



## Breakfast 7:00 AM - 11:00 AM

### Barkers Breakfast

Eggs your way, plantain, sourdough or white loaf, bacon or homemade chicken sausage

16

### Breakfast Sandwich

Choice of over easy or scrambled egg, mashed avocado, tomato, greens & romesco spread on white bread loaf

15

### Veggie Stuffed Omelette

Tomato, onion, callaloo, and mushrooms choice of sourdough toast or buckwheat

16

### Breakfast Tacos

Scrambled egg on homemade corn tortillas, avocado mash, pico & refried beans

16

### Ricotta Pancakes (3)

Lemon & ricotta pancakes, blueberry compote, maple syrup

14

### Acai Smoothie Bowl

Berries, acai and greek yogurt, topped with banana, homemade granola, fresh berries & coconut flakes

15

### Yogurt Bowl

Greek yogurt, homemade granola, strawberries, mango, blueberries, banana

14

### Add Ons

Cheese

2

Bacon or chicken Sausage (2)

5

Vegan sausage (2)

7

Sautéed mushrooms or avocado

5

Sub Acke & tofu scramble

5

Fruit bowl

6

## Lunch 11:00 AM - 3:00 PM

### Fish Tacos

Home made corn tortillas, fresh mahi, scotch bonnet tartar, mango salsa, pickled onion and slaw

18

### Cayman Style Beef Tacos

Slow cooked Cayman style beef, home made corn tortillas, pico, shredded cheese, avocado mash

18

### Jerk Chicken Platter

Jerk chicken, local callaloo rice, mango salsa & plantains

20

### Caribbean Veggie Bowl

Local callaloo rice, plantains, citrus slaw, mango salsa, and romesco drizzle

18

### Curry Chicken Sandwich

Mango chutney, tomato, lettuce, served with house made cassava chips

16

### Sides & Add Ons

Chicken breast

6

Mahi

8

Side green salad

7

Side cassava chips

4

Side callaloo rice

4

Sautéed mushrooms or avocado

5

 Plant based option available

All prices shown in KYD. USD to KYD conversion rate is .80.

A 16% gratuity will be added for our amazing team - Thank you

## Juices

9

**Immunity** Apple, carrot, orange & ginger

**Antioxidant** Beet, carrot, apple & lemon

**Be Well** Immunity + antioxidant combo

## Smoothies

12

**Berry Bliss** Mixed berries, banana & Greek yogurt

**Tropical** Pineapple, mango, banana, Greek yogurt

## Water

7

**Sparkling**  
**Still**

## Coffee Hot or Iced

**Americano** 5

**Espresso** 4

**Machiatto** 5

**Cappuccino** 5

**Latte** 5

**Flat white** 5

**Mocha** 6

**Nourish cold brew** 4

**Matcha latte** 7

**Hot chocolate** 4

**Turmeric latte** 7

**Tea selection** 4

## Add Ons

Plant milk 1

Flavored syrups 2

Espresso shot 2

Ginger shot 4

## Cocktails

15

### Batabano Spritz

Blue Iguana Gin, elderflower liquor, cucumber syrup & club soda

### Vida Frose

Rose, frozen berries, garden mint

### Mo-Garita

Los Arcos Tequila, FAIR Kumquat Liquor, lime juice, salt rim

### Vida Colada

Appleton Signature, local mango, pineapple, coconut milk

## Wine & Bubbles

### White

Raza Vinho Verde - Portugal 12

### Red

Artuke Rioja - Spain 12

### Rose

Berne Romance - France 12

### Bubbles

Raventos Blanc Blanc de Blanc - Spain 12

## Beer

### Local

7

Caybrew Lager Bottle

19-81 Blonde Can

19-81 Tropical IPA Can

### Import

8

Corona Bottle

Red Stripe Bottle

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