

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

Tropical Oasis Smoothie

Strawberry purée, banana purée, yogurt, oat milk

Garden Smoothie

Spinach, matcha, agave syrup, yogurt, oat milk



Morning Cocktails

Classic Mimosa / 25

Tropical Mimosa / 28

Bloody Mary / 22

Shots / 12

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



Dammann Freres Tea / 8

Breakfast Tea

Earl Gray Yin Zhen Tea

Jasmin Green Tea

Gunpowder Green Tea

Camomille Herbal Tea

Pepper Mint Herbal Tea

Ceylan Decaffeinated Tea



Water & Soft

Drinks

Sodas / 6

Acqua Panna Small / 6

Acqua Panna Large / 12

San Pellegrino Small / 6

San Pellegrino Large / 12

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.

For your convenience an 18% service charge & 10% VAT will be added to your check. Please note The Cove is a cashless resort.

BREAKFAST

7:00 a.m. – 11:00 a.m.

Continental

HOMEMADE COCONUT GRANOLA **VEG**

Served with Greek yogurt and pineapple compote / 15

ARTISAN TOAST **VEG**

Homemade bread served with berry jam and butter / 8

SEASONAL FRUIT PLATTER **VEG, GF** / 12

GUAVA AND COCONUT CINNABUN **VEG**

Classic Cinnabun with tropical Caribbean flavors / 14

MUFFINS

Baked fresh in-house, choice of:

HEALTH MUFFIN **VEG**

Apple, carrot, coconut, raisins & served with honey & butter / 16

LEMON, BLUEBERRY & WHITE

CHOCOLATE **VEG**

Served with honey & butter / 16

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:

Turkey bacon, pork sausage, apple smoked bacon, tofu

AVOCADO TOAST **VEG**

Roasted tomatoes, greens, spiced poached eggs on grilled artisan loaf / 26

SWEET POTATO HASH

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

Sweet Treats

BUTTERMILK COCONUT PANCAKES **VEG**

Blueberry compote, coconut yogurt / 16

BANANA BREAD FRENCH TOAST

Homemade banana bread, caramelized banana, lemon ricotta, maple syrup, toasted walnuts / 17

Overnight Oats

TROPICAL **VEG DF**

Mango, pineapple, coconut milk, chia seeds / 14

APPLE & TAHINI **VEG DF**

Granny Smith apple compote, creamy tahini, fresh apple, lemon & mint / 17

Sides

HOMEMADE FRIES **VEG GF**

Jerk spiced / 12

SMOKED SALMON **GF**

Lemon, scallions / 16

AVOCADO **VEG GF**

Black pepper, lemon juice, olive oil / 10

HOLLANDAISE

VEG GF / 6

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LUNCH

12:00 p.m. – 4:00 p.m

Salads

MS ANGIE'S GREEN SALAD

Cucumber ribbons, broccoli, edamame, toasted nuts and seeds, goat cheese, ginger vinaigrette / 21 **VEG GF**

CHICKEN CAESAR

Baby gem leaves, herb croutons, boiled egg, parmesan, Caesar dressing / 26

ROAST BUTTERNUT SQUASH SALAD **VEG GF**

Roasted butternut squash, goat's cheese, rocket, curried pumpkin seeds, pomegranate dressing, dried cranberries / 26

Small Plates

GUACAMOLE **VEG**

Served with homemade tortilla chips, tomato salsa / 16

FISH TACOS

Chipotle lime coleslaw, avocado, tomatillo-cilantro salsa, flour tortillas / 22

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 / 35

SPICY CHICKEN BURGER

Choice of grilled or fried chicken breast, pickled slaw, lettuce, tomato, cheese, sriracha mayonnaise / 30

Flatbreads & Sandwiches

PARMA HAM

Avocado, parmesan / 28

MARGHERITA **VEG**

Buffalo mozzarella, roasted tomato, basil pesto / 26

Dessert

ICE CREAM SANDWICHES /15 **VEG GF**

TRIPLE CHOCOLATE CHIP

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

LOCAL RUM & RAISIN

Dark chocolate cookie, salted caramel sauce

COCONUT BERRY

Coconut ice cream, macadamia cookie, berry compote

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DINNER

6:00 p.m. – 9:00 p.m.

Appetizers

MS ANGIE'S GREEN SALAD
Cucumber ribbons, broccoli, **VEG GF**
edamame, toasted nuts and seeds,
goat cheese, ginger vinaigrette / 21

**SALT & PEPPER
CALAMARI**
Crispy calamari, malay
sauce and preserved
lemon salsa / 28

WEDGE SALAD
Crispy pancetta, buttermilk
dressing, parmesan cheese,
toasted pine nuts / 22

Mains

TENDERLOIN GF
Flame-grilled Angus beef, onion
purée, burnt onion cups and
charcuterie jus / 65 **GF**

CHICKEN PARMA
Crumbed chicken breast, caper
and tomato sauce, mozzarella,
basil and hasselback potato / 40

**CARIBBEAN CURRY
RED SNAPPER**
Cooked in a fragrant local
coconut curry sauce / 50

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



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 / 35

SIDES

**TANDOORI ROASTED
CAULIFLOWER VEG GF**
Cauliflower roasted with
tandoori sauce and tempered
oil / 16

CORN ON THE COB VEG GF
Paprika butter, parmesan,
jalapeño aioli / 13

TRUFFLE FRIES
Skinny French fries tossed in
parmesan and truffle oil, served
with truffle mayonnaise / 14

MAC N CHEESE VEG
Oven baked macaroni with
creamy cheese sauce / 12

BROCCOLI
Sautéed broccoli florets with
tomato and onion, toasted
almonds / 14

RICE VEG GF
Fragrant rice with herbs and
local spices / 8

Desserts

**BAKED
CHEESECAKE VEG**
Spiced graham cracker crust,
summer berry compote,
guava sorbet / 26

**CHOCOLATE &
ORANGE DOME VEG GF**
Chocolate mousse, orange
segments, orange reduction
and fresh mint / 26

**PINEAPPLE
CRUMBLE VEG**
Cinnamon ice cream,
honeycomb / 18

**HOMEMADE
SORBETS VEG GF**
Berry, coconut,
tamarind / 13

**HOMEMADE
ICE CREAM VEG GF**
Chocolate, pistachio,
vanilla funfetti / 14

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