

# sandwiches

all served with green salad

## FALAFEL WRAP

greens / tomato / pickled red onion  
housemade falafel / hummus / tahini dressing 9.5

## JERK CHICKEN

avocado / red onion / lettuce  
garlic mayonnaise / sourdough 9.5

## SMOKED SALMON

goat cheese / red onion / cherry tomato / avocado  
cucumber / 6 grain bread 12

## GRILLED VEGGIE

portobello mushroom / zucchini / red pepper  
salsa fresca / eggplant / arugula pesto  
swiss cheese / ciabatta 9

## FRESH BLT

English bacon / lettuce / tomato / mayo / sourdough 9.5

## BUFFALO WRAP

grilled chicken tossed in buffalo sauce / tomato / carrot  
lettuce / blue cheese / greek yoghurt ranch 11

## TURKEY

smoked thinly sliced turkey / lettuce / tomato  
red onion / swiss cheese / mayo / six grain bread 8

## MOROCCAN CHICKEN

grilled chicken / lettuce / tomato / grilled red pepper  
Moroccan spiced mayo / ciabatta 12

## CALIFORNIA CHICKEN

avocado / lettuce / tomato / red onion  
goat cheese / mayo / six grain bread 12

## CLUB

English bacon / smoked turkey / lettuce / tomato  
avocado / mayo / sourdough 12

## STEAK

grilled steak / portobello mushrooms / pickled red onion  
tomato / blue cheese / horseradish mayo / ciabatta 12

# bowls

## MEDITERRANEAN

quinoa / field greens / feta cheese / almonds  
kalamata olives / red onions / cucumber / red peppers  
tomato / cilantro / red pepper sauce 10.5

## BAJA

brown rice / kale / avocado / beet slaw black beans  
corn / salsa fresca / lime wedges / spicy yoghurt sauce 10

## TERIYAKI

brown rice / edamame / broccoli / carrots / cucumber  
green onions / sesame seeds / teriyaki sauce 9

## BUDDHA

brown rice / avocado / aged cheddar / cherry tomato  
black beans / corn / cilantro / lime wedges  
kicked up bbq sauce 10

## WARRIOR

brown rice / hummus / feta / black olives  
arugula / roasted broccoli / pickled red onion  
roasted sweet potato / balsamic vinaigrette 11

## POKE

seasoned brown rice / kale / avocado / fresh tuna  
cucumber / cabbage / carrots / edamame / green onion  
sesame seeds / Asian sesame dressing  
spicy yogurt sauce 16

## MOROCCAN

quinoa / arugula / roasted carrots / olives / grilled zucchini  
hummus / red pepper / Moroccan dressing 10

## ROASTED ROOTS

quinoa / arugula / roasted beets / roasted parsnip  
roasted broccoli / roasted brussel sprouts / almonds  
tahini / lime dressing 11

## HERO

quinoa / kale / salsa fresca / avocado  
roasted broccoli / beet slaw / almonds  
pickled red onion / pesto / roasted sweet potato 11

## \*ADD ON

falafel 3 / grilled or jerk chicken 4  
steak 5 / seared tuna or grilled salmon 6

# FRESH

kitchen & coffee

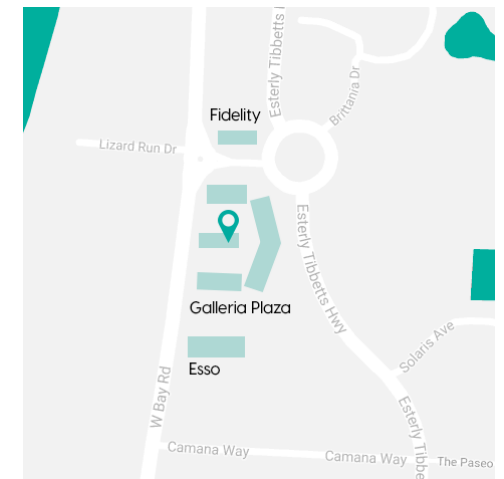
## EAT IN OR GRAB & GO

345 640 0008

hello@freshcayman.com

M-F 7am-7pm

Sat & Sun 8am-3pm



Galleria Plaza, West Bay Rd



# breakfast

all served with green salad

## TEXAS BURRITO

scrambled eggs / avocado / black beans  
aged cheddar / cilantro / salsa fresca 9

## STEAK EGG & CHEESE BURRITO

scrambled eggs / grilled steak / salsa fresca  
aged cheddar / tomatoes / mushrooms 10

## BACON EGG & CHEESE SANDWICH

toasted buttered English muffin / scrambled eggs  
English bacon / aged cheddar / housemade pesto 9

## BREAKFAST BELT

scrambled eggs / English bacon / lettuce / tomato  
toasted sourdough (substitute avocado for bacon) 9

## POWER BREAKFAST

scrambled eggs / salsa fresca / roasted  
sweet potato / avocado, / English bacon 9

## CALIFORNIA SANDWICH

toasted English muffin / housemade pesto  
scrambled eggs / sliced avocado  
goat cheese fondue / salsa fresca 9

## SMOKED SALMON BAGEL

smoked salmon / cream cheese / avocado  
red onion / cucumber / toasted bagel 11

## HEALTHY START

toasted 6 grain bread / scrambled eggs / avocado  
vine tomatoes / roasted sweet potato  
housemade pesto 9

# smoothies 6-

**FRESH GREEN** kale / spinach  
pineapple / avocado / bananas

**AW NUTS** bananas, almonds, walnuts, milk

**TROPICAL** pineapple, mango, banana, milk

**BERRI** blueberry, strawberry, raspberry, banana, milk

**BREAKFAST** mixed berries, banana, granola, milk

# breakfast bowls

## TRADITIONAL GRANOLA

housemade toasted maple oats  
vanilla greek yoghurt / fresh berries 8

## STRAWBERRY

strawberry greek yoghurt  
housemade toasted maple oats / fresh blueberries  
strawberries / sliced banana 9

## TROPICAL

mango greek yoghurt / housemade toasted maple oats  
mango / pineapple banana / toasted coconut flakes 9

## ACAI BREAKFAST

housemade granola / almonds / shaved coconut  
blueberries a drizzle of honey 8

## ACAI TROPICAL

sliced mango / pineapple / banana  
coconut flakes / granola 8

# avocado toast

on toasted rye

classic - tomato jam 8

smoked salmon, red onion 12

tomato jam, spinach, hard boiled egg 10

tomato jam, smoked salmon, hard boiled egg 14

# juices 6-

## HEAVY DETOX

pineapple / green apple / celery / cucumber / ginger

## REENERGIZE

carrot / pineapple / lemon / turmeric / ginger

**GREEN** kale / spinach / romaine

green apple / cucumber / lemon

**BIG RED** beet / lemon / ginger / carrot

**REFRESHER** watermelon / lemon

# salads

\*ADD ON falafel 3 / grilled or jerk chicken 4  
steak 5 / seared tuna or grilled salmon 6

## ZEN

spinach / romaine / mango / edamame / cabbage  
broccoli / carrots / sesame seeds / sesame dressing 9.5

## COBB

romaine / field greens / hard-boiled egg / avocado  
bacon / blue cheese / tomatoes / corn / honey dijon 9.5

## GRILLED SALMON

vine tomatoes / cucumber / red onion / red pepper  
feta cheese / walnuts / grilled salmon  
herb vinaigrette greek yoghurt ranch 15

## NIÇOISE

mixed greens / avocado / red onion / tomato / potato  
hard-boiled egg / black olives / seared tuna  
red wine vinaigrette 15

## MEDITERRANEAN CHICKEN

marinated grilled chicken breast / vine tomatoes / feta  
cucumbers / red onions / over field greens & arugula  
red wine vinaigrette 12

## FIESTA

field greens / avocado / aged cheddar / corn  
salsa fresca / black beans / cilantro lime vinaigrette 9.5

## QUINOA & GREENS

tomato / peppers / red onions / black beans / kale  
spinach / quinoa / lime vinaigrette 9

## CAESAR

romaine & mixed greens / chickpeas / English bacon  
croutons / shaved parmesan / housemade dressing 9

## BEET

beet slaw / goat cheese / red onion / avocado  
red quinoa / mixed greens / spinach / arugula  
herb vinaigrette 11

## JERK

mixed greens / vine tomato / avocado / black beans  
grilled peppers / jerk chicken greek yoghurt ranch 11

## STEAK

arugula / mixed greens / red onions / roasted parsnip  
roasted broccoli / mixed peppers / grilled mushrooms  
grilled zucchini / sliced steak / red wine vinaigrette 13