

BREAD & CHOCOLATE

modern. responsible. delicious.

Tel: 946-6239

FOR BREAKFAST

Bread and Chocolate \$12

Our signature french toast, stuffed with chocolate hazelnut butter and bananas, dipped in coconut & tahini batter and topped with fresh fruit

Top with house-made coconut ice cream + \$3

Just French Toast \$10

Coconut tahini dipped served with fresh fruit and table syrup

Toast and Avocado Plate* \$12

Haas avocado slices on our whole grain toast with nutritional yeast flakes, salt and pepper. Served with sauteed greens, grilled plantain and fresh fruit. * Subject to seasonal availability

Waffle \$8

One traditional waffle, served with fresh fruit and table syrup
Make it a double! + 5

Top with house-made coconut ice cream + \$3

Add our signature chocolate hazelnut butter + \$3

Sunshine Pancakes \$11

Two buckwheat, brown rice, and walnut pancakes, served with fresh fruit and table syrup

Top with house-made coconut ice cream + \$3

Add our signature chocolate hazelnut butter + \$3

Breakfast Plate \$12

Our breakfast scramble* (tofu with onion & turmeric) served with garlic sautéed seasonal greens, oven roasted home fries, whole grain toast, and seasonal fruit

Add hickory smoked tempeh + \$3

Breakfast Sandwich \$12

Breakfast scramble* (tofu with onion & turmeric), hickory smoked tempeh, tomato, and house-made garlic aioli on a fresh baked whole grain bun. Served with home fries and fresh fruit

Breakfast Tacos \$11

Two tacos with home fried potatoes, onion, bell peppers, & hickory smoked tempeh in a corn tortilla, with a side of black beans.

Topped with fresh made sour cream and pico de gallo

Add guacamole + \$3

Hot Cereal Bowl \$8

With quinoa, pears, nuts, and house-made granola

Fresh Cut Fruit Plate \$10

Seasonal variety of market fresh fruit

Over the Top! \$4

Add a 2oz jug of 100% pure grade A maple syrup to any breakfast

BEVERAGES

Coffee/Tea \$3.00 Espresso \$2.50

Cappuccino/Latte \$4.00 Iced Tea \$2.50

Iced Coffee \$3.00

Fresh Lemonade \$3.00

Strawberry Lemonade \$3.50

Sparkling Water or Still Water (750ml) \$6.00

Fresh Juices \$6.00/\$8.00

Orange/Apple /Carrot Add Beet or Green Veg +1

FOR LUNCH

SALADS AND SOUP

House Salad \$9

Market greens, sprouted lentils, tomato, cucumber, roots, sunflower seeds, croutons and fresh citrus vinaigrette

Add hickory smoked tempeh or jerk tofu + \$3

Caesar Salad \$9

Romaine lettuce, red onion, kalamata olives, and croutons with house-made Caesar dressing.

Add hickory smoked tempeh or jerk tofu + \$3

Grilled Taco Salad \$14

Guacamole, black beans, grilled red peppers & onions, pico, sour cream + quinoa or cilantro brown rice atop Caesar or House salad

Soup of the Day 8oz=\$4/16oz=\$7

Served with herbed crouton.

*Substitute gluten-free herbed cracker + \$1

LUNCH PLATES

Beet Tartare + Soup or Salad \$13

Shredded beet and caper tartare mix over soft cashew cheese.

Served with herbed crostini* and choice of 8oz soup or side salad

*Substitute gluten-free herbed cracker + \$2

Island Bowl \$14

Spicy jerk tofu, garlic sautéed seasonal greens, black beans, and fried plantain served over your choice of brown rice or quinoa

Black Bean Tacos \$14

Two corn tortillas with fresh-made sour cream, pico de gallo, grilled red bell pepper & onion, and guacamole. Served with fried plantain, slaw and your choice of cilantro brown rice or quinoa

Shepherd's Pie \$13

Chopped root vegetables and lentils topped with whipped potatoes and mushroom gravy. Served with garlic sautéed seasonal greens

SANDWICHES

All sandwiches served with fresh slaw and pickle spear

Add an 8oz cup (dine in only) of soup or a side salad + \$3

Add 2oz cashew cheese or hickory smoked tempeh+\$3

For take away orders add 12oz soup + \$5 or add 16oz soup + \$6

The Angus Beet Burger \$10

Pickapeppa-infused shredded beet, brown rice & lentil patty with fresh garlic aioli, lettuce, tomato, red onion on a whole grain bun

Happy "Tuna" Salad \$9

Fresh chickpea salad with lettuce and tomato, served on your choice of fresh baguette or toasted whole grain bread

Tempeh B.L.T \$9

Hickory smoked tempeh, lettuce and tomato with house-made garlic aioli on toasted whole grain bread

Portobello Sandwich \$11

Sautéed mushroom, red pepper and red onion, with walnut-kale pesto and house-made garlic aioli on whole grain bread

Grilled or Deli Cheese Sandwich \$10

House made cashew cheese with cucumber, tomato, red onion and lettuce on whole grain bread (toasted or grilled)

All of our food is prepared without the use of animal ingredients. Please inform us of any allergies or food sensitivities

Prices are listed in Cayman Islands Dollars. CI\$ 1.00 = US\$ 1.25. A 15% Gratuity will be added to all dine-in orders

BREAD & CHOCOLATE

DINNER MENU (available after 5:30 pm)

Tel: 946-6239

FOR STARTERS OR SHARING

- Beet Tartare \$10**
Shredded beet and caper tartare mix over soft cashew cheese.
Served with herbed crostini*
*Substitute gluten-free herbed cracker + \$2
- “CONK” Fritters 3pcs = \$6/7pcs = \$11**
Young “CO”conut, “N”ori and “K”ale are the stars in our sea-hugging island favourite served with scotch bonnet aioli
- Raw Cashew Queso, Pico de Gallo and Guacamole \$10**
With crispy corn tortilla chips
- Young Coconut Ceviche \$9**
Fresh squeezed lime & orange with cilantro, tomatoes, red onion, jalapeno peppers, haas avocado & cucumber. Served with crostini
- Onion Rings \$8**
Golden fried and battered sweet red onions with spicy scotch bonnet aioli or our house made BBQ sauce
- Spinach Salad \$9**
Grilled red onion, dried cranberries and walnuts on a bed of baby spinach topped with hickory smoked tempeh coconut vinaigrette
- Caesar Salad \$7**
Romaine lettuce, red onion, kalamata olives and croutons with house-made Caesar dressing
- Cheesy Broccoli Soup \$8**
We elevated the original using raw cashew cheddar and a lot of love. Served with herbed crouton*
Substitute gluten-free herbed cracker + \$1

SIDE ORDERS

- Roasted Green Beans with Grilled Onions \$5
Green Pea Sweet Corn Potato Salad \$4
Corn on the Cob (Whole) \$5
One Pulled Porkless Slider \$6
Baked Beans \$4
Side Onion Rings \$5
Side of Jerk Tofu \$4
Side Rice and Beans \$4
Side Green Salad or Caesar \$5
Side of Broccoli \$4

BEVERAGES

- Coffee/Tea \$3.00 Espresso \$2.50
Cappuccino/Latte \$4.00 Iced Tea \$2.50
Iced Coffee \$3.00
Fresh Lemonade \$3.00
Strawberry Lemonade \$3.50
Sparkling Water or Still Water (750ml) \$6.00
Fresh Juices \$6.00/\$8.00
Orange/Apple/Carrot Add Beet or Green Veg +1

FOR DINNER

- Pizza with Salad \$17**
A daily variation of toppings, house made cheeses and sauces, all on fresh baked herbed crust. Served with choice of salad
- Three Tacos \$15**
1 x Jerk tofu taco with scotch bonnet aioli and cucumber
1 x Black bean taco with grilled red bell pepper, red onion, pico de gallo, sour cream and guacamole
1 x Portobello mushroom taco with grilled red pepper and red onion, sour cream and cilantro
Ask for them grilled or crispy
- The Angus Beet Burger \$14**
Pickapeppa-infused shredded beet, brown rice & lentil patty with fresh garlic aioli, lettuce, tomato, red onion on a whole grain bun.
Served with choice of onion rings or salad
- Shepherd’s Pie \$15**
Chopped root vegetables and lentils topped with whipped potatoes and mushroom gravy. Served with roasted green beans and grilled red onion medley
- Island Bowl \$16**
A dinner sized portion of our most popular daytime dish. Spicy jerk tofu, garlic sautéed seasonal greens, black beans, and fried plantain served over your choice of brown rice or quinoa
- Spaghetti Marinara \$15**
Whole wheat noodles simmered in fresh garlic, mushroom, and spinach marinara
Add 3 lentil and brown rice beet balls + \$5
- Pulled Porkless Sliders \$15**
2 fresh baked dinner rolls with oven roasted BBQ jackfruit topped with crunchy slaw. Served with choice of salad or onion rings
- BNC BBQ \$17**
Oven roasted BBQ jackfruit served with whole dressed corn on the cob, grilled green bean red onion medley, coleslaw, and crispy onion rings with choice of dip
- West Indian Curry Plate \$17**
Medium spiced coconut chickpea, lentil, tomato, cauliflower and carrot curry with cilantro brown rice and salad. Served with mango chutney and pappadum
- Ital Pot Pie \$17**
Oven baked coconut vegetable stew of broccoli, white beans, spinach, carrots, cauliflower, red bell pepper, sweet and russet potatoes topped with a flaky crust. Served with roasted green bean and grilled red onion medley
- Philly Sandwich \$15**
Seasoned seitan strips grilled with ed bell peppers, button mushrooms, red onion and topped with raw cashew cheddar in our grilled baguette. Served with choice of onion rings or salad
- Grilled Taco Salad \$14**
Guacamole, black beans, grilled red peppers & onions, pico, sour cream + quinoa or cilantro brown rice atop Caesar or House salad
- Eggplant Escovitch \$15**
Crispy battered eggplant topped with spicy scotch bonnet vinegar based escovitch sauce. Served with brown rice n beans and fresh green salad

All of our food is prepared without the use of animal ingredients. Please inform us of any allergies or food sensitivities
Prices are listed in Cayman Islands Dollars. CI\$ 1.00 = US\$ 1.25 A 15% Gratuity will be added to all dine-in orders