



Breakfast 7:00 AM - 3:00 PM

Barkers Breakfast 16

Eggs your way, sweet potato, sourdough or buckwheat toast, bacon or homemade chicken sausage

Breakfast Sandwich 15

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

Veggie Stuffed Omelette 16

Tomato, onion, spinach, bell pepper and mushrooms choice of sourdough toast or buckwheat

Ricotta Pancakes (3) 14

Lemon & ricotta pancakes, whipped ricotta cream dollop, blueberry compote & maple syrup

Nourish Benny 18

Soft poached eggs, scotch bonnet hollandaise over arepas, callaloo & pumpkin mash

Add Cayman style beef + 4

Acai Smoothie Bowl 15

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

Overnight Oats 12

Chai spiced oats, spiced apples, bananas, fresh berries & homemade granola

Breakfast Tacos 16

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

Add Ons

Cheese 2

Bacon or chicken Sausage (2) 5

Vegan sausage (2) 7

Avocado or mushrooms 5

Sub Acke & tofu scramble 5

Seasonal fruit bowl 6

Side scotch bonnet hollandaise 5

Lunch 11:00 AM - 3:00 PM

Fish Tacos 18

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

Cayman Style Beef Tacos 18

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

Poke Bowl 25

Fresh tuna, poke sauce, avocado, pickled cabbage, scallion, edamame, carrots, mango salsa and gochujang yogurt over greens

Caribbean Chicken Salad 18

Local greens, roasted pumpkin, jerk chicken, avocado, mango salsa & cherry tomato, toasted pumpkin seeds, balsamic dressing

Soba Noodle Salad 16

Shredded cabbage, carrots, bell pepper, crushed peanuts, sesame, scallion, cilantro, mint & peanut dressing

Curry Chicken Sandwich 16

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

Seaside Ceasar 16

Romaine, spinach, garlic & herb sourdough croutons, crispy capers, aged parmesan & house dressing

Sides & Add Ons

Chicken breast 6

Mahi 8

Blackened shrimp (5) 10

Side green salad 7

Side caesar 7

Side cassava chips 4

 Plant based option available

All prices shown in KYD. USD to KYD conversion rate is .80.
A 15% 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	
Almond Joy	Almond butter, cacao, banana, greek yogurt, cococut flakes	
Power Up	Banana, pineapple, mango & kale	
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
Turmetic 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
Fento Albirino - Spain		12
Red		
Artuke Rioja - Spain		12
Silver Palm Cabernet - California		14
Rose		
Berne Romance - France		12
La Galaxia Rosado - Portugal		12
Bubbles		
Raventos Blanc Blanc de Blanc - Spain		12
De Chanceney Rose - France		14
Beer		
Local		7
Caybrew Lager Bottle		
19-81 Blonde Can		
19-81 Tropical IPA Can		
Import		8
Corona Bottle		
Red Stripe Bottle		

Room service delivery is \$40 KYD flat rate.

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