



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

V

GF

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

V

GF

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

V

CI\$12

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

Tropical Sunrise Smoothie Bowl

V

CI\$12

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

Acai Power Bowl

V

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