



## NOURISH Lunch Menu

**Address:** VIDA Hotel

**Phone:** 1 (345) 938 9114

**Cuisine:** Farm-to-Fork Breakfast & Lunch

Available 11.30am-3pm

### LUNCH

#### **VIDA Fish Tacos** GF CI\$17

Wild mahi, 3 mini homemade corn tortillas, citrus slaw, tropical salsa, scotch bonnet tartar sauce, allspice pickled onion, served with charred corn and black bean salad

#### **Cayman-Style Local Beef Tacos** GF CI\$17

Local slow cooked Cayman style beef, 3 mini homemade corn tortillas, pico, ricotta salata, radishes, avocado lime crema, served with charred corn and black bean salad

#### **Rundown-ish** GF CI\$20

Fresh catch marinated overnight in special Caribbean green seasoning, pan seared and served with callaloo rice, roasted local pumpkin and citrus coconut sauce

#### **VIDA Poke Bowl** GF CI\$21

Local/sushi grade tuna tossed in house poke sauce, pickled cabbage, cucumber, edamame, avocado, carrots and charred scallion layered on quinoa or callaloo brown rice, gochujang yoghurt drizzle, toasted sesame seeds

#### **West Indies Curry Chicken Salad Sandwich** CI\$12

Mayo, organic shredded chicken tossed in housemade mild curry sauce, mango chutney spread, lettuce and tomato served with sweet potato salad

#### **Chef Mo's Mushroom Medley** V MP

Locally cultivated mushrooms in marsala sauce, toasted sourdough, island chimichurri, sweet potato and crispy leek garnish, hydroponic salad greens

#### **Nourish Bowl** Vegan GF CI\$16

Callaloo brown rice or quinoa base, shredded carrots, tomato confit, roasted breadfruit, braised red cabbage, roasted lemon garlic broccoli, superfood goddess dressing, romesco herb drizzle

### **Chill Out Chicken Soba Noodles** GF

**CI\$16**

Chilled buckwheat soba noodles, shredded chicken breast, peanut coconut amino sauce, local cucumber pickle, roasted miso cauliflower, garlic and ginger red cabbage, red peppers, mint, cilantro, charred scallion. Veg only option CI\$14

### **Med Orzo** v Vegan

**CI\$14**

Orzo, chickpeas, spinach, sun dried tomatoes, capers, crushed walnuts, local oregano, dill and parsley, black olives, dairy-free feta, lemon zest, dijon-balsamic dressing. Add chicken/tofu CI\$5 or fish/wild shrimp CI\$8

### **Seaside Caesar**

**CI\$12**

Romaine, spinach, garlic and herb sourdough croutons, house dressing (contains anchovies) asiago and aged parmesan, crispy capers. Add chicken/tofu CI\$5 or fish/wild shrimp CI\$8

Last updated: Wed 05 Feb, 2025