



NOURISH

All Day Breakfast

Address: VIDA Hotel

Phone: 1 (345) 938 9114

Cuisine: Farm-to-Fork Breakfast & Lunch

ALL DAY BREAKFAST

At Nourish, we love all things food! We bring people together through approachable & delicious cuisine, focusing on local & regional ingredients. We welcome you to celebrate & share the essence of island life.

Barkers Breakfast

CI\$15

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

VIDA Breakfast Bowl

CI\$15

2 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 & cheese, served with mini fruit salad

Ultimate Breakfast Sandwich

CI\$12

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

Nourish Benny

CI\$16

Nestled on home made arepas, callaloo, sliced tomato, smashed local roasted pumpkin, scotch bonnet hollandaise, salad greens or mini fruit salad

Oxtail or Cayman Style Beef Benny

CI\$16

Nestled on home made arepas, callaloo, sliced tomato, scotch bonnet hollandaise, salad greens or mini fruit salad

Veggie Stuffed Omelet

CI\$14

Red bell pepper, spinach, tomato, onion, mushrooms, cheese, served with 9 grain bread, salad greens or mini fruit salad

Tropical Sunrise Smoothie Bowl	CI\$15
Mango, pineapple, banana, home made almond coconut granola, berry compote, Greek yogurt, Nourish superfood sprinkle, fresh fruit and berries	
Acai Power Bowl	CI\$15
Organic acai powder & berry blend, sliced bananas, home made almond coconut granola, Greek yogurt, Nourish superfood sprinkle, fresh fruit and berries	
Chai Spiced Overnight Oats	CI\$12
Overnight oats in coconut milk, cinnamon, allspice, ginger, cloves, topped with stewed apples, berries, granola, almond butter drizzle	
Plant Power Breakfast	CI\$17
Ackee & tofu scramble, sourdough toast, roasted sweet potatoes, tomato confit, choice of sliced avocado, sautéed mushrooms or vegan sausage (as available)	
Seasonal Fruit Plate	CI\$10
Watermelon, cantelope, melon, berries, seasonal fruit. Add granola + 2 Add yogurt +2	
Nourish Pancakes	CI\$6
3 mini ricotta pancakes served with blueberry compote, maple syrup and butter. Traditional pancakes available on request	

Breakfast served from 7AM-3PM

COFFEE BREAK

Hot or On Ice

Espresso	CI\$3
Double Espresso	CI\$4.5
Macchiato	CI\$4.5
Latte	CI\$5
Cappuccino	CI\$5
Flat White	CI\$5
Cafe Mocha	CI\$6

Nourish Cold Brew	CI\$4
Matcha Latte	CI\$6.5
Turmeric Latte	CI\$6.5
Red Chai Cappuccino	CI\$6.5
Hot Chocolate	CI\$4
Assorted Teas	CI\$3

FRESH JUICE

7oz for CI\$6 OR 14oz for CI\$9

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

14oz for CI\$9

Berry Bliss

mixed berries, banana, Greek yogurt

Almond Joy

Almond butter, cacao powder, banana, Greek yogurt

Power Up

Banana, strawberry, pineapple, mango, kale

Tropical

Pineapple, mango, banana, Greek yogurt

ADD ON SUBS

Espresso Shot	CI\$2
Homemade Flavored Syrups Organic vanilla, lavender or chai +2 Fair trade hazelnut +2.5	CI\$2
Nourish Superfood Sprinkle Hemp hearts, flax, chia	CI\$1
Happy Human Mushroom Co. Organic Extracts Lion's Mane, cordyceps or turkey tail	CI\$3
Non Dairy Milk Sub Almond, oat, soy	CI\$.75
Dairy Free Yogurt	CI\$2

Last updated: Thu 28 Nov, 2024