

## Starters.

<b>Homemade ramen noodle salad</b> (df) (sh)	25.75
tiger shrimp, pepper, carrots, onions, cilantro, hoisin, sesame, shitake, napa cabbage, lime	
<b>Grilled calamari</b> (gf) (e) (n)	17.80
lemon aioli, arugula, parmesan, tomatoes, pine nuts, tamarind	
<b>P.E.I. mussels</b> (sh)	23.70
bacon, white wine cream sauce   *or   tomato, saffron, capers   add fries 4.65	
<b>Crab cake</b> (df) (e) (sh)	23.65
panko crusted, local greens, lime zest, spicy aioli	
<b>Tuna tartare</b> (gf) (df)	18.55
yellowfin, orange, avocado, scallion, chili, red onion, plantain, parsley, olive oil	
<b>Handmade oxtail ravioli</b>	19.10
tomato sauce, cherry tomato, sofrito sauce	
<b>Dumplings</b> (df) (v)	17.80
tofu, brown rice, kale, kimchi, spicy garlic sauce	
<b>Grilled cauliflower</b> (gf) (v)	17.80
golden beet & potato puree, Bery fresh sprouts	
<b>Caprese stuffed avocado</b> (v) (n)	18.55
avocado, fresh mozzarella, cherry tomato, arugula, pesto, balsamic, crostini	

## Salads.

<b>Devil's Isle kale caesar</b>	22.95
spinach, aged parmesan, garlic croutons, bacon anchovy dressing	
<b>Grilled shrimp</b> (gf) (n) (sh)	37.90
greens, cucumber, cherry tomatoes, sweet potato, quinoa, cashews, pineapple, avocado, corn, plantain chips, tamarind vinaigrette	
<b>Arabic</b>	35.05
char-grilled free range chicken, couscous, olives, tomato, cucumber, chickpeas, tahini dressing	
<b>Vegan cuban</b> (v) (df) (n)	32.45
greens, red onion, mango, tomato, jalapeno, avocado, sweet potato, plantain, croutons, pumpkin seeds, lemon cashew dressing	

## Sandwiches.

<b>*All sandwiches come with a choice of side:</b> mixed salad, kale caesar, hand cut fries	
<b>Grilled flank steak</b> (e)	26.55
sundried tomato, garlic mayo, chimichurri, arugula, parmesan, pickles, roasted peppers	
<b>Classic burger</b>	27.60
in-house ground angus beef, ciabatta, fontina cheese, Sicilian caponata, arugula	
<b>Lamb burger</b>	28.90
ciabatta, cucumber, tahini yogurt, roasted peppers, spinach, red onions, feta	
<b>Creole burger</b> (e) (sh)	29.40
in-house ground angus beef, tiger shrimp, chili, cajun aioli, pepper jack cheese	
<b>Grilled harissa chicken</b>	28.85
organic free-range chicken thigh, portobello mushrooms, honey, harissa, olive tapenade, parsley, paprika	
<b>BLTA</b> (df)	25.25
applewood smoked bacon, lettuce, tomato, avocado	
<b>Bermuda fish sandwich</b> (df)	29.10
local catch, celery relish, avocado, cilantro dressing, tomato, grilled scallions	
<b>Grilled chicken chorizo</b> (e)	22.70
fontina cheese, pickled onions, spinach, pimento aioli	
<b>Local grilled yellowfin tuna</b> (df) (e)	26.80
celery, green apple, red onions, mayonnaise	
<b>Veggie</b> (v) (df)	20.90
avocado, cabbage, bean sprouts, butternut spread, vinaigrette	
<b>Chickpea falafel lavash wrap</b> (v)	21.40
cumin-cinnamon yogurt, hummus, lettuce, tomato, greens	
<b>Portabello mushroom</b> (v) (e)	22.70
roasted peppers, asiago cheese, greens, balsamic glaze	
<b>Chicken tandoori wrap</b>	22.70
grilled chicken, Basmati rice, onion, tomato, cucumber, raita	

## Our home bakery.

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

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

## Sides.

<b>Small kale caesar salad</b> (e)	17.30	<b>Sweet potato wedges</b> (v) (e) (df) (gf)	12.65	<b>Bacon truffle fries</b> (gf) (e)	12.65
spinach, aged parmesan, garlic croutons, bacon anchovy dressing		local Bermuda sweet potatoes, thai dip		parmesan, oregano, truffle mayo	
<b>Hand cut fries</b> (gf) (v) (df)	10.05	<b>Poutine</b> (gf) (v) (e)	13.95	<b>Blue cheese fries</b> (gf) (v)	12.65
		hand cut fries, cheese curds, gravy			

**\*Specialty house made mayonnaise & ketchup\***

## Mains.

<b>Slow cooked beef short ribs</b> (gf)	42.50
caramelized onions, espresso sauce, creamed sweet corn, mashed potatoes, artisanal organic salad	
<b>Picanha steak</b> (gf)	39.50
peri peri potatoes, chimichurri, garlic butter	
<b>Local catch</b> (df)	44.30
coconut tomato broth, sautéed greens, garlic rice, red onions, cilantro	
<b>Beef tenderloin</b> (gf)	51.50
whole grain mustard mash, asparagus (sauce)	
<b>Mediterranean rack of lamb</b>	56.15
hummus, harissa yoghurt, tabbouleh, pickled cucumber	
<b>Frenched chicken breast</b> (gf)	37.50
stuffed with prosciutto and spinach, provolone, sundried tomato risotto	
<b>Fish and chips</b> (df) (e)	cod fish 37.10 rockfish 39.70
your choice of fish, lemon basil aioli	
<b>Stuffed red peppers</b> (df) (v)	25.25
couscous, onion, tomato, eggplant, squash, zucchini, chickpeas, cauliflower, raisins	

## Tacos.

<b>Grilled flank steak</b>	36.60
tomato salsa, pickled cabbage, radish, guacamole, cotija cheese, tomatillo sauce	
<b>Rockfish</b> (e)	41.75
beer battered, mango sauce, sour cream, guacamole, chipotle aioli	
<b>Chicken</b> (df)	28.10
free range grilled chicken, guacamole, char-grilled corn, black bean, pickled red cabbage, red onion, tomato cilantro, lime	
<b>Asian</b> (e)	28.85
crispy pork belly, Asian slaw, edamame, hoisin sauce, cilantro, cucumber, mint	

## Homemade pasta.

<b>Made fresh in house</b>	
<b>Grilled chicken</b>	28.35
spaghetti, capers, tomato, onion, white wine	
<b>Seafood</b> (sh)	29.90
spaghetti, clams, mussels, shrimp, cherry tomato, onion, white wine	
<b>Shrimp rose</b> (sh)	30.50
linguini, cognac, tomato, cream, tarragon, onion	
<b>The fun guy mix</b> (v)	30.40
casarecce, portabello, shiitake, oyster mushroom, gorgonzola cheese, charred white onions, cream sauce	
<b>Roasted vegetable pesto</b> (v) (n)	27.50
radiatori, zucchini, peppers, squash, mushroom, goat cheese	
<b>Fresh mozzarella</b> (v)	26.30
rigatoni, eggplant, zucchini, mushroom, tomato sauce	

## Bowls.

All bowls come with a choice of base and dressing.

<b>Classic harvest</b> (n) (df) (gf) (v)	24.25
kale, greens, beets, carrots, fennel, napa cabbage, flaxseeds, sprouts, nuts	
<b>Burrito</b> (df) (gf) (v)	25.50
greens, black beans, mango, corn, guacamole, fennel, red pepper, cacao, sprouts	
<b>Nourish</b> (df) (gf) (v)	24.25
red cabbage, arugula, kale, spinach, swiss chard, cherry tomato, broccoli, amaranth, roasted celery root, fermented fennel, grilled zucchini, golden beets	

### 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

## Noodles.

Comes with your selection of condiment and noodle.

<b>Noodle bowl</b>	27.55
enoki mushrooms, spinach, corn, sea vegetables, cabbage, celery root, carrots, avocado, vegan miso shoyu, vegetable broth	

### Noodle.

- udon (v) (df)
- ramen (v) (df) (e)
- kelp noodle (k) (gf) (v) (df)

### Condiment.

- tamarind ginger (v) (df)
- Thai green curry (v) (df) (e)
- fermented green tea (k) (v) (df)
- citrus garlic pepper paste (gf) (v) (df)