

LIGHTEN UP

- 10 granola with yogurt
homemade granola, choice of yogurt
- 12 acai parfait
homemade granola, bananas, berries
- 16 bagel schmugel
smoked salmon, red onions, capers, tomatoes, bagel
- 10 irish oatmeal
coconut streusel

EGG-CELLENT

- 15 the big "O"
3 eggs, turkey chorizo, spinach, tomatoes, manchego cheese
- 15 the benny
choice of bacon, spinach, smoked salmon, canadian bacon or crabmeat (2)
- 13 tofu scramble
egg whites, broccoli, zucchini, tomatoes, brown rice, mushrooms, avocado, alfalfa sprouts
- 14 breakfast panini
2 eggs, tomato, swiss cheese, red pepper, grilled zucchini, roasted red pepper aioli, sprouts
- 15 steak and eggs
2 eggs, red chile sauce
- 14 the usual suspect
two eggs any style, breakfast potatoes, choice of bacon, ham or sausage
- 14 hot n' frisky
spicy chilaquiles, poached eggs, queso fresco, avocado

GRIDDLE ME THIS

- 14 chicken and waffles
chicken confit, fig jam and vanilla syrup
- 14 lemon pancakes
mascarpone cream, candied lemon zest
- 14 coconut french toast
coconut and corn flakes crust
- 13 keep it simple
traditional buttermilk pancakes, seasonal fruit compote
- 13 euro-waffle
buttermilk belgian waffle, infused cinnamon whipped cream




LIQUID FUEL

- 5 leaded or unleaded
coffee | tea-se | espresso | latte | cappuccino
- 5 fruit juice
orange | grapefruit | apple | cranberry | tomato
- 5 moo juice or soy milk
- 8 mixed berry smoothie
- 13 mimosa
chandon champagne, fresh orange juice
- 16 strawberry fields
fragoli wild strawberry liqueur, chandon champagne
- 10 rice bloody mary
spicy pickles, olives, lime






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STARTERS

- 6 sexy fries 
sriracha mayo, harissa ketchup, red jalapeno jam
- 8 tempura fried green beans
cilantro yogurt sauce
- 6 steamed edamame 
- 12.50 scallop carpaccio
yuzu dressing, marinated ikura, wakame
- 14 steamed PEI mussels in coconut milk 
thai basil, lemongrass broth, crostini

TASTE OR TREAT

can't decide? why not explore by tasting a few?

- 6 10.50 warm shiitake and baby spinach salad
soy vinaigrette, peppercress, tomatoes and edamame puree on crostinis
- 10 14 miso marinated salmon with hearts of romaine 
sesame tofu dressing, tomatoes, red onions, daikon radish sprouts
- 5 9 strawberry and avocado salad 
raspberry sake vinaigrette, butter lettuce leaves, candied walnuts
add chicken 3
- 6 11 caesar salad
romaine hearts, caramelized onion, bacon, parmesan, asiago crostini
add chicken 3
- 6 10.50 dragon bowl | spicy ginger soy
brown or white rice | beef, chicken or tofu
carrots, broccoli, shiitake, scallions, bok choy, bean sprouts, zucchini
- 6 10.50 zen bowl | lemongrass 
brown or white rice | beef, chicken or tofu
carrots, broccoli, shiitake, scallions, bok choy, bean sprouts, zucchini
- 8 13 spicy shrimp udon bowl
spicy peanut sauce, bok choy, peanuts, tomatoes, shiitake

MAINSTREAM

- 12 signature...soup | salad | sandwich
asian pear, manchego and fontina grilled cheese sandwich on asiago bread,
roasted tomato soup, frisee with lemongrass dressing
- 11.50 chicken sandwich with asian pesto
arugula, tomato confit, focaccia bun
- 13 burger
tempura fried oyster mushrooms, miso ketchup, LTO, brioche bun
- 14.50 ahi sandwich
open face on baguette with sofrito mayo, chimichurri, mixed greens,
lemongrass dressing, lotus root
- 15 steak frites 
mojito isleno, sweet potato fries
- 13 spicy pork tenderloin sandwich
hoisin bbq sauce, frisee, focaccia bun







W LOVES  GLUTEN FREE






executive chef: rocio varela

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EMBARK

- 6 steamed edamame 
- 12 chicken pastelillos
puertorican turnovers, avocado creama, tomato cilantro salad
- 10 serenata de bacalao 
salted cod salad, red onion, tomato, avocado with tostones
- 13 baked oysters with chorizo and spinach
black pepper garlic sauce
- 14 steamed PEI mussels in coconut milk 
thai basil, lemongrass broth, crostini
- 15 steak frites 
mojito isleno, sweet potato fries

EXPLORE

- 6 carrot red miso soup
crispy tofu and ginger oil
- 9 strawberry and avocado salad 
raspberry sake vinaigrette, butter lettuce leaves, candied walnuts
add chicken 3
- 8 green papaya salad with beef ceviche 
- 11 caesar salad 
romaine hearts, caramelized onion, bacon, parmesan, asiago crostini
add chicken 3
- 11 seared sea scallop with butter lettuce 
honey garlic vinaigrette, sofrito, avocado salsa, cilantro oil
- 14.50 dragon bowl | spicy ginger soy
brown or white rice | beef, chicken or tofu
carrots, broccoli, shiitake, scallions, bok choy, bean sprouts, zucchini
- 14.50 zen bowl | lemongrass 
brown or white rice | beef, chicken or tofu
carrots, broccoli, shiitake, scallions, bok choy, bean sprouts, zucchini

ENLIGHTEN

- 24 pork tenderloin on plantain gratin 
blood orange reduction, curry ginger oil, apple ginger chutney
- 29 rack of lamb with chimichurri 
pearl onions, potato puree with crispy plantain and cucumber mint gelee
- 32 filet glazed with kecap manis
cauliflower popcorn, root vegetable gorgonzola gratin
- 26 pan seared salmon with passion fruit soy glaze
coconut curry rice cake, chinese long beans, pomegranate reduction
- 27 halibut with tomato confit 
celery root puree, baby bok choy
- 23 fragrant spiced half roasted chicken
sweet corn arepa, baby spinach salad, honey garlic vinaigrette



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