

# BLUEBAR & KITCHEN

## Beverages

### Illycaffè

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Illy is the world's most global coffee brand based in Italy, producing the unique illy 100% Arabica blend made of 9 of the world's best selections.

**ESPRESSO REGULAR OR DECAFFEINATED 8**

**CAPPUCCINO 9**

**LATTE / ICED OR HOT 9**

**MATCHA GREEN TEA LATTE 10**

Available Iced or Hot

### Breakfast Cocktails

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**MIMOSA FLIGHT 22**

Italian Prosecco Faggeto & Fresh Orange Juice

**PINEAPPLE & GRAPEFRUIT BLINNI 19**

Sparkling Wine, Fresh Grapefruit Juice, Pineapple Juice and Candied Orange

**BLOODY MARY FLIGHT 22**

Traditional Bloody Mary, Pepper Infused Vodka Bloody Mary, Bloody Maria and Bahamian Michelada

### Hot Tea From Tea Leave

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**ORGANIC ENGLISH BREAKFAST TEA 8**

Awaken with this Bold & Invigorating Classic Black Tea

**LAVENDER EARL GREY 8**

An Elevating Earl Grey, with Subtle Notes of Calming Lavender and Uplifting Notes of Bergamot

**ORGANIC VANILLA ROOIBOS 8**

Sweet Vanilla Gives a Beautiful Body to this Naturally Caffeine-Free Herbal Infusion

**CHAMOMILE BLOSSOM 8**

Apple-like Bouquet Wafts Promises of Inner Calm with Whole Golden Chamomile Blossoms

**ORGANIC PEPPERMINT 8**

Fresh Mint Leaves Refresh with Crisp, Cooling Notes - A True Peppermint for Peppermint Lovers

### Hand-Crafted Juices & Sodas

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**THE GREEN WAKE UP CALL 14**

Green Apple, Fresh Ginger, Celery, Honeydew, Cucumber, Local Kale and Mint

**THE TROPICAL SHAKE UP 10**

Local Pineapple, Carrots, Ginger and Green Apples

**MIXED BERRY SODA 11**

Blueberries, Raspberries and Strawberries

**KOMBUCHA FROM OUR KITCHEN 15**

Daily Selection

**FRESHLY SQUEEZED ORANGE JUICE 11**

**TROPICS SODA 11**

Orange, Pineapple and Mango

### Smoothies

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**BLUEBERRY BANANA AVOCADO 15**

Blueberries, Bananas, Avocados, Spinach, Cinnamon and, Almond Milk

**PINEAPPLE & KALE 14**

Fresh Pineapple, Local Kale, Bananas, Non-Fat Greek Yogurt, Peanut Butter and Vanilla Almond Milk

**WAKE ME UP 12**

Illycaffè Espresso, Coconut Milk, and Bananas

**WORK OUT 13**

Almond Milk, Banana, Chocolate Chips, Chocolate Protein Powder, Mixed Nuts and Coconut Flakes

**STRAWBERRY BANANA 12**

Pineapple, Strawberries and Bananas

**PINK SANDS GARDEN 13**

Avocados, Cucumbers, Chia Seeds, Mint, Spirulina Powder, and Coconut Milk

**THE LOVE POTION 12**

Watermelon and Local Pineapple Chunks, Organic Blueberries and Almond Milk

**TROPICAL GREEN TEA 14**

Matcha, Banana, Coconut Milk, Agave Nectar and Mango

# BLUE BAR & KITCHEN

## Breakfast Menu

### Freshly Baked Goods

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#### **CROISSANTS 18**

Chocolate and Plain Croissants; served with Butter and Coconut, Pineapple or Strawberry Jam

#### **MUFFINS 16**

Blueberry Muffins, Healthy Seeded Muffin; served with Butter and Pineapple or Strawberry Jam

#### **COCONUT RUM FRENCH TOAST 22**

Coconut Rum Custard, Brioche Bread and Maple Syrup

#### **VEGAN OATMEAL BANANA PANCAKES 22**

Caramelized Banana, Maple Syrup & Vegan Butter

#### **BLUEBERRY BUTTERMILK PANCAKES 24**

Blueberry Compote, Toasted Pecans and Lemon Zest

### Breakfast Bowls

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#### **HOUSE MADE GRANOLA 20**

Granola, Coconut Greek Yogurt, Fresh Berries Coulis & Melon

#### **ISLAND OATMEAL 20**

Rum Marinated Raisins, Banana, Mango Cardamom Brown Sugar

#### **VEGAN CHAI SEED PUDDING 18**

Chai seed, Almond Milk, Toasted Coconut & Strawberry Confit

#### **ACAI BERRY BOWL 23**

Berry Smoothie Bowl, Almond Butter, House Made Granola with Fresh Fruit Sliced Coconut

#### **HARBOUR ISLAND FRUIT BOWL 18**

Sliced Seasonal Local Fruits

#### **MELONS BOWL 18**

Cantaloupe, Honeydew and Watermelon, Cottage Cheese

### Sides 8

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Applewood Smoked Bacon

Irish Pork Breakfast Sausage

2 Organic Eggs (Any Style)

Oak Barrel Smoked Salmon

Homemade Breakfast Potatoes

Half Avocado

### Hot Breakfast

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#### **PINK SANDS BREAKFAST 30**

FoodPost Farms Organic Eggs, Any Style, Grilled Heirloom Tomato, Mushrooms, Applewood Smoked Bacon or Sausage, Home Fries and Organic Greens

#### **SPINACH & FETA OMELET 28**

Tomato Salad With Cucumbers & Pickled Onions

#### **BAHAMIAN EGG WHITE FRITTATA 27**

Pigeon Peas, Bell Peppers, Heirloom Tomatoes and Ricotta

#### **POACHED EGG & AVOCADO TOAST 22**

Mashed Avocado, Cucumber, Radish, Cherry Tomato, Citrus Vinaigrette with a Whole Grain Grilled Artisan Loaf

#### **SPINY LOBSTER BENEDICT 32**

Two Poached Eggs, Truffle & Lemon Hollandaise on an English Muffin, Local Dinosaur Kale, and Red Lumpfish Caviar

#### **BLUE BAR BREAKFAST SANDWICH 22**

Two Eggs, Ham, Gruyere, Caramelized Onions, Aioli, Brioch Bun

#### **SPICED SCRAMBLE EGG 19**

Local Caribbean Spiced Scrambled Eggs, Spinach, Topped with Parmesan, Served on Seeded Toast

#### **TRADITIONAL CHICKEN SOUSE 22**

Chicken Wings, Onions, Potatoes, Lime Juice, All Spice, Goat Pepper, Served with Jhonny Cake

#### **SMOKED SALMON TOAST 28**

Heirloom Tomato, Capers, Cream Cheese, Red Onion, Smoked Salmon on Muesli Whole Grain Toasted Bread

**Toast 5** (Multigrain, White, Rye, Pumpnickel)

\* Egg Whites Available Upon Request

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FoodPost Farms is a locally sourced farm on North Eleuthera. Priding themselves on sustainable natural feed and vitamins for their livestock, we are proud to commit to their initiatives.

V - Veg    VGF - Vegetarian GF    GF - Gluten Friendly

We source our ingredients locally, seasonally, and sustainability. Due to the exclusivity of Harbor Island, please excuse any menu items that may not be offered at this time. Please see your server with any dietary restrictions based on allergies and preferences.

For your convenience, 20% service charge and 12% VAT is added to your check

# BLUEBAR & KITCHEN

## Lunch Menu

### Baked Goods

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#### CRISPY CORN TORTILLA CHIPS 16

House Made Spicy Tomato Salsa Fresca

#### BAHAMIAN CONCH FRITTERS 22

Minced Vegetables, Herbs, Goat Pepper & Calypso Sauce

#### YELLOWFIN TUNA POKE BOWL 34

Cucumber, Avocado, Seaweed Salad, Kimchi, Edamame, Pickled Ginger, Radish, Turmeric-Lime Aioli

#### TEMPURA SHRIMP 28

Lime Tartar Sauce & Sliced Lemon

### Salads

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#### FRESH BAHAMIAN CONCH SALAD 26

Sweet Peppers, Tomatoes, White Onion Goat Chili, Lime, Sour Orange & Chips

#### CLASSIC CAESAR SALAD 24

Romain Lettuce, White Anchovies, Shaved Parmesan & Thyme Roasted Croutons

#### SKIRT STEAK YAKITORI SALAD 29

Local Greens, Edamame, Cucumber, Tomatoes, Cabbage, and a Carrot Ginger Dressing

#### MARINATED QUINOA SALAD 26

Roasted Butternut Squash, Grilled Onions, Roasted Sweet Peppers, Feta, Honey Cumin Vinaigrette

#### CARIBBEAN MIXED COBB SALAD 30

Grilled Jerk Chicken, Romaine Lettuce, Bacon, Avocados, Pineapple, Tomatoes, Hard Boiled Egg, Blue Cheese Basil Buttermilk Dressing

### Sides

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Grilled Jerk Chicken Breast 15

Shrimp 12

Coleslaw 8

Sweet Potato Fries 8

Yucca Fries 8

Grilled 6oz Mahi-Mahi 15

Fresh Garden Salad 8

House Fries 8

Peas & Rice 8

### Flat Breads

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#### MUSHROOM & PANCETTA FLAT BREAD 30

Thyme Roasted Mushrooms, Pancetta, Caramelized Shallots, Grana Padano, Mozzarella, Baby Arugula, Truffle Oil

#### MARGHERITA FLAT BREAD 27

Pink Sands Garden Heirloom Tomatoes, Buffalo Mozzarella, with Fresh Basil

#### SHRIMP FLAT BREAD 28

Tender Shrimp, Garlic, Parsley, Lemon Zest, Mozzarella

### Entrees

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#### PINK SANDS CHEESEBURGER 32

Organic Natural Beef, American Cheese, Applewood Bacon, Romaine Lettuce, Tomato, Onion, Calypso Sauce

#### CRISPY BUTTERMILK CHICKEN SANDWICH 27

Chicken Breast, Caramelized Onions, Romaine Lettuce, Pickles, Hot Sauce, and a Lemon Miso Aioli

#### BAHAMIAN LOBSTER CLUB SANDWICH 42

Cold Spiny Lobster Salad, Romaine Lettuce, Hard Boiled Egg, Tomato, Cucumbers, Red Peppers, Applewood Bacon, Avocados, Caper Dill Remoulade

#### TEMPURA GROUPEL FISH TACOS 32

Pineapple Pico de Gallo, Pickled Cabbage Avocado, Lime Tartar, Griddled Flour Tortillas

#### BLACKENED FISH WRAP 29

Daily Selection of Blackened Local Catch, Fresh Greens, Tomatoes, Avocados, Pico De Gallo, and Lime Aioli

#### CRACKED LOCAL CONCH 28

Beer Battered Local Conch, Tartar Sauce, Peas & Rice, and Sliced Lemon

#### GRILLED MAHI-MAHI SANDWICH 33

Romaine Lettuce, Tomato, Onions, Lime Tartar Sauce

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