

BREAKFAST

SAVORY.

The great Brit (df) (e) 29.40

two eggs your way, applewood smoked bacon, grilled sausage, stewed tomato, sautéed mushrooms, baked beans, toast

Steak & eggs (gf) (e) (df) 26.80

flank steak, roasted potatoes, eggs your way, chimichurri, cherry tomatoes

Avocado bake (e) 21.65

smoked ham, crushed avocado, egg, sour cream, onion, melted cheese on toast

+2 organic eggs 6.45

Egg sandwich (e) 16.50

two eggs your way, applewood smoked bacon, aged farmhouse cheddar

Avocado crush (v) (df) (e) 17.80

avocado, toast, olive oil, onion, cherry tomatoes, sprouts +2 organic eggs 6.45

Breakfast salad bowl (v) (e) 23.45

kale, quinoa, olives, tomato, cucumber, mint, pecorino cheese, poached eggs, honey lemon dressing

Croissant sandwich (e) 17.55

egg, peameal bacon, fontina cheese, open faced croissant

Two eggs your way (df) (e) 17.30

ham, sausage or bacon, choice of toast

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

Eggs Benedict (gf) (e) 20.35

three eggs, prosciutto, potato rosti, hollandaise sauce, watercress

Breakfast burrito (v) (e) 19.85

scrambled eggs, black beans, corn, tomato, cilantro, avocado, red onions, cheddar, soft flour tortilla, chipotle mayo

3 EGG OMELETTES.

Ham & cheese (gf) (e) 19.10

farmhouse cheddar, grilled vegetables

Goat cheese & greens (gf) (e) 19.10

caramelised onions

Smoked salmon (gf) (e) 21.15

house smoked salmon, capers, shallots, cream cheese

Mushroom & cheddar (gf) (e) 19.10

roasted mushrooms, caramelised onions, farmhouse cheddar

Western (gf) (e) 20.10

scallions, bell peppers, ham, thyme, mushrooms, swiss cheese

Bacon & leek (gf) (e) (df) 19.10

applewood smoked bacon, sautéed leeks, tomato jam

Choose from a variety of organic sourdough breads.

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

BREAKFAST

SWEET.

Fresh fruit granola cup (v) (n) 9.55
baked granola, grated coconut, dried cranberries, oats, flaxseeds, sunflower seeds, mixed nuts, greek yogurt

Banana bread french toast 18.80
caramelised banana bread, cream, vanilla mascarpone, fresh fruit (v) (e)

SIDES.

- **Natural pork sausage** (df) (p) 8.50
- **Applewood smoked bacon** (df) (p) 8.25
- **Turkey bacon** (df) (p) 8.25
- **Smoked ham** (df) (p) 8.25
- **Sautéed mushrooms** (gf) (df) (v) 7.25

Pancakes 18.80

- *classic pancakes* (v)
- *vegan banana pancakes* (df) (gf) (v) (n)

Choose one topping:

- *charred banana & sour cream,*
- *nutella & strawberries*
- *apple & cinnamon*

• **Sautéed greens** (gf) (df) (v) 7.25

• **Smoked salmon** (gf) (df) (p) 10.85

• **Two organic eggs your way** 6.45

• **Guacamole** (gf) (df) (v) (p) 7.75

• **Rosti potato** (gf) (df) (v) 7.25

• **Toast with butter & jam** (v) 5.45

LUNCH

APPETIZERS.

Ramen noodle salad (df) (sh) 25.75
tiger shrimp, pepper, carrots, onions, cilantro, hoisin, sesame, shitake, lime

Grilled calamari (gf) (e) (n) 17.80
lemon aioli, arugula, parmesan, tomatoes, pine nuts

Dumplings (df) (v) 17.80
tofu, brown rice, kale, kimchi, spicy garlic sauce

Tuna tartare (gf) (df) (n) 18.55
yellowfin, orange, avocado, scallion, chili, red onion, parsley, olive oil

Poke bowl (n) 20.60
local fish, wontons, cashews, pickled jalapeño, mandarin, mixed sea veg, greens, honey lime

LUNCH

SANDWICHES.

Vegan (v) (df) (n) 20.90
garlic cashew cream, roasted tomato, avocado, spinach, black olives, sprouts, vegan caesar

Falafel lavash wrap (v) 21.40
chickpea falafel, cumin-cinnamon yogurt, hummus, lettuce, tomato

Grilled flank steak (e) 26.55
sundried tomato, garlic mayo, chimichurri, arugula, parmesan, pickles, roasted peppers

Classic burger 27.60
ground in-house, ciabatta, fontina cheese, sicilian caponata, arugula

Creole burger (e) 29.40
ground beef, tiger shrimp, chili, cajun aioli, pepper jack cheese

Lamb burger 28.90
ground in-house, ciabatta, cucumber, tahini yogurt, roasted peppers, spinach, red onions, feta

Grilled harissa chicken (df) 28.85
organic free-range chicken thigh, portabello mushrooms, honey, harissa, olive tapenade, parsley, paprika

BLTA (df) 25.25
applewood smoked bacon, lettuce, tomato, avocado

Roasted pulled chicken 25.25
sautéed pancetta, kale, havarti cheese

**All sandwiches come with a choice of side: mixed salad, kale caesar, hand cut fries*

Portabello mushroom (v) (df) 22.70
roasted peppers, asiago cheese, (e) balsamic glaze

Chicken tandoori wrap 22.70
1 grilled chicken, Basmati rice, onion, tomato, cucumber, raita

Local grilled yellowfin tuna 26.80
celery, green apple, red onions, mayonnaise

Bermuda fish sandwich (df) 29.10
local catch, celery relish, avocado, cilantro dressing, tomato, grilled scallions

Grilled chicken chorizo (e) 22.70
grilled chicken, fontina cheese, pickled onions, spinach, pimento aioli

SIDES.

• **Blue cheese fries** (gf) (v) 12.65

• **Kale caesar salad** (e) 17.30

• **Local sweet potato wedges** 12.65
homemade thai dip (e) (gf) (df) (v)

• **Poutine** 13.95
hand cut fries, cheese curds, gravy

• **Hand cut fries** (e) (gf) (v) 10.05
with lemon-basil aioli

• **Bacon truffle fries** (gf) (v) 12.65
crispy bacon, shaved parmesan, oragano, truffle mayo

LUNCH

BOWLS.

Classic harvest (n) (df) (gf) (v) 24.25
kale, greens, beets, carrots, fennel, napa cabbage, nuts

Burrito (df) (gf) (v) 25.50
greens, black beans, mango, corn, guacamole

Nourish (df) (gf) (v) 24.25
1 red cabbage, arugula, kale, spinach, swiss chard, cherry tomato, broccoli, amaranth, roasted celery root, fermented fennel, grilled zucchini, golden beets

**All bowls come with a choice of base and dressing*

Base

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

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

Go keto +2.05

replace carbs with kelp noodles and the following options:

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

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

ADD A PROTEIN.

- Avocado 4.90
- Flank steak 11.10
- Sautéed tofu 6.70
- Warm falafel 6.70
- Fresh scottish salmon filet 18.30
- Grilled shrimp 19.60
- Organic free range "farmer focus" 14.70
grilled chicken breast
- Pulled beef 9.80
- Pulled chicken 9.80
- Crackling pork 9.80
- Grilled spanish octopus 18.05
- Local catch 19.10

LUNCH

FRESH PASTA

Grilled chicken 28.35

spaghetti, grilled chicken, capers, tomato, onion, white wine sauce

Seafood (sh) 29.90

spaghetti, clams, mussels, shrimp, cherry tomato, onion, white wine

The fun guy mix (v) 30.40

casarecce, portabello, shiitake, oyster mushroom, gorgonzola cheese, charred white onions, cream sauce

The greek (v) (n) 28.10

rigatoni, grilled mixed veggies, feta cheese, kale, black olives, roasted balsamic red onions, almonds

SIGNATURE TACOS

Grilled flank steak 36.60

tomato salsa, pickled cabbage, radish, guacamole, cotija cheese, tomatillo sauce

Rockfish (e) 41.75

beer battered, mango sauce, sour cream, guacamole, chipotle aioli

Chicken (df) 28.10

free range grilled chicken, avocado, char-grilled black bean, corn, pickled red cabbage, red onion, tomato cilantro, lime

Asian (e) 28.85

crispy pork belly, Asian slaw, edamame, hoisin sauce, cilantro, cucumber, mint

NOODLE BOWLS

Make it your way 27.60

enoki mushrooms, spinach, corn, sea veggies, napa cabbage, celery root, carrots, avocado, veggie miso shoyu, vegetables, broth

Choose a noodle

- *udon noodles* (v) (df)
- *ramen noodles* (e) (v) (df)
- *kelp noodles* (k) (gf) (v) (df)

Choose a condiment

- *tamarind ginger* (v) (df)
- *thai green curry dressing* (e) (v) (df)
- *citrus, garlic & pepper paste* (gf) (v) (df)
- *fermented green tea* (v) (df)

ADD A PROTEIN.

- **Avocado** 4.90
- **Flank steak** 11.10
- **Sautéed tofu** 6.70
- **Warm falafel** 6.70
- **Fresh scottish salmon filet** 18.30
- **Grilled shimp** 19.60
- **Organic free range “farmer focus”** 14.70
grilled chicken breast
- **Pulled beef** 9.80
- **pulled chicken** 9.80
- **crackling pork** 9.80
- **Grilled spanish octopus** 18.05
- **Local catch** 19.10

SMOOTHIES & SHAKES

Green Smoothies. M L

Nutrifit 13.65 17.80
*banana, peach, spinach, parsley,
nut butter, almond milk or unsweetened
coconut water*

The super green 13.65 17.80
*kale, mango, celery, parsley,
mint, unsweetened coconut water*

Juicy Greens 13.65 17.80
*apple, spinach, celery, cucumber,
lime, pineapple, avocado, ice*

Popeye blast 13.65 17.80
*açaí, strawberries, pineapple, blueberries,
bananas, kale, spinach, apple juice*

Additions.

•**Peanut butter** 2.10
•**Almond butter** 2.10
•**Golden paste** 2.10
•**MCT oil** 2.85
•**Collagen** 2.85
•**Guarana** 2.85
•**Aloe** 2.85
•**Spirulina** 2.85
•**Almonds** 2.10
•**Walnuts** 2.10
•**Oats** 1.30

Protein shakes. M L

Avo colada 13.65 16.50
*avocado, pineapple, lime,
coconut purée, unsweetened coconut
water, protein*

Strawberry banana 13.65 16.50
*greek yogurt, banana,
gluten free oats, strawberries,
honey, milk, protein*

Alkalinity bliss 13.65 16.50
*mango, avocado, spinach,
unsweetened coconut water,
almond milk, chia seeds, protein*

Tuff gong 13.65 16.50
*banana, blueberries,
strawberries, almond milk, spirulina,
protein*

Drive you nuts 13.65 16.50
*almonds, walnuts, almond milk,
banana, nut butter, protein*

Protein options.

•**Hemp seeds** 2.35
•**Whey protein** 2.60
•**Pea protein** 2.60

JUICES & SMOOTHIES

Simple juices.

M L

Red 9.30 13.65
beets, red apple, lemon

Orange 9.30 13.65
orange, pear, apple

Green 9.30 13.65
pear or apple, cucumber, spinach

Orange 9.30 13.65
freshly squeezed orange juice

Signature juices.

M L

Island goddess 9.55 14.95
pineapple, pear, zucchini, ginger, spinach, lemon

Green apple 9.55 14.95
apple, cucumber, celery, pineapple, ginger, spinach, lemon

Volcano 9.55 14.95
apple, beet, zucchini, lemon, ginger

Calypso 9.55 14.95
cantaloupe, apple, ginger, orange, turmeric

Flu fighter 9.55 14.95
Spinach, orange, cucumber, ginger, lemon

Super smoothies.

M L

Beet the Blues 15.75 19.10
beets, blueberries, raspberries, ginger, honey, nut butter, almond milk

Cinnamon lover 15.75 19.10
banana, pear, cinnamon, ginger, chia seeds, hemp seeds, almond milk

The herbalist 15.75 19.10
mango, carrots, cucumber, hemp seeds, orange juice, passionfruit

Natural buzz 15.75 19.10
banana, peach, guarana, nut butter, chia seeds, almond milk

Tumeric booster 15.75 19.10
raspberries, banana, golden paste, nut butter, vanilla, unsweetened coconut water

No brainer 15.75 19.10
raspberries, strawberries, matcha green tea, chia seeds, soy milk, honey

Power shots. 2oz

Roots man 7.25
ginger, lemon, lime

Roots woman 7.25
lemon, honey, ginger, cayenne

COFFEE & TEA

The Grind	<i>extra</i>	<i>single</i>	<i>double</i>
Espresso	2.10	3.35	4.65
Americano			5.45
Macchiato		3.90	5.15
	<i>S</i>	<i>M</i>	<i>L</i>
Houseblend	3.35	4.15	4.90
Cappuccino	5.15	5.95	7.50
Caffè latte	5.15	5.95	7.50
Caffè mocha	6.70	7.50	9.05
Mint mocha	6.70	7.50	9.05
Chai latte	5.15	5.95	7.50
Green tea latte	6.45	7.00	8.25
Golden latte	5.25		
Flat white	5.25		
Hot chocolate	5.45	7.00	8.50

Devil's proof coffee 9.25
MCT oil (C8), grass fed butter, cacao

Devil's proof matcha 9.25
green tea, MCT oil (C8), grass fed butter

Cold brew *iced +milk*

Cold brew 7.50 9.05
steeped for 24h, unsweetened

Nitro cold brew 9.05 9.55
steeped for 24h, unsweetened

Tea **organic* *M L*

Assorted Flavors 4.40

London Fog 6.45

Earl grey tea, milk, vanilla syrup (iced or hot)

Hibiscus tea 5.70 7.25

Homemade, spiced (iced or hot)

Iced tea 5.15 6.45

Regular, mixed berry

Iced drinks **espresso based*

Espresso* 4.80

Latte* 7.50

Mocha* 9.05

Mint mocha* 9.05

Green tea* 8.25

Chai* 7.50

Frozen coffee frapps

**espresso based* 10.05 12.15

Dark chocolate mocha*

Mint mocha*

French vanilla*

Caramel*

Pistachio chai

Green tea

• extra espresso	2.10
• flavor *ask server	1.55
• cream	1.55
• half and half	0.90

Additions

• soy milk	0.90
• lactose free milk	0.90
• almond milk	0.90
• oat milk	0.90