

RISE & SHINE



Juice / 10

Orange, pineapple, cranberry, red apple, grapefruit

Hydration / 15

Coco Mint Cooler Refresher

Coconut water, mint, coconut cream

Mystic Lemonade

Fever grass tea, lemonade, strawberry purée, ginger

Garden Green Refresher

Kale, green apple, cucumber, mint

Tropical Oasis Smoothie

Strawberry purée, banana purée, yogurt, oat milk

Garden Smoothie

Spinach, matcha, agave syrup, yogurt, oat milk



Morning Cocktails

Classic Mimosa / 18 Tropical Mimosa / 18 Bloody Mary / 18

Shots / 10

Island Immunity Booster

Fever grass tea, orange juice, lime juice, agave

The Cove Shot

Orange juice, ginger juice, turmeric

Green Shot

Cucumber juice, lime juice, green apple juice



Coffee

Single Espresso / 6

Double Espresso / 8

Americano / 8

Macchiato / 12

Café Latte / 12

Cappuccino / 12

Matcha Latte / 12



Tea / 8

English Breakfast White Vanilla Grapefruit

Organic Assam Black (India)

Japanese Sencha Green Tea

Organic Earl Grey

Egyptian Chamomile (Caffeine-Free Herbal)

Pomegranate Oolong



Water & Soft

Drinks

Sodas / 6

Acqua Panna Small / 6

Acqua Panna Large / 12

San Pellegrino Small / 6

San Pellegrino Large / 12



Continental

HOMEMADE COCONUT GRANOLA **VEG**Served with Greek yogurt and pineapple compote / 15

SEASONAL FRUIT PLATTER VEG GF / 12

ARTISAN TOAST **veo**Homemade bread served with berry jam & butter / 8

PASTEL DE NATA **VEG**A classic Portuguese custard tart with buttery pastry and a hint of cinnamon and lemon in the filling / 8

GUAVA AND VEG COCONUT CINNABUN Classic Cinnabun with tropical Caribbean flavors / 13

MUFFINS

Baked fresh in-house, choice of:

HEALTH MUFFIN **VEG**Apple, carrot, coconut,
raisins & served with honey
& butter / 15

LEMON, BLUEBERRY
& WHITE
CHOCOLATE VEG
Served with honey & butter
/ 15

Eggs

Create your own -

TWO ORGANIC EGGS
- ANY STYLE
Choose any three / 24
Additional items / 6

VEGETABLES: Mushrooms, tomato, spinach, bell peppers, onion

CHEESE: Cheddar, goat cheese, ricotta

PROTEIN: Apple smoked bacon, tofu turkey bacon, pork sausage

BREAKFAST BURRITO VEG

Tortilla, scrambled eggs, corn and black bean salsa, fresh avocado, spicy tomato sauce and cheddar cheese / 29

Add: Bacon / 4

SWEET POTATO HASH VEG

Roasted sweet potato, wilted kale, two fried eggs, caramelized onion, fresh avocado, cilantro, ricotta cheese / 24

SALMON BENEDICT Poached eggs, hollandaise, smoked salmon, red lumpfish caviar, English muffin / 31 SHAKSHUKA **VEG**Baked tomatoes, onions, garlic, feta, eggs / 27
ADD BACON / 8

AVOCADO TOAST **VEGDF** Roasted tomatoes, greens, spiced poached eggs on grilled artisan loaf / 26

FARMER'S MARKET BREAKFAST BOWL veg Two boiled eggs, grated carrots, grated beetroot, fresh cherry tomatoes, fresh rocket, herbed yogurt, olive oil and fresh lemon juice / 29

Sweet Treats

BANANA
BREAD FRENCH
TOAST **veo**Homemade banana
bread, caramelized
banana, lemon ricotta,
maple syrup, toasted
walnuts / 17

BUTTERMILK COCONUT PANCAKES **veg** Blueberry compote, coconut yogurt / 16

Overnight Oats

TROPICAL **vegDF** Mango, pineapple, coconut milk, chia seeds / 14

APPLE & TAHINI **VEGDF** Granny Smith apple compote, creamy tahini, fresh apple, lemon & mint / 17

Smoothie Bowls

PEANUT BUTTER **veg, gf** Peanut butter, banana, cacao, Greek yogurt, protein powder, blueberry, coconut / 18 FROZEN BERRY BOWL veg, GF Frozen blueberries, frozen strawberries, frozen banana, hemp seeds, chia seeds, coconut oil / 18

Sides

HOMEMADE FRIES **vegg** Jerk spiced / 8

SMOKED SALMON **GF** Lemon, scallions / 14

AVOCADO **veger** Black pepper, lemon juice, olive oil / 8

HOLLANDAISE veggf / 5

VEG = VEGETARIAN GF = GLUTEN FRIENDLY

* GREGORY TOWN GRILL *

Salads

NOODLE SALAD

Marinated rice noodles, crispy rice noodles, spring onion, cilantro, chili, mint, sesame seeds & Vietnamese dressing / 25

GARDEN GREENS VEGGF DF

Cucumber, avocado, broccoli, edamame beans, celery, artisanal lettuce, toasted walnuts, lemon juice & olive oil / 21

CHICKEN CAESAR

Baby gem leaves, herb croutons, boiled egg, parmesan, Caesar dressing / 22

ROAST BUTTERNUT SQUASH SALAD **VEGGF** Roasted butternut squash, goat's cheese, rocket, curried pumpkin seeds, pomegranate dressing, dried cranberries / 26

Small Plates

CRACKED CONCH GF

Crispy fried tenderized conch, creole remoulade / 20

CONCH FRITTERS

Savory fried bites, calypso sauce / 18

GUACAMOLEVEG

Served with homemade tortilla chips, tomato salsa / 16

RICE PAPER WRAPS VEG

Cucumber, carrot, red pepper, honey roasted peanuts, green mango & spicy soy dipping sauce. 3 served per portion / 12

FISH TACOS

Chipotle lime coleslaw, avocado, tomatillo-cilantro salsa, flour tortillas / 20

LOBSTER BAO BUN

Steamed bao bun, poached lobster, cucumber, sesame seeds, sushi mayo, crispy onions, fresh cilantro / 12

— Sides /10—

HAND CUT FRIES **VEG GF**Tomato ketchup

JERK YUCCA FRIES **VEG GF**Calypso sauce

SWEET POTATO FRIES**veg gf**Jalapeño aioli

Burgers

GLUTEN FREE AND VEGETARIAN OPTIONS AVAILABLE ON REQUEST

KOBE BEEF

8oz beef, cheese, bacon, lettuce, tomato, jalapeño popper, House-made burger sauce / 30

SPICY CHICKEN BURGER

Choice of grilled or fried chicken breast, pickled slaw, lettuce, tomato, cheese, sriracha mayonnaise / 29

KALIK BATTERED FISH

Crispy fried grouper, lettuce, tomato, pickles, jalapeño aioli, onion rings / 28

Flatbreads & Sandwiches

PARMA HAM

Avocado, parmesan / 28

MARGHERITA VEG

Buffalo mozzarella, roasted tomato, basil pesto / 26

CLASSIC CUBAN SANDWICH

Toasted baguette, smoked ham, sliced pork shoulder, yellow mustard, cheese and pickles / 35

CRISPY FALAFEL NAAN SANDWICH

Grilled naan, chickpea falafel, fresh mint, tomatoes, cucumber, roasted garlic yogurt and pickled red onion / 25

Dessert

ICE CREAM SANDWICHES /15 VEGGF

TRIPLE CHOCOLATE

70% chocolate ice cream, chocolate chip cookie, chocolate ganache

COCONUT BERRY Coconut ice cream, macadamia cookie, berry compote

LOCAL RUM & RAISIN
Dark chocolate cookie, salted caramel sauce

HOMEMADE SORBETS II VEGGF

Mango / Pineapple / Guava / Coconut / Tamarind

VEG = VEGETARIAN GF = GLUTEN FRIENDLY, DF = DIARY FREE

* GREGORY TOWN GRILL *

Salads

NOODLE SALAD

Marinated rice noodles, crispy rice noodles, spring onion, cilantro, chili, mint, sesame seeds & Vietnamese dressing / 25

GARDEN GREENS VEGGFDF

Cucumber, avocado, broccoli, edamame beans, celery, artisanal lettuce, toasted walnuts, lemon juice & olive oil / 21

CHICKEN CAESAR

Baby gem leaves, herb croutons, boiled egg, parmesan, Caesar dressing / 22

VEG GF

ROAST BUTTERNUT SQUASH SALAD

Roasted butternut squash, goats cheese, rocket, curried pumpkin seeds, pomegranate dressing, dried cranberries / 26

Small Plates

CRACKED CONCH

Crispy fried tenderized conch, creole remoulade / 20

CONCH FRITTERS

Savory fried bites, calypso sauce / 18

GUACAMOLE

Served with homemade tortilla chips, tomato salsa / 16

RICE PAPER WRAPS

Cucumber, carrot, red pepper, honey roasted peanuts, green mango & spicy soy dipping sauce. 3 served per portion / 12

FISH TACOS

Chipotle lime coleslaw, avocado, tomatillo-cilantro salsa, flour tortillas / 20

LOBSTER BAO BUN

Steamed Bao bun, poached lobster, cucumber, sesame seeds, sushi mayo, crispy onions, fresh cilantro / 12

Sides /10

HAND CUT FRIES **VEG GF**Tomato ketchup

JERK YUCCA FRIES **veggf**Calypso sauce

SWEET POTATO FRIES **VEG GF**Jalapeño aioli

Wednesday Special Burger and Beer

The Cove Umami Burger, by Chef Avery 8oz Kobe beef patty, bacon jam, caramelized onions aioli, sautéed mushrooms, cheese, lettuce, tomato, toasted brioche bun / 30

Served with fries and one can or bottle of beer (Kalik or Sands)





Burgers

GLUTEN FREE AND VEGETARIAN OPTIONS AVAILABLE ON REQUEST

SPICY CHICKEN BURGER

Choice of grilled or fried chicken breast, pickled slaw, lettuce, tomato, cheese, sriracha mayonnaise / 29

KALIK BATTERED FISH

Crispy fried grouper, lettuce, tomato, pickles, jalapeño aioli, onion rings / 28

Flatbreads & Sandwiches

PARMA HAM

Avocado, parmesan / 28

MARGHERITA VEG

Buffalo mozzarella, roasted tomato, basil pesto / 26

CLASSIC CUBAN SANDWICH

Toasted baguette, smoked ham, sliced pork shoulder, yellow mustard, cheese and pickles / 35

CRISPY FALAFEL NAAN SANDWICH

Grilled naan, chickpea falafel, fresh mint, tomatoes, cucumber, roasted garlic yogurt and pickled red onion / 25

Dessert

ICE CREAM SANDWICHES /15 VEGGF

TRIPLE CHOCOLATE CHIP

70% chocolate ice cream, chocolate chip cookie,

chocolate ganache

COCONUT BERRY Coconut ice cream, macadamia cookie, berry compote

LOCAL RUM & RAISIN
Dark chocolate cookie, salted caramel sauce

HOMEMADE SORBETS II VEG GF

Mango / Pineapple / Guava / Coconut / Tamarind

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Mains

BONE IN RIBEYE GF

Flame-grilled Angus beef, grilled asparagus, red wine jus/ 62

TENDERLOIN GF

Flame-grilled Angus beef, onion purée, burnt onion cups and charcuterie jus / 45

PORK BELLY GF

Braised pork belly, celeriac purée, roasted celeriac, pickled celery, apple slaw and all spice jus / 40

CHICKEN PARMA GF

Crumbed chicken breast, caper and tomato sauce, mozzarella, basil and hasselback potato / 38

Pasta

CHOICE OF PASTA

- Pappardelle
- Fettucine

CHOICE OF SAUCE

SEAFOOD

Mussels, grouper, shrimp, white wine and cream / 48

NAPOLITANO

Tomato, onion & basil sauce / 26 BEEF SHORT RIB RAGU

Braised Short rib, tomato sauce and roasted garlic / 50

CORN RISOTTO

Corn risotto, charred corn salsa, fennel, lime zest and parmesan / 34

CHICKPEA & COCONUT CURRY Fragrant rice, roti, sambal / 35

GROUPER

Dusted in spiced flour, pan fried with lemon and herbs, pineapple and mint salsa / 50

CARIBBEAN CURRY RED SNAPPER Cooked in a fragrant local coconut curry sauce / 45

SIDES

TRUFFLE FRIES VEG GF

Skinny French fries tossed in parmesan and truffle oil, served with truffle mayonnaise / 12

TANDOORI ROASTED CAULIFLOWER VEGGF

Cauliflower roasted with tandoori sauce and tempered oil / 16

BROCCOLI VEGGE

Sautéed broccoli florets with tomato and onion, toasted almonds / 13

YUCCA FRIES VEGGF

Crispy fried cassava, jerk spice, calypso sauce / 10

CORN ON THE COB VEG GF

Paprika butter, parmesan, jalapeño aioli / 12

RICE VEGGF

Fragrant rice with herbs and local spices / 6

MAC N CHEESE VEG

Oven baked macaroni with creamy cheese sauce / 10

POTATO SALADVEGGF

Aioli, roasted red onion, pickles, whole grain mustard, fresh herbs / 16



Desserts

BAKED CHEESECAKE VEG Spiced graham cracker crust, summer berry compote, guava sorbet / 22

CHOCOLATE & ORANGE DOME VEGGF

Chocolate mousse, orange segments, orange reduction and fresh mint / 26

PINEAPPLE CRUMBLE VEG Cinnamon ice cream, honeycomb / 16

HOMEMADE SORBETS VEGGF Berry, coconut, tamarind / 11

HOMEMADE ICE CREAM VEGGF Chocolate, pistachio, vanilla funfetti / 12

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We source our ingredients locally, seasonally, and sustainably. Due to the exclusivity of Eleuthera, 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 Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.



SUSHI BAR



Rolls

THE COVE ROLL GF

Coconut, panko, crispy tempura, kani crab, avocado, cream cheese, honey eel sauce / 30

TEMPURA ROLL GF

Shrimp tempura, cream cheese, avocado, crispy tempura, shredded crab, orange tobiko, eel sauce, spicy mayonnaise / 28

EBI TEMPURA ROLL

Shrimp, avocado, cream cheese, sliced almond, honey eel sauce / 28

TORCHED LOBSTER ROLL GF

Local lobster, parmesan, cream cheese, avocado, spicy mayonnaise, eel sauce / 34

DRAGON ROLL GF

Barbecue eel, avocado, cucumber, eel sauce, crispy tempura, wasabi mayonnaise, tobiko / 30

BAHAMA ROLL

Conch, avocado, mango, carrots, pineapple, sesame seeds, eel sauce, mango sauce / 28

WICKED TUNA GF

Spicy tuna, cucumber, ahi tuna, coconut, tempura flakes, scallion, spicy mayonnaise, eel sauce / 30

CRAZY SALMON

Salmon, cucumber, sriracha, spicy mayonnaise, eel sauce / 32

Sashimi

Three Pieces / 30

AHI TUNA HAMACHI

KING SALMON

Nigiri

Three Pieces / 25 GF

AHI TUNA H

НАМАСНІ

KING SALMON

Inari

Two sushi rice filled tofu pockets marinated with sweet soy sauce, sake, mirin and dashi sauce

SHRIMP

Furikake spice, lemon, kewpie, tobiko, crispy tempura / 32

SALMON

Wasabi mayo, eel sauce, spring onion, avocado / 34

TUNA

Spicy sauce, Togarashi spice, sesame seeds, spring onion, seaweed salad / 32

Poke Bowls

Sushi rice, spicy mayonnaise, avocado, cucumber, wakame seaweed salad, edamame beans, sesame seeds and scallions

TUNA /28

SALMON / 28

VEGETABLE TOFU /23

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