



**NOURISH**

## All Day Breakfast

**Address:** VIDA Hotel

**Phone:** 1 (345) 938 9114

**Cuisine:** Farm-to-Fork Breakfast & Lunch

Available 7am-3pm

### ALL DAY BREAKFAST

Add avocado CI\$2 / ackee and tofu scramble CI\$2 / bacon/chicken sausage CI\$2 / cheese CI\$1 / sautéed mushrooms CI\$2 / mini fruit salad CI\$2

#### **Barkers Breakfast**

**CI\$15**

Two organic eggs your way, sourdough toast, roasted sweet potatoes, basil marinated tomato, choice of bacon, sautéed mushrooms or housemade chicken sausage patty

#### **VIDA Breakfast Bowl**



**CI\$15**

Two organic eggs your way on a bed of braised local callaloo, basil marinated tomato, sautéed mushrooms, roasted sweet potatoes, island chimichurri drizzle

#### **Rise & Shine Breakfast Tacos**



**CI\$14**

Scrambled organic eggs nestled in 3 corn tortillas, refried beans, topped with house made pico and cheese, served with mini fruit salad

#### **Ultimate Breakfast Sandwich**



**CI\$12**

Two organic eggs prepared your way, avocado smash, lettuce, tomato, mayo, toasted grain bread, mini fruit salad

#### **Tropical Sunrise Smoothie Bowl**



**CI\$12**

Mango, pineapple, banana, homemade almond coconut granola, berry compote, Greek yoghurt, Nourish superfood sprinkle

#### **Acai Power Bowl**



**CI\$12**

Organic acai powder and berry blend, sliced bananas, home made almond coconut granola, Greek yoghurt, Nourish superfood sprinkle

**Stewed Fruit Oatmeal Bowl** v **CI\$10**

Apples, dried prunes and apricots stewed in cinnamon, allspice, a hint of vanilla served over oatmeal and topped with a dollop of Greek yogurt

**Seasonal Fruit Plate** **CI\$10**

Watermelon, cantelope, melon, berries, seasonal fruit. Add granola CI\$2 / yogurt CI\$2

## COFFEE DRINKS

**Espresso** **CI\$3**

**Double Espresso** **CI\$4.5**

**Macchiato** **CI\$4.5**

**Cappuccino** **CI\$5**

**Latte** **CI\$5**

**Flat White** **CI\$5**

**Americano** **CI\$4**

**Nourish Cold Brew** **CI\$4**

**Red Chai Cappuccino** **CI\$5**

**Assorted Teas** **CI\$3**

## FRESH JUICE

CI\$8.50 for 14oz / CI\$5 for 8oz

### **Immunity**

Apple, carrot, orange and zesty dose of ginger

### **Antioxidant**

Beets, carrot, apple, lemon

### **Be Well**

A burst of wellness combining the immunity and antioxidant juices

## SMOOTHIES

CI\$8.50 for 14oz / CI\$5 for 8oz

### **Berry Bliss**

Berries, banana, Greek yogurt

### **Almond Joy**

Almond butter, cacao powder, banana, Greek yogurt. Add a shot of coldbrew CI\$1

### **Power Up**

Banana, strawberry, pineapple, mango, kale

### **Tropical**

Pineapple, mango, banana, Greek yogurt

## **ADD ON SUBS**

### **Espresso Shot**

**CI\$2**

### **Homemade Flavored Syrups**

**CI\$2**

Organic vanilla, lavender or chai +2 Fair trade hazelnut +2.5

### **Nourish Superfood Sprinkle**

**CI\$1**

Hemp hearts, flax, chia

### **Happy Human Mushroom Co. Organic Extracts**

**CI\$3**

Lion's Mane, cordyceps or turkey tail

### **Non Dairy Milk Sub**

**CI\$.75**

Almond, oat, soy

### **Dairy Free Yogurt**

**CI\$2**

Last updated: Wed 05 Feb, 2025