein, & dates.

### OCEAN BLISS • 12

Coconut milk, mango, banana, blue spirulina, hemp seeds, vanilla protein, dates

### BLUE HAZE • 12

Blueberry, hemp seeds, dates, almond milk, banana, vanilla protein

### BERRY GOOD START • 12

Blueberries, almond butter, vanilla protein, oatmeal, dates, banana & almond milk.

## DETOX & ANTI-INFLAMMATORY

### EMERALD BAY • 10

Pineapple, dates, cashews, kale, coconut milk, & apple juice.

### CHI GREEN • 11

Kale, chia, dates, cucumber, lemon, apple juice, & banana.

### BOTANICAL GREEN • 11

Cucumber, kale, spinach, lemon juice, banana, chia seeds, dates, & coconut water.

### DREW BERRY MORE • 11

Chia seeds, pumpkin seeds, blueberry, strawberry, dates, ginger juice, & apple juice.

### ISLAND GREEN • 11

Spinach, cucumber, mango, dates, pineapple, & coconut water.

### HIGH GREEN • 12

Kale, spinach, cucumbers, hemp protein, ginger juice, lemon, banana, dates, coconut water.

### GOLDEN SUNRISE • 11

Cashews, turmeric, dates, black pepper, coconut milk, ginger juice, coconut oil, & coconut meat.

## IMMUNE BOOST

### PINK FLAMINGO • 10

Strawberry, coconut meat, dates, banana & pineapple juice.

### GOOMBAY SPLASH • 10

Pineapple juice, pineapple, mango, coconut meat, banana & dates.

### UNDER THE SEA • 12

Pineapple, mango, coconut water, blue spirulina, dates & sea moss..

### HEART BEET • 11

Mango, strawberries, beet, dates & pineapple juice.

### SWEET MOUTH • 11

Blueberry, mango, strawberries, dates & coconut water.

## ENERGY

### CHOCO JOE • 11

Coconut meat, almond butter, cacao powder, dates, almond milk &, banana.

### EN-ER-GEE • 12

Maca powder, hemp seeds, almond powder, dates, vanilla protein, coconut water & banana.

### STAMINA AKA SEXY CHOCOLATE • 11

Maca powder, cacao powder, vanilla protein, dates, banana & coconut milk..

## FOR THE KIDS

### BERRY BLAST • 10

Strawberry, banana, apple juice, blueberries & dates.

### MANGO MANIAC • 9

Mango, pineapple, banana, almond milk & dates.

**AFTER 10 SMOOTHIES THE 11TH IS FREE!**  
**SIGN UP TO TRACK LOYALTY POINTS.**

## WELLNESS SHOTS

### THE WELLNESS SHOT • 5

Turmeric, lemon, ginger, cayenne pepper.

### ALL OTHER SHOTS • 5

## SMOOTHIE BOWLS

16oz \$12.95

### BERRY ISLAND BOWL

Acai, blueberries, bananas.

### MANGROVE CAY BOWL

Mangos, strawberries.

### ELEUTHERA PINE BOWL

Pineapples, bananas.

## CHOOSE 4 TOPPINGS

GRANOLA

PUMPKIN SEEDS

HEMP SEEDS

ALMONDS

COCONUT

CHIA SEEDS

HONEY

## JUICES

FRESHLY PRESSED, NO SUGAR, NO WATER - JUST JUICE

### GOOD DAY • 12.50

Beet, orange, apple, lemon, ginger.

### COOL ME DOWN • 12

Cucumber, celery, spinach, apple, lemon, ginger.

### CITRUS PARADISE • 12

Grapefruit, orange, turmeric, lemon, ginger.

### RABBIT'S HABIT • 12

Carrot, celery, apple, lemon, ginger.

### SUNSHINE • 12

Carrot, turmeric, orange, lemon, ginger.

## HOT DRINKS

### HOUSE TEA • 5

TEA • 4

COFFEE • 4

\*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. This facility may use wheat, egg, soybean, milk, peanuts, tree nuts, fish and shellfish.

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