

NRG

Nutrition Ready to Go · Old Fort Bay

BREAKFAST

AVOCADO TOAST \$14.00

Avocado, served on a multigrain ciabatta, basil oil, sundried tomatoes, sprouts, pickled onions (add cheese or eggs)

BUILD YOUR BREAKFAST PLATE (SIDES) Market

SCRAMBLED EGGS 4; TUNA SALAD 4; YELLOW GRITS 3; MULTIGRAIN TOAST 2; TURKEY BACON 3; SMOKED SALMON 6; AVOCADO 3; FETA / CHEDDAR 2 ; BREAKFAST SWEET POTATOES 6; SAUTEED SPINACH 5

CINNAMON FRENCH TOAST \$10.00

Two cinnamon toast made with a healthy multi-grain toast lightly topped with shaved coconut

EGG AND CHEESE SANDWICH \$10.00

HOT OATS \$8.00

Whole grain oats, cooked in almond milk, cinnamon, nutmeg, topped with cranberries, pecans, and coconut, served sweetened and unsweetened

MY THREE SONS PANCAKES \$9.00

Served with house fruit topping, add fried or scramble eggs your way, turkey bacon, add banana, protein vanilla or chocolate, and gluten-free for an additional charge

MY THREE SONS PANCAKES - BANANA \$11.00

Served with house fruit topping, add fried or scramble eggs your way, turkey bacon, add banana, protein vanilla or chocolate, and gluten-free for an additional charge

MY THREE SONS PANCAKES - BLUEBERRY \$11.00

Served with house fruit topping, add fried or scramble eggs your way, turkey bacon, add banana, protein vanilla or chocolate, and gluten-free for an additional charge

MY THREE SONS PANCAKES - GLUTEN FREE \$13.00

Served with house fruit topping, add fried or scramble eggs your way, turkey bacon, add banana, protein vanilla or chocolate, and gluten-free for an additional charge

NRG BREAKFAST GRIDDLE \$11.00

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

NRG BREAKFAST GRIDDLE - GLUTEN FREE... \$14.00

SHRIMP AND GRITS \$18.00

Cajun seasoned shrimp sauteed in a tomato base sauce, over yellow grits with fresh thyme.

SMOKED SALMON TOAST \$16.00

Multigrain toast spread with basil oil, and layered with smoke salmon, tomato picante, feta cheese, and sundried tomatoes served with microgreens

SUNRISE BREAKFAST SANDWICH \$12.00

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

TUNA AND GRITS \$9.00

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

VEGGIE OMELETTE \$12.00

Three organic eggs, bell peppers, onion, spinach, tomatoes, and mushroom, served with microgreens and a choice of gluten-free or multigrain-free toast

BREAKFAST SIDES

EGGS MY WAY \$5.00

GRITS \$3.00

TUNA SALAD \$4.00

FRESH SALAD BOWLS

BEAUTIFUL GARDEN \$12.00

Mixed greens, tomatoes, cucumbers, radish, carrots, microgreens, sprouts

CAESAR SALAD \$12.00

Local greens, spinach, croutons, house caesar dressing.

CHOPPED GREEK QUINOA SALAD \$16.00

CHOPPED GREEK SALAD \$12.00

Chopped cucumbers, bell peppers, olives, tomato, onion, celery, feta cheese, tossed in house olive oil. Add Quinoa +4

CITRUS BEET SALAD \$12.00

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

HARVEST BOWL \$16.00

Quinoa, roasted sweet potato, sauteed mushrooms, pickled cabbage, avocado, local greens.

JERK CHICKPEA BOWL \$16.00

Jerk Chick peas, quinoa, pickled onions, roasted sweet potatoes, avocado.

POWER SALAD \$14.00

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

TACO BOWL \$16.00

Jasmine rice, black beans, tomato picante, avocado, sauteed bell peppers, local greens.

HOT PLATE

BUILD YOUR LUNCH PLATE (SIDES) Market

HOT PLATE Market

STIRFRY VEGGIES \$6.00

ZOODLES \$12.00

JUICES

BOTTLE GREEN SPARKLING WATER - CRISP... \$4.75

BOTTLE GREEN SPARKLING WATER -... \$4.75

BOTTLE GREEN SPARKLING WATER -... \$4.75

CITRUS PARADISE \$12.00

Grapefruit, orange, turmeric, lemon, ginger

COAQUA COCONUT WATER \$5.60

COOL ME DOWN \$12.00

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

GOOD DAY \$12.50

Beet, orange, apple, lemon, ginger

RABBITS HABIT \$12.00

Carrot, celery, apple, lemon, ginger

SUNSHINE \$12.00

Carrot, turmeric, orange, lemon, ginger

WATER ALKALINE \$2.50

KIDS MENU

BERRY BLAST \$9.00

Strawberry, banana, apple juice, blueberries & dates.

MANGO MANIAC \$9.00

Mango, pineapple, banana, almond milk & dates.

SANDWICHES AND WRAPS

CHICKEN CHIPOTLE \$16.00

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

CHICKEN QUESADILLA \$16.00

CHICKEN SALAD \$12.00

CRANBERRY CHICKEN SALAD \$13.00

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

CRISPY CHICKEN WRAP \$17.00

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

JERK CHIPOTLE CHICKPEA WRAP \$16.00

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

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MAHI MAHI BURGER \$18.00

Mahi Mahi, local greens, pickled cabbage, tomato, citrus aioli.

OCEAN BURGER \$18.00

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

SHRIMP CAESAR WRAP \$16.00

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

SHRIMP QUESADILLA \$18.00

SNAPPER BURGER \$20.00

SPINACH & MUSHROOM MELT \$16.00

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

THE BEST TUNA SALAD \$12.00

Tuna salad. local greens, tomato.

TURMERIC AIOLI TURKEY BURGER \$15.00

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

VEGGIE FUSION WRAP \$14.00

VEGGIE QUESADILLA \$14.00

WAY BEYOND JERK VEGGIE BURGER \$16.00

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

WILD CAUGHT SALMON WRAP \$18.00

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

SOUPS

CONCH CHOWDER FULL (12OZ) \$12.00

Served with Johnny Cake

VEGAN SOUP OF THE DAY \$9.00

Served with Johnny Cake

SIDES

BEYOND VEGGIE BURGER SIDE \$8.00

BLACK BEANS SIDE \$5.00

CAJUN GRILL SHRIMP SIDE \$10.00

CASSAVA/ YUCA FRIES \$5.00

CHICKEN SALAD SIDE \$5.00

CRANBERRY CHICKEN SALAD SIDE \$6.00

CRISPY CHICKEN SIDE \$10.00

ORGANIC CHICKEN BREAST \$6.00

QUINOA SIDE \$5.00

SIDE GARDEN SALAD \$5.00

SNAPPER FILLET 8-10OZ \$16.00

SWEET POTATO FRIES \$5.00

WILD CAUGHT MAHI MAHI \$12.00

WILD CAUGHT SALMON \$14.00

SMOOTHIE BOWLS

BERRY ISLANDS SMOOTHIE BOWL \$12.95

Acai, blueberries, bananas.

ELEUTHERA PINE SMOOTHIE BOWL \$12.95

Pineapples, bananas

MANGROVE CAY SMOOTHIE BOWL \$12.95

Mangos, strawberries

SORBET SMOOTHIE BOWLS \$12.00

SMOOTHIES

BERRY GOOD START \$12.00

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

BLUE HAZE \$12.00

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

BOTANICAL GREEN \$11.00

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

CHI GREEN \$11.00

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

CHOCO JOE \$11.00

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

DREW-BERRY-MORE \$11.00

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

EMERALD BAY \$10.00

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

EN-ER-GEE \$12.00

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

GO NUTS \$12.00

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

GOLDEN SUNRISE \$11.00

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

GOOMBAY SPLASH \$10.00

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

HEART BEET \$11.00

Mango, strawberries, beet, dates & pineapple juice.

ISLAND GREEN \$11.00

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

OCEAN BLISS \$12.00

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

PINK FLAMINGO \$10.00

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

PINK SAND \$12.00

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

PUMPKIN SPICE SMOOTHIE \$12.00

STAMINA \$11.00

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

SWEET MOUTH \$11.00

Blueberry, mango, strawberries, dates & coconut water.

THE DAWN \$11.00

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

UNDER THE SEA \$12.00

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

SWEET TREATS

CAKE WITH FROST \$7.00

CHOCOLATE CAKE SLICE \$5.00

COCONUT JOHNNY CAKE \$3.00

COOKIE SINGLE \$2.00

MUFFIN \$4.00

TEA + COFFEE

AMERICANO \$4.50

HOUSE TURMERIC LEMON GINGER TEA \$4.00

REGULAR TEA \$3.00

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TEA TURMERIC LEMON GINGER \$4.00

WELLNESS SHOTS

TURMERIC, LEMON, GINGER SHOT - 2OZ \$5.00

Turmeric, Lemon, Ginger – 2oz