

# Breakfast MENU

## PORRIDGE

CORNMEAL (V, GF)  
GREEN PLANTAIN (V, GF)  
BANANA & FLAXSEED (V, GF)

## DRINKS

### FRESH JUICE

Orange, Green, Mango & Orange, Carrot & Ginger, Beetroot & Ginger

### FRESH SMOOTHIES

Mango Filler, Pear Refresher, Berry Breakfast, Breakfast Bang, Pineapple & Spinach

### HERBAL TEAS

Peppermint tea, Fresh Lemon & Ginger, Fresh Lemongrass, Soursop Leaf & Cinnamon

## WRAPS

COLOURFUL BLACK BEAN & AVO  
BATTERED COD, HERBY TATAR & PINK  
PICKLE TORTILLA  
GRILLED SUMMER VEGGIES  
CURRY CHICKPEA LETTUCE

## COMFI FRIT

BLACK BEAN  
SPINACH  
CLASSIC

## COMFI DUMPLINGS

With ACKEE & SALTFISH  
STEAMED CALLALOO  
STEAMED CABBAGE WITH PUMPKIN & CARROTS (V)

## SIDES

FRIED PLANTAIN  
STUFFED PLANTAIN  
ROAST CORN  
BREAD  
FRIED YAM



# Main MENU



## MAINS

### MEAT

Gully Curry Goat  
Red Stripe Jerked on Bay Leaf Chicken  
Mama Fried Chicken

### FISH

Rocker's  
Eskovitch & Brown Stew

### VEGAN

Iltal Chic (vg)  
So Mi Like It Stew (vg)  
Wrap it up (vg)  
Smoked Mac & Cheese (vg, gf)  
Sweet Potato/Yam Roast

## RICE

Coconut White Rice  
Rice & Peas  
Chidi Jollof

## SOUP

Carrot, Mushroom, Chicken, Lentil

## ROTI

Chick Pea Roti (vg, gf\*)  
Plain Roti (vg, gf\*)

## SALAD

Avocado & Baby Spinach  
Coleslaw  
Fresh Vegi  
Greens & Grains  
Full Belly Salad

## PATTIES

Vegetable  
Callaloo  
Ackee & Fish

## PUDDING

Yaad Pumpkin  
Cornmeal  
Sweet Potato  
Nutty Pud



\*Gluten free option available



# Drinks MENU

## FRESH JUICES

Orange  
Green  
Mango & Orange  
Carrot & Ginger  
Beetroot & Ginger



## SHAKES

Body Shaper  
Berry-Berry Crush  
Mix up

## ENERGY PUNCHES

Guinness Punch  
Peanut Punch  
Jump through Window  
Nuh Sey 40

## SMOOTHIES

Fruity Yoghurt  
Banana Energy  
The Bulldozer  
Green Vitality  
Coconut Pumpkin

## GYM

Power Punch  
Lean Power

