

BREAD & CHOCOLATE

beverages, beer, wine & cocktails

Tel: 946-6239

ALL DAY BREAKFAST

Bread and Chocolate \$12.95

Our signature french toast stuffed with chocolate hazelnut butter and bananas, dipped in coconut tahini (sesame) batter topped with berries
Add a scoop of our house-made coconut ice cream + \$3
Add a 2oz jug 100% pure maple syrup + \$4.50

Toast and Avocado Plate* \$12.95

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

Waffle \$9.95

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
Add a 2oz jug 100% pure maple syrup + \$4.50

Sunshine Pancakes \$11.95

Two gluten free 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
Add a 2oz jug 100% pure maple syrup + \$4.50

Breakfast Plate \$12.95

Our breakfast scramble (tofu with red onion & turmeric) served with garlic sautéed kale, oven roasted home fries, whole grain toast, and seasonal fruit
Add hickory smoked tempeh + \$3

Breakfast Sandwich \$12.95

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

Breakfast Tacos \$12.95

Two tacos with home fries, red onion, bell peppers, and 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

Fresh Cut Fruit Plate \$10.95

Seasonal variety of market fresh fruit

SOUP, SALAD & STARTERS

CONK Fritters 3pc \$6.95/7pc \$11.95

Our famous ocean-friendly improvement to the island favourite fritter features young CO-conut, N-ori, and K-ale. Served with fiery scotch bonnet aioli and fresh lemon

Two Impossible Sliders \$9.95

Two classic mini Impossible burgers topped with diced red onion and one slice of pickle on our grilled slider bun. Ketchup and mustard available upon request. Add a side salad or soup and make it a meal (see sandwich Add Ons for details)

Spinach Salad \$9.95

Grilled red onion, dried cranberries and walnuts on a bed of baby spinach topped with hickory smoked tempeh coconut vinaigrette

House Salad \$9.95

Market greens, tomato, red onion, cucumber, roots, sunflower seeds, croutons and fresh citrus vinaigrette. Add hickory tempeh or jerk tofu + \$3

Caesar Salad \$9.95

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

Grilled Taco Salad \$14.95

Black beans, grilled peppers & onions, guacamole, pico, sour cream, and quinoa or cilantro brown rice atop Caesar or House salad

Daily Soup 12oz=\$6.95/16oz=\$7.95

Served with herbed crouton.

FAVOURITES

Island Bowl \$14.95

Spicy jerk tofu, garlic sautéed seasonal greens, black beans with coconut sauce, shredded roots, and grilled plantain served over your choice of brown rice or quinoa
Available in XL for +\$2

Double "Impossible" Burger \$14.95

Two grilled Impossible patties with the Works (lettuce, tomato, house made ketchup, spicy brown mustard, garlic aioli, red onion and pickles) piled high on our whole wheat sesame seed bun. Ask about our incredible add on options. Served with slaw and pickle. Make it a triple! +\$5.95

Shepherd's Pie \$13.95

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

Tacos \$14.95

Choose any combination of two tacos:

1. Jerk tofu taco with scotch bonnet aioli and cucumber
2. Black bean taco with grilled red bell pepper, red onion, pico de gallo, sour cream and guacamole
3. Portobello mushroom taco with grilled red pepper and red onion, sour cream and cilantro

Served with choice of quinoa or brown rice and grilled plantain
Add one taco + \$6

Pizza with Salad \$17.95

A daily variation of toppings, house made cheeses and sauces, all on fresh baked flatbread style crust. Served with choice of salad

Beet Tartare \$11.95

Shredded beet and caper tartare mix over soft cashew cheese. Served with herbed crostini

BEST SANDWICHES EVER!

*All sandwiches served with fresh slaw and pickle spear

Add a side salad + \$4

Add 12oz soup + \$6 or add 16oz soup + \$7

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

Add a side of oven roasted home fries + \$3

The Angus Beet Burger \$10.95

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

Pulled Porkless Sliders \$12.95

3 fresh baked dinner rolls stuffed with oven roasted BBQ jackfruit and topped with crunchy cole slaw

Philly Sandwich \$12.95

Seasoned seitan strips grilled with red bell peppers, button mushrooms, and red onion, topped with raw cashew cheddar queso on grilled baguette.

Happy "Tuna" Salad Sandwich \$9.95

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

Tempeh B.L.T \$9.95

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

Portobello Sandwich \$11.95

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

Grilled/Deli Cheese Sandwich \$10.95

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

Crispy Burmese Tofu Sandwich \$10.95

Golden fried house made garbanzo tofu topped with raw cashew queso, grilled red onion, lettuce and tomato on sesame seed bun

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