

Savory.

The great Brit (df) (e)	29.40
two eggs your way, applewood smoked bacon, grilled sausage, stewed tomato, sautéed mushrooms, house made baked beans, toast	
Avocado bake (e)	21.65
smoked ham, crushed avocado, egg, sour cream, onion, melted cheese toast	
Egg sandwich (e)	16.50
two eggs your way, applewood smoked bacon, aged farmhouse cheddar	
Avocado crush (v) (df)	17.80
avocado, toast, olive oil, onion, cherry tomatoes, sprouts +2 organic eggs 6.45	
Eggs Benedict (gf) (e)	20.35
three eggs, prosciutto, potato rosti, hollandaise sauce, watercress, garden greens	
Two eggs your way (df) (e)	17.30
ham, sausage or bacon, choice of toast	
Huevos rancheros (gf) (e)	20.35
egg, tomato sauce, guacamole, sour cream, black beans, salsa, cotija, cilantro, tortilla chips	
Cajun shrimp and grits (df) (gf) (sh)	25.22
two eggs your way, grilled cajun shrimp, house made grits, sauteed greens, crispy bacon jam	
Mushroom goat cheese frittata (gf) (e) (n) (v)	17.55
egg, arugula, red pepper, mushroom, goat cheese, almond, tomato, hollandaise	
Scrambled tofu (v)	18.05
tofu, red pepper, onion, potato, mushroom, jalapeño, fennel seeds, your choice of toast	

Three egg omelettes.

Ham and cheese (gf) (e)	19.10
white farmhouse cheddar, grilled vegetables	
Goat cheese and greens (gf) (e)	19.10
caramelised onions	
Mushroom and cheddar (gf) (e)	19.10
roasted mushrooms, caramelised onions, white farmhouse cheddar	
Western (gf) (e)	20.10
scallions, bell peppers, ham, thyme, mushrooms, Swiss cheese	
Taj mahal (df) (gf) (e)	19.10
curry omelet, coriander, lemon grass, lime	
Portuguese (df) (e)	20.10
chorizo onion, chopped kale, crushed pepper sauce	

Our home bakery.

We offer a variety of sourdough breads with 100% organic artisanal flour.

- Ciabatta roll
- Pumpkin focaccia
- Multigrain
- Gluten-free focaccia
- Gluten-free bread
- Whole wheat bread
- Pumpernickel rye
- Paleo bread (1.55)
- White bread
- Raisin bread

Sweet.

Fresh fruit and granola bowl (v) (n)	17.30
baked granola, grated coconut, dried cranberries, oats, flaxseeds, sunflower seeds, mixed nuts, greek yogurt	
Banana bread french toast (v) (e)	18.80
caramelised banana bread, whipped cream, vanilla mascarpone, fresh fruit	
Coconut French Toast	
croissant, whipped cream, strawberries, vanilla honey	
Crêpes (v) (e)	17.55
cinnamon, brown sugar, vanilla mascarpone, fresh fruit	
Pancakes with fresh fruit	18.80
classic pancakes (v) or vegan banana pancakes (df) (gf) (v) (n)	
Add one topping: charred banana and sour cream, nutella and strawberries, apple and cinnamon	
Plain croissant, chocolate croissant (e) (v)	3.00
Almond croissant (e) (v)	4.90
Nutella croissant (e) (v)	6.50
Banana bread (e) (v)	4.05
Gluten-free brownie (gf) (n) (e) (v)	5.75
Gluten-free carrot cake (gf) (n) (e) (v)	5.20
Gluten-free cookie: chocolate chip/peanut butter (gf) (n) (e) (v)	2.30
Amaretti cookie (gf) (n) (e) (v)	3.00
Triple chocolate muffin (e) (v)	5.85
Apple crumble muffin, blueberry muffin (e) (v)	4.85
Peanut butter and cranberry protein bar (gf) (n)	3.50
Vegan chocolate cake (df) (n)	5.85

Signature dishes.

Warm keto breakfast salad (gf) (e) (n)	25.50
broccoli, cauliflower, bacon, asparagus, kale, mushroom, red onion, parmesan, kelp noodles, toasted almonds, sun dried tomato, hollandaise, your choice of eggs	
Breakfast burrito (v) (e)	19.85
scrambled eggs, black beans, corn, tomato, cilantro, avocado, red onions, cheddar, soft flour tortilla, chipotle mayo	
Steak and eggs (gf) (df) (e)	26.80
6oz marinated flank steak, garlic roasted potatoes, eggs your way, chimichurri sauce, vanilla roasted cherry tomatoes	
Breakfast salad bowl (v) (e)	23.45
chopped kale, quinoa, olives, tomato, cucumber, spring onions, mint, pecorino, poached eggs, honey lemon dressing	

Classic sides.

Natural pork sausage (df) (p)	8.50
Smoked ham/ bacon/ turkey bacon (df) (p)	8.25
Two organic eggs your way (gf) (df) (p)	6.45
Guacamole (gf) (df) (v) (p)	7.75
Hand cut fries (gf) (df) (v)	10.05
Order of toast with butter and jam (v)	5.45
Smoked salmon (gf) (df) (p)	10.85
Roesti potato (gf) (df) (v)	7.25
Sautéed greens/ sautéed mushrooms (gf) (df) (v)	7.25

Sandwiches.

***All sandwiches come with a choice of side:**

mixed salad, kale caesar, hand cut fries

Grilled flank steak (e) 26.55

| sundried tomato, garlic mayo, chimichurri, arugula, parmesan, pickles, roasted pepers |

Classic burger 27.60

| in-house ground angus beef, ciabatta, fontina cheese, Sicilian caponata, arugula |

Lamb burger 28.90

| ciabatta, cucumber, tahini yogurt, roasted peppers, spinach, red onions, feta |

Creole burger (e) (sh) 29.40

| in-house ground angus beef, tiger shrimp, chili, cajun aioli, pepper jack cheese |

Grilled harissa chicken 28.85

| organic free-range chicken thigh, portobello mushrooms, honey, harissa, olive tapenade, parsley, paprika |

BLTA (df) 25.25

| applewood smoked bacon, lettuce, tomato, avocado |

Bermuda fish sandwich (df) 29.10

| local catch, celery, relish, avocado, cilantro dressing, tomato, grilled scallions |

Grilled chicken chorizo (e) 22.70

| fontina cheese, pickled onions, spinach, pimento aioli |

Local grilled yellowfin tuna 26.80

| celery, green apple, red onions, mayonnaise |

Veggie (v) (df) 20.90

| avocado, cabbage, bean sprouts, butternut spread, Vinaigrette |

Chickpea falafel lavash wrap (v) 21.40

| cumin-cinnamon yogurt, hummus, lettuce, tomato |

Portabello mushroom (v) (df) (e) 22.70

| roasted peppers, asiago cheese, balsamic glaze |

Chicken tandoori wrap 22.70

| grilled chicken, Basmati rice, onion, tomato, cucumber, raita |

Sides.

Small kale caesar salad (e) 17.30

| spinach, aged parmesan, garlic croutons, bacon anchovy dressing |

Bacon truffle fries (gf) (e) 12.65

| parmesan, oregano, truffle mayo

Sweet potato wedges (gf) (v) (e) (df) 12.65

| local Bermuda sweet potatoes, Thai dip |

Poutine (gf) (v) (e) 13.95

| hand cut fries, cheese curds, gravy |

Hand-cut fries (gf) (v) (df) 10.05

Blue cheese fries (gf) (v) 12.65

| hand cut fries, blue cheese, dressing |

Specialty house made mayonnaise & ketchup

Salads.

Devil's Isle kale caesar 22.95

| spinach, aged parmesan, garlic croutons, bacon anchovy dressing |

Grilled shrimp (gf) (n) (sh) 37.90

| greens, cucumber, cherry tomatoes, sweet potato, quinoa, cashews, pineapple, avocado, corn, plantain chips, chickpeas, tamarind vinaigrette |

Arabic 35.05

| char-grilled free range chicken, couscous, olives, tomato, cucumber, chickpeas, tahini dressing |

Vegan cuban (v) (df) (n) 32.45

| greens, red onion, mango, tomato, jalapeno, avocado, sweet potato, plantain, croutons, pumpkin seeds, lemon cashew dressing |

Bowls.

All bowls come with a choice of base and dressing.

Classic harvest (n) (df) (gf) (v) 24.25

| kale, greens, beets, carrots, fennel, napa cabbage, nuts, flaxseed, sprouts |

Burrito (df) (gf) (v) 25.50

| greens, black beans, mango, corn, guacamole, red pepper, cacao, sprouts, fennel |

Nourish (gf) (v) (n) 24.25

| greens, red onion, mango, tomato, jalapeno, avocado, sweet potato, plantain, croutons, pumpkin seeds, lemon cashew dressing |

Base.

- mixed grains, farro, quinoa
- brown, red, black rice
- keto kelp noodle

Go keto 2.05

replace carbs with kelp noodles and the following options:

- broccoli, bacon, red cabbage
- tomato, jalapeño, egg
- mixed mushrooms

Dressing.

- tamarind ginger (gf) (v) (df)
- asian vinaigrette (gf) (v) (df)
- lemon cashew (n) (gf) (v) (df)
- vegan caesar (k) (gf) (v) (df)
- bacon caesar (k) (p) (gf) (v) (df)
- chipotle balsamic (gf) (v) (df)
- zucchini & mustard (gf) (v) (df)
- keto hollandaise (k) (e) (gf) (v) (df)
- thai almond coconut curry (k) (n) (gf) (v) (df)

Add MCT oil 2.85

Additions.

Add more protein to your meal with a selection of responsibly sourced, all natural options.

Grilled flank steak 11.10	Grilled spanish octopus 18.05
Pulled beef 9.80	Scottish salmon fillet 18.30
Grilled chicken breast 14.70	Sautéed tofu 6.70
Pulled chicken 9.80	Warm falafel 6.70
Pork belly 9.80	Local catch 19.10
Grilled shrimp 19.60	Avocado 4.90

18% gratuities will be added to the menu price listed.
A minimum spend of \$30 for AMEX cards is required.

(gf) - gluten free
(v) - vegetarian

(p) - paleo
(k) - keto

(df) - dairy free
(sh) - shellfish

(e) - eggs
(n) - contains nuts