

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 \$9
Served with fresh fruit and table syrup

Waffle \$8
One warm, belgian-style waffle, served with fresh fruit and table syrup
Top with house-made coconut ice cream + \$3
Add our signature chocolate hazelnut butter + \$3

Sunshine Pancakes \$9
Two buckwheat 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 \$9
Our breakfast scramble* (tofu with onion & turmeric) served with garlic sautéed seasonal greens, oven roasted home fries, whole grain toast, and seasonal fruit
Add tempeh bacon + \$3

Breakfast Sandwich \$9
Breakfast scramble* (tofu with onion & turmeric), tempeh bacon, tomato, and house-made garlic aioli on a fresh baked whole grain bun. Served with home fries and fresh fruit

Breakfast Tacos \$9
Two tacos with home fried potatoes, onion, bell peppers, and tempeh bacon 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 \$7
With quinoa, pears, nuts, and house-made granola

Fresh Cut Fruit Plate \$9
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 Coffee \$2.50
Fresh Lemonade \$3.00
Strawberry Lemonade \$3.50
Iced Tea \$2.50
Kombucha \$8.00
Fresh Juices \$6.00
Orange/Apple / Beet / Carrot / Green

FOR LUNCH

SALADS AND SOUP

House Salad \$8
Market greens, sprouted lentils, tomato, cucumber, roots, sunflower seeds, croutons and fresh citrus vinaigrette
Add tempeh bacon or jerk tofu + \$3

Caesar Salad \$8
Romaine lettuce, red onion, kalamata olives, and croutons with house-made Caesar dressing.
Add tempeh bacon or jerk tofu + \$3

Soup of the Day \$5
Served with herbed crouton.
*Substitute gluten-free herbed cracker + \$1

LUNCH PLATES

Beet Tartare \$8
Served with soft cashew cheese and herbed crostini*
*Substitute gluten-free herbed cracker + \$1

Island Bowl \$12
Spicy jerk tofu, garlic sautéed seasonal greens, black beans, and fried plantain served over your choice of cilantro brown rice or quinoa

Black Bean Tacos \$12
Two corn tortillas with fresh-made sour cream, pico de gallo, and guacamole. Served with fried plantain, slaw and your choice of cilantro brown rice or quinoa

Shepherd's Pie \$11
Root vegetable and lentil "mince" topped with whipped potatoes and mushroom gravy. Served with garlic sautéed seasonal greens

SANDWICHES

All sandwiches served with fresh slaw and pickle spear
Add a cup of soup or a small salad + \$3
Add cashew cheese or tempeh bacon +\$3

The Angus Beet Burger \$8
Pickapeppa-infused shredded beet, brown rice & lentil patty with fresh garlic aioli, lettuce, tomato, red onion on a whole grain bun

Happy "Tuna" Salad \$8
Fresh chickpea salad with lettuce and tomato, served on your choice of fresh baguette or toasted whole grain bread

Tempeh B.L.T \$8
Smoked bacon-style tempeh, lettuce and tomato with house-made garlic aioli on toasted whole grain bread

Portobello Sandwich \$10
Sautéed mushroom, red pepper and red onion, with walnut-callaloo pesto and house-made garlic aioli on whole grain bread

Deli Cheese Sandwich \$8
House made cashew cheese with cucumber, tomato, red onion and lettuce on whole grain bread

Classic Grilled Cheese \$8
Simply delicious house made cashew cheese on whole grain bread

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