



NOURISH Lunch Menu

Address: VIDA Hotel

Phone: 1 (345) 938 9114

Cuisine: Farm-to-Fork Breakfast & Lunch

Available 11.30am-3pm

LUNCH

VIDA Fish Tacos GF **CI\$17**

Wild mahi, 3 mini homemade corn tortillas, citrus slaw, tropical salsa, scotch bonnet tartar sauce, allspice pickled onion, served with charred corn and black bean salad

Cayman-Style Local Beef Tacos GF **CI\$17**

Local slow cooked Cayman style beef, 3 mini homemade corn tortillas, pico, ricotta salata, radishes, avocado lime crema, served with charred corn and black bean salad

Rundown-ish GF **CI\$20**

Fresh catch marinated overnight in special Caribbean green seasoning, pan seared and served with callaloo rice, roasted local pumpkin and citrus coconut sauce

VIDA Poke Bowl GF **CI\$21**

Local/sushi grade tuna tossed in house poke sauce, pickled cabbage, cucumber, edamame, avocado, carrots and charred scallion layered on quinoa or callaloo brown rice, gochujang yoghurt drizzle, toasted sesame seeds

West Indies Curry Chicken Salad Sandwich **CI\$12**

Mayo, organic shredded chicken tossed in housemade mild curry sauce, mango chutney spread, lettuce and tomato served with sweet potato salad

Chef Mo's Mushroom Medley V **MP**

Locally cultivated mushrooms in marsala sauce, toasted sourdough, island chimichurri, sweet potato and crispy leek garnish, hydroponic salad greens

Nourish Bowl Vegan GF **CI\$16**

Callaloo brown rice or quinoa base, shredded carrots, tomato confit, roasted breadfruit, braised red cabbage, roasted lemon garlic broccoli, superfood goddess dressing, romesco herb drizzle

Chill Out Chicken Soba Noodles GF

CI\$16

Chilled buckwheat soba noodles, shredded chicken breast, peanut coconut amino sauce, local cucumber pickle, roasted miso cauliflower, garlic and ginger red cabbage, red peppers, mint, cilantro, charred scallion. Veg only option CI\$14

Med Orzo v Vegan

CI\$14

Orzo, chickpeas, spinach, sun dried tomatoes, capers, crushed walnuts, local oregano, dill and parsley, black olives, dairy-free feta, lemon zest, dijon-balsamic dressing. Add chicken/tofu CI\$5 or fish/wild shrimp CI\$8

Seaside Caesar

CI\$12

Romaine, spinach, garlic and herb sourdough croutons, house dressing (contains anchovies) asiago and aged parmesan, crispy capers. Add chicken/tofu CI\$5 or fish/wild shrimp CI\$8

Last updated: Wed 05 Feb, 2025