



NOURISH

Lunch Menu

Address: VIDA Hotel

Phone: 1 (345) 938 9114

Cuisine: Farm-to-Fork Breakfast & Lunch

LUNCH

11:30AM-3PM

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 home made corn tortillas, pico, ricotta salata, radishes, avocado lime crema, served with charred corn and black bean salad

Rundown-ish GF CI\$22

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

VIDA Poke Bowl GF CI\$22

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

West Indies Curry Chicken Salad Sandwich CI\$12

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

Chef Mo's Mushroom Medley V CI\$16

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 breadkind, 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 & ginger red cabbage, red peppers, mint, cilantro, charred scallion. Veg only option 14

Med Orzo **CI\$14**

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

Seaside Caesar **CI\$12**

Romaine, spinach, garlic & herb sourdough croutons, our epic house dressing (contains anchovies) asiago & aged parmesan, crispy capers. Add chicken/tofu +5 or fish/wild shrimp +8

Caribbean Chicken Salad GF **CI\$16**

BBQ jerk chicken, salad greens, mango salsa, sliced avocado, garden herb marinated tomatoes, roasted sweet potatoes. BBQ Jerk Tofu option sub available

Last updated: Thu 28 Nov, 2024