



## MENU

### LUNCH

*Served from 12:30pm - 3.30pm. Check also our daily specials!*

|                                                                                                                                   |              |
|-----------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>HOMEMADE TROPICAL SEAFOOD CEVICHE</b>                                                                                          | <b>\$ 8</b>  |
| ceviche of the day served with plantains or coconut bread                                                                         |              |
| <b>HOMEMADE FISH DIP</b>                                                                                                          | <b>\$ 8</b>  |
| with coconut bread and jalapeños                                                                                                  |              |
| <b>MEDITERRANEAN QUINOA SALAD (V, GF)</b>                                                                                         | <b>\$ 10</b> |
| with garden veggies, greens, olives and green almond pesto                                                                        |              |
| <b>KALE CESAR SALAD WITH TOASTED CHICKPEAS (V)</b>                                                                                | <b>\$ 10</b> |
| with cucumber, chayote, fresh croutons                                                                                            |              |
| <b>TROPICAL FISH BURGER WITH PLANTAINS</b>                                                                                        | <b>\$ 14</b> |
| check the daily fish choices !                                                                                                    |              |
| <b>CARIBBEAN TACOS WITH FRESH CORN TORTILLAS (GF)</b>                                                                             |              |
| tropical slaw, peppers, tropical house salsa, side of beans<br>- veggies (v) \$10 / fish or shrimp \$13 / chicken or chorizo \$12 |              |
| <b>FRESH TUNA SALAD ON LOCAL SOURDOUGH</b>                                                                                        | <b>\$ 12</b> |
| with greens, tomato, jalapeño and side salad                                                                                      |              |
| <b>LOCAL CHORIZO-SANDWICH WITH SALAD</b>                                                                                          | <b>\$ 12</b> |
| on local made coconut bread with lettuce, cheese, tomato                                                                          |              |
| <b>HUMMUS BREAD WITH GRILLED VEGGIES</b>                                                                                          | <b>\$ 10</b> |
| on locally made coconut bread with a side of nut-seed mix                                                                         |              |
| <b>GARDEN BOWL</b>                                                                                                                | <b>\$ 10</b> |
| with quinoa, fresh veggies, spiced chickpeas, lime-tahini sauce                                                                   |              |
| <b>CUBAN BOWL</b>                                                                                                                 | <b>\$ 11</b> |
| with rice, beans, fried egg, greens, sauteed plantains                                                                            |              |
| <b>VEGAN PATTY WITH HUMMUS (V, GF)</b>                                                                                            | <b>\$ 10</b> |
| served on citrus salad with cucumber and grilled pineapple<br>+ \$1 add coco bread                                                |              |

+ ADD EXTRA PROTEIN:

EGG \$1.5 / TOFU \$3 / CHICKEN \$4 / CHORIZO \$4 / SHRIMP \$5 / FISH \$5  
(ASK IF AVAILABLE: VEGAN CHORIZO \$4)