

IN THE SHADE

HOTEL AND COWORKING
SINCE 2015

ME
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BREAKFAST 7-10AM

- SUNNY SIDE UP** 8
3 farm fresh eggs served with a fresh baguette, butter and jam
- AVOCADO BACON & EGGS** 9
Eggs, maple-infused bacon and avocado on an herb baguette
- THE OMELETTE** 10
Farm fresh eggs, coriander, honey mustard, tomatoes, served with an herb baguette
- THE PROTEIN PRINCE** 12
scrambled eggs with cheese and a side of maple-infused bacon

LUNCH 11-2

- CLASSIC** 12
eggplant, roasted red peppers, avocado, spinach, and tomato on a bed of lettuce or fresh bread
- NICARAGUAN** 12
(SUBJECT TO AVAILATBILTY)
- grass fed filet mignon, onions, roasted red peppers, and cheese served on a bed of lettuce or fresh bread
- CAPRESE** 12
mozzarella, tomatoes, extra virgin olive oil with a balsamic reduction

BOWLS (ALL DAY)

- ACAI BOWL** 9
acai berries, banana, with coconut and granola.
- F.Y.G.** 8
banana, pineapple, passionfruit, kiwi served with a Greek yogurt and granola.
- THE DRAGONFRUIT BOWL** 10
dragonfruit, acai berries, banana, with coconut and granola.
- BEACH BOWL** 11
blueberries, banana, almond butter, chia seeds, almond milk, topped with kiwi.

SMOOTHIES (ALL DAY)

- GO GREEN** 5
celery, green apple, ginger, lemon
- THE SWEET GREEN** 5
celery, pineapple, green apple, ginger, lemon
- THE SNUGGLE** 5
strawberries, bananas, almond butter, almond milk
- THE SALAD** 5
spinach, cucumber, banana, ginger, dash of maple syrup
- PASSIONATE MANGO** 5
passionfruit, mango, banana, fresh squeezed orange juice
- UNLEASH THE DRAGON** 5
dragonfruit, pineapple, mango, fresh squeezed orange juice
- PINAPPLE BASIL** 5
pineapple, basil, yogurt, chia, honey
- MORNING KICK** 5
fresh squeezed orange juice, pineapple, lime, ginger
- MONKEY'S MORNING** 5
coffee, banana, almond milk, cacao powder, dash of maple syrup
- ROOTS AND BERRIES** 5
strawberry, blueberry, beetroot, acai
- U STILL READING THIS** 5
passionfruit, orange juice, lime
- STILL HAVEN'T DECIDED** 4
passionfruit, lime, soda

DRINKS (ALL DAY)

- AMERICANO** 2
- CAPPUCINO** 3
- ICED LATTE** 4
- MATCHA LATTE** 5
- ESPRESSO** 2
- TEA** 2
- FRESH ORANGE JUICE** 4

CASH ONLY, PRICES DON'T INCLUDE 10% SERVICE AND 13% TAX