Breakfast



*Breakfast served with Coffee or Herbal Tea

MEGA OMELETTE 2400/*2850
Eggs, Moringa Leaves, Mushroom, Mozzarella Cheese, Onions, Multi-Seed Bread, Pepper Jelly

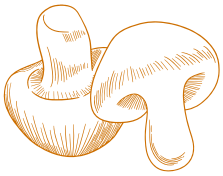
SCRAMBLED EGG WRAP 2100/*2550
Eggs, Moringa Leaves, Spinach. Mozzarella Cheese, Bell Peppers, Onions

OMELETTE 2050/*2500
Eggs, Moringa Leaves, Goat Cheese, Bell Peppers, Onions, Spinach, Multi Seed Bread, Pepper Jelly

SCRAMBLED EGG SALMON CREPE 2600/*3050
Smoked Salmon, Eggs, Mozzarella Cheese, Pepper Jelly, Mild Cheddar Cheese, Pineapple

SMOKED MARLIN BAGEL 2050/*2500
Locally Sourced Smoked Marlin, Mozzarella Cheese, Capers, Tomatoes

SMOKED SALMON PESTO BAGEL 2200/*2650
Smoked Salmon, Handmade Pesto, Eggs, Capers, Sprout, Cucumbers



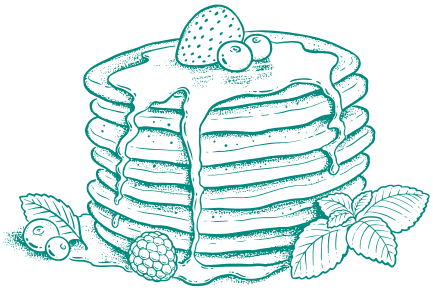
ACKEE WRAP 1750/*2200 VEGAN
Ackee, Bell Peppers, Smoked Coconut, Onions, Tomatoes, Carrots, Herbs & Spices, Romaine Lettuce

PROTEIN CINNAMON PANCAKES 2200/*2650 VEGAN
OF Organic Oats, Cinnamon, Organic Raw Meal, Banana, Maple Syrup, Coconut Milk, Pistachios

OATMEAL COCONUT PANCAKES 2000/*2450 VEGAN
Coconut Flakes, Organic OF Oats, Organic Milled Flaxseed, Banana, Maple Syrup

PUMPKIN TAMARIND WAFFLES 2000/*2450 VEGAN
Pumpkin Puree, Spelt Flour, Spices, Almond Milk, Maple Syrup, Grounded Flaxseed, EV Coconut Oil, Tamarind Compote, Banana

JERK MUSHROOM, ACKEE+ PLANTAIN WAFFLES (GF) 2350/*2800 VEGAN
Ripe Plantain, Jerk Mushroom, Herbs and Spices, Ackee Sauce, Grilled Pineapple, Caramelized Onion



VEGAN Vegan Friendly

Please Tell Your Server About Any Allergies

Burgers and Paninis

Burgers

*Burgers served with Sweet Potato Fries & Juice

MBK CHICKEN 1950/*3150
BBQ Chicken, Moringa, Basil, Organic Kale, Pepper Jelly, Red Onion

WILD SALMON SERENITY 2750/*3950
Wild Alaskan Salmon, Red Onion, Tomatoes, Dill Lemon Dressing, Romaine Lettuce

VEGAN BLT 1450/*2650
Smoked Coconut, Romaine Lettuce, Hummus, Tomatoes

PULLED JACKFRUIT 2100/*3300
BBQ Pulled Jackfruit served with Vegan Mayo (choose between onion, lettuce & tomatoes or vegan slaw)

VEGAN BURGERLICIOUSNESS 2300/*3500
Handcrafted Chickpea Patty, Mushrooms, Sprout, Maca Beet Sauce

BAD ASS BLACK BEAN 2400/*3600
Handcrafted Black Bean Patty, Grilled Pineapple, Red Onions, Romaine Lettuce, Signature Bad Ass Dressing, Sprouted Spelt Burger Bun

SPICY TAHINI LENTIL 2400/*3600
Handcrafted Spicy Lentil Patty, Vegan Slaw, Tahini Dressing

Paninis

*Paninis served with Vegan Slaw & Juice

TUNA MELT 1250/*2700
Tuna, Cucumbers, Onion, Celery, Herbs & Spices, Pepper Jack Cheese, Mayonnaise

CHICKEN MELT 1350/*2800
Jerk/BBQ Chicken Breast, Pepper Jack Cheese, Red Onions, Bell Peppers

GRILLED VEGGIE 1500/*2950
Mushrooms, Cucumbers, Red Onions, Bell Peppers, Basil Pesto, Pepper Jack Cheese

VEGAN Vegan Friendly

Please Tell Your Server About Any Allergies

Flatpizzas

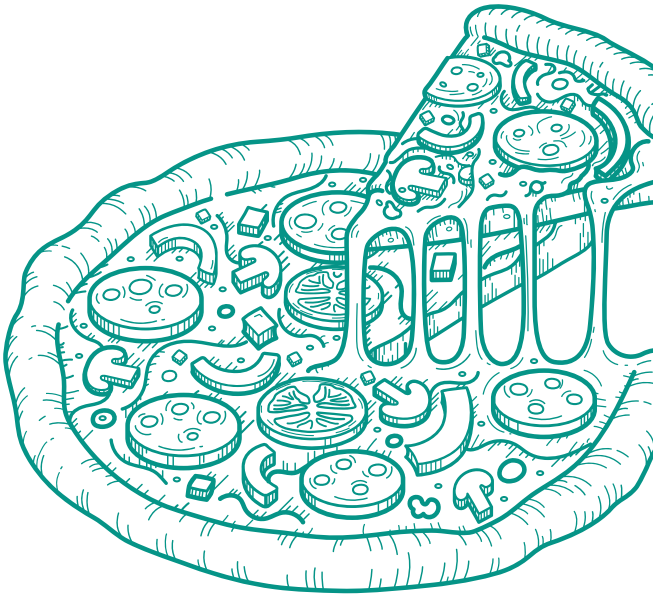
BBQ CHICKEN MANGO PINEAPPLE 2650
BBQ Chicken, Mozzarella Cheese, Pineapple, Handmade Mango BBQ Sauce, Bell Peppers, Handmade Herb Flatbread Pizza

CHICKEN FAJITA 3000
BBQ Chicken, Tomato Salsa, Mozzarella Cheese, Bell Peppers, Onions, Handmade Fajita Seasoning, Handmade Herb Flatbread Pizza

JAMMIN JERK CHICKEN 3500
Spicy Jerk Chicken, Roasted Bell Peppers, Herb Roasted Tomatoes, Organic Kale, Mozzarella Cheese, Homemade BBQ Sauce, Caramelized Onion, Handmade Herb Flatbread Pizza

VEGGIE ITALIANO 3000
Vegan Mozzarella, Vegan Parmesan, Tomatoes, Tomato Sauce, Red Onions, Mushrooms, Scotch Bonnet, Plantains, Olives, Bell Peppers, Handmade Herb Flatbread Pizza

ROASTED VEGGIE 2700
Tomatoes, Red Onions, Bell Peppers, Cucumbers, Basil, Moringa Leaves, Rosemary, Red Pepper Flakes, Vegan Mozzarella, Vegan Parmesan, Handmade Herb Flatbread Pizza



VEGAN Vegan Friendly

PRACTICE SELF CARE

Please Tell Your Server About Any Allergies

Pasta

CREAMY CAULIFLOWER ALFREDO 3200
Fettuccine Pasta, Cauliflower, Coconut Milk, Cashews, Mushrooms, Kale, Parmesan, Herbs and Spices

REGGAE 2700
Bell Peppers, Mushrooms, Penne Pasta, Coconut Milk, Turmeric, Herbs and Spices, Vegetable Broth, Parmesan

SMOKY LENTIL 2550
Penne Pasta, Green Lentils, Tomato Sauce, Veggie Broth, Coconut Milk, Kale, Herbs and Spices, Vegan Parmesan

MINCED MUSHROOM WALNUTS & SPAGHETTI 2500
Mushrooms, Walnuts, Spaghetti, Celery, Carrots, Herbs and Spices, Tomatoes, Tomato Paste, Vegetable Stock, Vegan Parmesan

CHICKEN COCONUT PENNE 2450
BBQ Chicken Breast, Penne Pasta, Spinach, Tomatoes, Coconut Milk, Smoked Coconut, Parmesan, Herbs and Spices

DREAMY CHICKEN PESTO 2650
Chicken Breast, Basil Pesto, Penne Pasta, Chicken Broth, Coconut Milk, Parmesan, Herbs and Spices

CHICKEN FETTUCINE IN PESTO SCOTCHY WHITE WINE 3400
Chicken Breast, Mushrooms, Chicken Stock, Scotch Bonnet Sauce, Fettuccine Pasta, Basil Pesto, White Wine, Parmesan



VEGAN Vegan Friendly

CREATE GREAT MEMORIES

Please Tell Your Server About Any Allergies

Salads

CHICKEN BLACK RICE 3500 (HOUSE SALAD)
Forbidden Black Rice, BBQ Chicken, Sundried Tomatoes, Walnuts, Kale, Handmade Balsamic Vinegar Dressing

CHICKEN FETA 3000
Broccoli Florets, Bell Peppers, Lentils, Cashews, Walnuts, Jerk Chicken, Feta Cheese, Hand Crafted Chili Pesto Balsamic Hemp Dressing

CLASSIC CHICKEN CAESAR 1500
BBQ Chicken Breast, Romaine Lettuce, Parmesan Cheese, Croutons. Homemade Caesar Dressing

SIMPLY GREEN 2500 VEGAN
Mixed Greens, Pecans, Cashew Honey Vinaigrette Sauce, Tomatoes, Cranberries, Bell Peppers

CURRY BLACK LENTIL 2500 VEGAN
Black Lentils, Apples, Bell Peppers, Romaine Lettuce, Cashews, Lentil Salad Dressing, Cashew Dressing

ROASTED SWEET POTATO + QUINOA 2150 VEGAN
Garlic Flavored Roasted Sweet Potato, Kale, Quinoa, Cranberries, Red Wine Vinaigrette Dressing

SMOKED SALMON QUINOA & FETA 3000
Quinoa, Smoked Salmon, Cucumbers, Tomatoes, Romaine Lettuce, Feta Cheese, Lemon Dill Dressing



VEGAN Vegan Friendly Please Tell Your Server About Any Allergies

EAT YOUR VEGGIES

Wraps and Crepes

Wraps

*Served with Juice

SCRAMBLED EGG 2100
Eggs, Moringa Leaves, Spinach. Mozzarella Cheese, Bell Peppers, Onions

SMOKED SALMON 2500/*3000
Smoked Salmon, Kale, Romaine Lettuce, Handmade Caesar Dressing, Parmesan Cheese

TUNA SALAD 1700/*2150
Tuna Salad, Romaine Lettuce, Tomatoes

JERK CHICKEN 2150/*2600
Jerk Chicken, Bell Peppers, Pineapple, Carrots, Romaine Lettuce, Cucumbers Gourmet Hummus

ACKEE 1750
Ackee, Bell Peppers, Smoked Coconut, Onions, Tomatoes, Carrots, Herbs & Spices, Romaine Lettuce

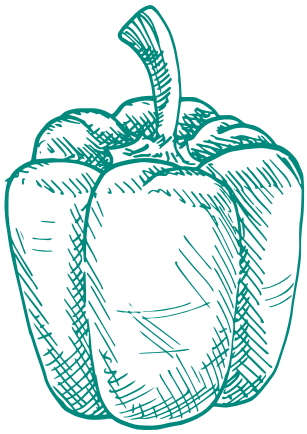
PLANTAIN BBQ BEAN 2000/*2450
Ripe Plantain, Black Beans, Organic Quinoa, Organic Annatto, Handmade Mango BBQ Sauce, Handmade Hummus, Kale, Onions

SWEET POTATO CHICKPEA BBQ 2400/*2850
Sweet Potato, BBQ Chickpeas, Red Onions, Sweet Corn, Bell Peppers, Sunflower Seeds, Vegan Caesar Dressing

Crepes

PINA MANZANA 2600
BBQ Chicken Breast, Pineapple, Tomato Sauce, Mozzarella Cheese, Bell Peppers

SCRAMBLED EGG SALMON 2600
Smoked Salmon, Eggs, Mozzarella Cheese, Pepper Jelly, Mild Cheddar Cheese, Pineapple, Basil



VEGAN Vegan Friendly

LAUGH OFTEN

Please Tell Your Server About Any Allergies

Starters and Sides

CHIP AND DIP 1050
An array of chips and our Handmade Dips

GREEN GOODNESS BISQUE 1100
Broccoli, Kale, Spinach, Green Peas, Onions, Sweet Potato, Herbs and Spices, Coconut Cream, Nuts and Seeds (served with our artisan rusty bread)

PUMPTIL BLISS BISQUE 1100
Pumpkin Puree, Red Lentils, Herbs and Spices, Vegan Butter, Onion, Vegetable Stock, Coconut Cream (served with our artisan rusty bread)

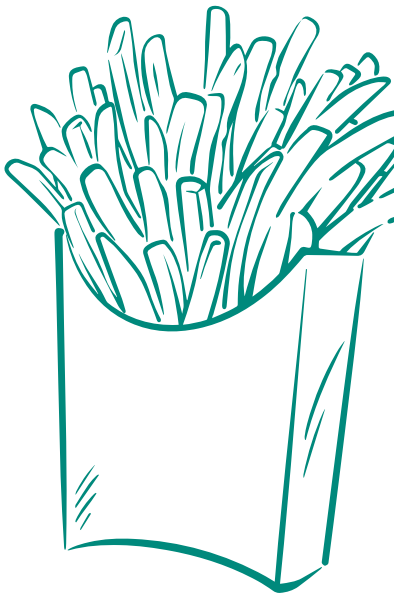
SPICY CARROT BISQUE 1100
Carrots, Vegetable Broth, Ginger, Coconut Milk, Onions, Herbs and Spices (served with our artisan rusty bread)

CHICKEN SLIDERS AND FRIES 1450
BBQ chicken patty on homemade slider buns served with our baked sweet potato fries

BAKED SWEET POTATO FRIES 850
Tossed in Cinnamon and Paprika

NO ORDINARY SLAW 1100
Savory Purple and White Cabbage, Carrots, Bell Peppers, Onions, Cranberries and our handmade vegan Mayo Tahini Sauce

VEGAN MAC AND CHEESE 1450
Organic Whole Grain Pasta Smothered in our Handmade Cashew Cheese



VEGAN Vegan Friendly

Please Tell Your Server About Any Allergies

Mainstays (Dining)

CURRIED CHICKPEAS WITH BASMATI RICE 2700
Curried Chickpeas, Organic Basmati Rice, Mixed Greens, Cucumbers, Tomatoes

SPICED PUMPKIN LENTIL MEATBALLS W BROWN RICE 2600
Lentils, Onions, Walnuts, Pumpkin, Tomatoes, Herbs and Spices, Coconut Milk, Brown Rice

SWEET + SOUR CHICKPEAS WITH WILD RICE 2700
Chickpeas, Pineapple, Tomato Sauce, Broccoli, Wild Rice

SWEET POTATO + NUTTY QUINOA SMASHED 3000
Sweet Potatoes, Quinoa, Apples, Almonds, Pecans, Walnuts, Pistachios, Pumpkin Seeds, Cranberries, Maple Syrup, herbs and Spices

SPICY HONEY BBQ CHICKEN WITH BLACK RICE 4000
Succulent Hot Honey BBQ Chicken, Forbidden Black Rice, A likkle Kale Salad



VEGAN Vegan Friendly

Please Tell Your Server About Any Allergies

Smoothies



Green

GREEN-A-COLADA 1450
Spinach, Pineapple, Coconut, Banana

I KALED IT 1400
Kale, Moringa, Pineapple, Banana, Ginger, EV Coconut Oil

THE D-TOXIFIER 1500
Kale, Moringa, Pineapple, Mango, Turmeric, Lemon, Coconut, Cayenne Pepper, Ginger

IMMUNE BOOSTER 1400
Spinach, Kale, Celery, Moringa, Lime/Lemon Juice, Ginger

Fruit

STRAWBERRY MANGO TANGO 1300
Strawberries, Mango, Carrots, Pineapple

BERRY BETTER ENERGY 1600
Beetroot, Strawberries, Goji Berries, Coconut, Vanilla, Chia Seeds, Dates

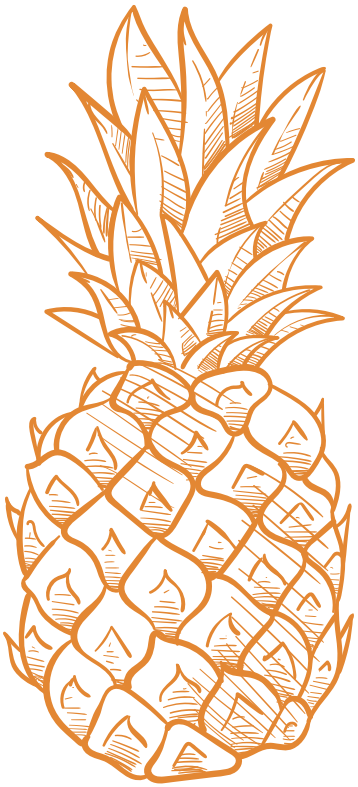
MANGO SLIDE 1300
Mango, Pineapple, Mixed Berries

LIME OF PASSION 1400
Lime Juice, Passion Fruit, Cucumbers, Mango, Banana

CITRUS SENSATION 1050
Lemon/Lime Juice, Pineapple, Mango

STRAWBERRY SILK SHAKE 1400
Strawberries, Coconut, Vanilla Extract, Banana

FRUITY POP 1400
Strawberries, Pineapple, Watermelon



Smoothies

Protein and Meal Replacement

BLACK MANDINGO 2400
Blueberries, Assorted Seeds, Whey Protein Powder, OF Oats, Spirulina, Moringa, Banana, Coconut

BLACK FORREST BOMBSHELL 2000
Blueberries, Plant Based Protein, OF Oats, Seeds, Dates, Cacao Powder, Coconut

BAD TO THE BONE 2400
Plant Based Protein, Peanut Butter, Sweet Potato, Cacao Powder, Spices, Banana, Chia Flax, Pumpkin Seeds

PURE STAMINA 1450
OF Oats, Banana, Peanut Butter, Seeds & Nuts, Coconut

NUTTY ALMOND 1900
Plant Based Protein Powder, Coconut, Almond Butter, Coconut Shreds, Banana

MY PUMPKIN PIE 1850
Pumpkin, Coconut, Spices, Plant Based Protein Powder, Banana, Seeds

COFFEE CARESS 2250
Plant Based Protein Powder, Coconut, Peanut Butter, Coconut Shreds, Mushroom, Blue Mountain Coffee, Cacao Powder, Banana

JACK-O-LATE 2500
Jackfruit, Plant Based Protein Powder, Banana, Coconut, Vegan Chocolate Chips, Peanut Butter

RECHARGE ME 2000
Coconut, Almond Butter, Dates, Hemp Protein Powder, Goji Berries, Vanilla Extract

THE MESHA 1500
Blueberries, OF Oats, Almond Butter, Seeds, Banana, Coconut

Beverages

Coffee (Cold Brews)

Strawberry Pink Mocha 1500

Brown Sugar Baby Mocha 1500

Vanilla Blue Hew Mocha 1500

Coffee Honey Love Lemon 950

Icey Coconut Latte 1000

Iced Matcha Latte 1500

Teas (Cold Brews)

Strawberry Hibiscus 950

Strawberry Basil 900

Wild Berry Mint 900

Rosemary Vanilla Chai 900

Pineapple Oolong Nettle 1000

Mocktails

Pineapple Mint 550

Strawberry Mojito 800

Passion Fruit Refresher 650

Blue Lala 750

Limonades

Wild Berry Basil 850

Fizzy 650

Pineapple Coco Ginger 950

Chili Mango 1000

Blueberry Lavender 1000

The Usual (Hot Stuff)

High Mountain Coffee 650

Organic Teas 550

Organic Hot Chocolate 700

