

BREAKFAST

7:00 a.m. – 11:00 a.m.

Continental

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

LARGE CROISSANT **VEG**
Freshly baked served with berry jam & butter / 12

PAIN AU CHOCOLAT **VEG**
Chocolate filled croissant / 13

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

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

MORNING GLORY MUFFIN **VEG**
Baked in house with apple, carrot, coconut and raisins, served with honey and butter / 10

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

THE COVE BREAKFAST **GF**
Fried eggs, grilled heirloom tomatoes, mushrooms, sausage and homemade fries / 28

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

SOUTHWEST PROTEIN BOWL **GF**
Scrambled eggs, avocado, black bean salsa, roasted butternut, smoked bacon / 28

Sweet Treats

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

Overnight Oats

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

APPLE CINNAMON **VEG**
Apple compote, vanilla bean, almond milk, flax seeds / 15

Sides

HOMEMADE FRIES **VEG, GF**
Jerk spiced / 8

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

AVOCADO **VEG GF**
Black pepper, lemon juice, olive oil / 8

WHOLE GRAIN MUSTARD HOLLANDAISE **VEG GF** / 5

VEG = VEGETARIAN GF = GLUTEN FRIENDLY

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For your convenience an 18% service charge & 10% VAT will be added to your check.

RISE & SHINE

7:00 a.m. – 11:00 a.m.



Juice & Hydration

- Assorted Juice / 10 Pineapple,
Cranberry, Apple,
Grapefruit, Clamato, Tomato
- Island Immunity Booster / 15
- Coco Mint Cooler Refresher / 15
- Mystic Lemonade / 15
- Island Giant Smoothie / 15
- Tropical Oasis Smoothie / 15
- Garden Green Refresher / 15



Morning Cocktails

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

Wake Up



- Lavazza Coffee
- Single Espresso / 6
- Double Espresso / 12
- Americano / 8
- Mocha / 12
- Macchiato / 12
- Cafe Latte / 12
- Cappuccino / 12
- Flat White / 12
- Matcha Latte / 12



- Harney & Sons Assorted Teas / 8
- Enlightening Paris
Flavored Black Teas
- Cleansing White Vanilla
Grapefruit White Teas
- Revitalizing Organic Assam
Black Teas (India)
- Black Tea Organic English
- Breakfast Chinese Keenum
Teas (China)
- Soothing Organic Green tea with
Citrus & Ginkgo (China)
- Relaxing Earl Grey Supreme
Flavored Black Teas
- Calming Chamomile Caffeine
Free Herbal (Egypt)
- Brilliant Hot Cinnamon Spice
Flavored Black Teas



- Sodas / 6
- Fiji Small / 6
- Fiji Large / 12
- Pellegrino Small / 6
- Pellegrino Large / 12

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LUNCH

12:00 p.m. – 4:00 p.m

Salads

CHICKEN CAESAR

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

ROAST BUTTERNUT **VEG,GF**

Garden greens, toasted pumpkin seeds, pomegranate, feta crumble, marinated chickpeas / 22

Small plates

CRACKED CONCH

Crispy fried tenderized conch, creole remoulade / 20

CONCH FRITTERS

Savory fried bites, calypso sauce / 18

GUACAMOLE **VEG**

Served with homemade tortilla chips, tomato salsa / 16

SALT & PEPPER CALAMARI

Lightly dusted in fragrant flour, aioli sauce / 20

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

10oz beef, cheese, bacon, lettuce, tomato, jalapeño popper, smoked barbecue sauce / 30

KOREAN CHICKEN

Grilled chicken breast marinated in kimchi sweet chili, grilled pineapple, slaw, lettuce, tomato / 28

Flat breads

PARMA HAM

Avocado, parmesan / 28

MARGARITA **VEG**

Buffalo mozzarella, roasted tomato, basil pesto / 26

Dessert

ICE CREAM SANDWICHES

I5 **VEG**

TRIPLE CHOCOLATE CHIP

70% chocolate ice cream, choc 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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SUSHI BAR

12:00 p.m. – 3:00 p.m

6:00pm – 10:00pm



Rolls

select between Maki or filled Inari

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

GF

AHI TUNA

HAMACHI

KING SALMON

Nigiri

Three Pieces / 25

GF

AHI TUNA

HAMACHI

KING SALMON

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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DINNER

6:00 p.m. – 9:00 p.m.

Appetizers

GARDEN GREENS VEG, GF
Cucumber ribbons, broccoli,
edamame, toasted nuts & seeds,
goat cheese, ginger vinaigrette / 20

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

Mains

STRIPLOIN GF
12 oz flame grilled beef, cauliflower
purée, thyme jus / 60 GF

PORK TENDERLOIN GF
Jerk spiced, sweet roast baby
carrots, carrot puree, jerk jus / 40

CHICKEN BALLOTINE GF
Pan seared chicken breast
ballotine, sweet corn puree,
grilled corn, rosemary jus / 45

**CHICKPEA &
COCONUT CURRY** VEG, GF
Fragrant rice, falafel, grilled
naan bread, sambal / 35

From the Sea

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

**SEAFOOD
FETTUCCHINE** GF
Creamy seafood pasta
with white wine, garlic,
parmesan / 45
Gluten free pasta available on request

SIDES

TRUFFLE FRIES VEG, GF
Skinny French fries tossed in
parmesan & truffle oil served
with truffle mayonnaise / 12

BROCCOLI VEG, GF
Sautéed broccoli florets with
tomato & onion, toasted
almonds, ricotta cheese / 12

RICE VEG, GF
Fragrant rice with herbs &
local spices / 6

MAC N CHEESE VEG
Oven baked macaroni with
creamy cheese sauce / 10

Desserts

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

**COCONUT
PANNA
COTTA** VEG, GF
Mango sorbet,
meringue, tropical
fruit / 18

**PINEAPPLE
CRUMBLE**
Cinnamon ice cream,
honeycomb / 16

**HOMEMADE
SORBETS** VEG, GF
Berry, coconut,
tamarind / 11

**HOMEMADE
ICE CREAM** VEG, GF
Chocolate, pistachio,
vanilla funfetti / 12

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ISLAND LIBATIONS

11:00 a.m. – 09:00 p.m.

Signature Drinks

19

PURE LOVE NEGRONI

Karoo gin, vermouth de Chambery Salers Centiane, Fever-Tree tonic

SETTLERS SMASH

Coconut, pineapple, smoked rum, organic agave, orange juice, pineapple juice

COCONUT SKYFALL

Coconut rum, Island coconut water, coconut syrup and flakes

SHOGUN REVOLVER

Japanese whiskey, fresh squeezed citrus juice, homemade syrup, sake, smoked cherry wood

JUNGLE BIRD

John Watling's rum, Amaro Nonino, Aperol, fresh squeezed lime juice

QUEEN'S BATH

Empress Indigo gin, blue Curaçao, Fever-Tree tonic

PINK SANDS

Lychee and peach infused, handcrafted martini

PURPLE RAIN

Vodka, peach liqueur, blue Curaçao, fresh squeezed lime juice, strawberry purée

PICANTE DEL COVE

Reposado tequila, organic agave, fresh squeezed lime juice, watermelon, red chili flakes, Himalayan pink salt

AQUATIC SUNRISE

Vodka, peach liqueur, Blue Curacao, organic agave, fresh squeezed lime juice

SUMMER NIGHTS

Barrel-aged Jack Daniels Tennessee Honey, triple sec, fresh squeezed lime juice, homemade simple syrup

Slushy Cocktails

18

SWEET ISLAND SPICE

Chile vodka, firewater, passion fruit, mango purée

ISLAND ICED COFFEE

Bahamian rum, coffee, milk

COVE DAIQUIRI

Rum, fresh squeezed lime juice
Choose your flavor of purée
strawberry, mango, banana, passion fruit

STRAWBERRY MINT LEMONADE

Homemade lemonade, strawberry purée

Refresher

15

TROPICAL OASIS SMOOTHIE

Blueberries, strawberry purée, starfruit, banana purée, yogurt

MYSTIC LEMONADE

Fever grass tea, homemade lemonade, strawberry purée, mint, ginger

WHITE SANDS

Coconut water, Lyres gin, coconut flakes

FREE AND CLEAR

Lyres gin, Fever-Tree tonic

MALTS

Bourbon Whiskey

1792 Small Batch	16
Basil Hayden's 20 Angels Envy	22
Blanton's Straight From Barrel	120
Buffalo Trace	16
Bulleit	18
Colonel E.H Taylor Small Batch BIB	26
Eagle Rare Single Barrel 10 Years	18
Elijah Craig	20
High West Bourbon American Prairie	30
Jack Daniel's NO.7	14
Jefferson's Reserve	34
Jim Beam	14
Knob Creek	14
Knob Creek 12 Years	18
Larceny Small Batch 20 Maker's Mark	16
Michter's Sour Mash	16
Redwood Empire Pipe Dream	30
Weller Full Proof	23
Wild Turkey 101	16
Woodford Reserve	16

Rye Whiskey

Bulleit Rye	17
High West Double Rye	30
Widow Jane American Oak	16
Widow Jane Oak & Apple Wood	16
Whistle Pig 10 Year	40

Other Whiskey

Jameson Irish Whiskey	15
Legacy Canadian Whiskey	12
Nikka G&G Samurai Japanese Whiskey	120
Seagram 7 Blended Amerikan Whiskey	12

Single Malt

Bruichladdich Octomore 09.1	75
Balvenie 12 Year	38
Balvenie 14 Year	45
Dalmore 12 Year	34
Glenfiddich 12 Year	26
Glenfiddich 18 Year	70
Glenlivet 12 Year	26
Laphroig 10 Year	28
Macallan 12 Year	30
Macallan Rare Cask	18
Year 125 Smokehead	18
St. George Baller Single Malt	30

Blended Scotch

Chivas Regal 12 Years	20
Compass Box The Peat Monster	30
Dewars White Label 12 Years	28
Johnnie Walker Black Label	18
Johnnie Walker Blue Label	75
Johnnie Walker Red Label Monkey	14
Shoulder Batch 27	15

Beer

Can / 12	Draft / 12
Asahi	Kalik
Bud light	Kalik Light
Corona	Sands
Guinness Stout	Sands Light
Heineken	
Heineken NA	
Pinksand Seltzer	
Sands	
Sands Light	
Kalik	
Kalik Light	

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11:00 a.m. – 09:00 p.m.

SPIRITS

Vodkas

Absolut	12
Belvedere	22
Chopin	16
Grey Goose, Le Poire, L'Orange	16
Ketel One	16
Pink sand Island Citrus	14
St. George Green Chile	15
Stolichnaya	14
Tito's	14

Gins

Beefeater	12
Bombay Sapphire	14
Bombay Bramble, Dry	12
Empress 1908 Indigo	16
Gin Mare Mediterranean	18
Hendrick's	18
Lyres Dry London Gin NA	14
Monkey 47 Schwarzwald Dry	30
Pink Sand Hibiscus	14
Six Dogs Blue, Honey Lime, Karoo	20
Tanqueray Dry	12
The Botanist Islay Dry	28

Tequilas

Casa Amigos Añejo & Blanco	26
Casa Amigos Reposado	28
Clase Azul Reposado	75
Don Julio 1942	75
Don Julio Blanco	26
Don Julio Reposado	30
El Jimador Blanco & Reposado	12
Illegal Mezcal Añejo	32
Illegal Mezcal Blanco	18
Illegal Mezcal Reposado & Joven	22
Lyres Agave Blanco NA	15
Patron Añejo & Silver	20
Patron Reposado	24
Tromba Añejo & Repasado	20
Tromba Blanco	15

Rums

Afrohead 15 Year Dark Rum	30
Bacardi Añejo & Superior Light	12
Bacardi Reserva 8 Year	14
Bacardi Grand Reserva 10 Year	16
Captain Morgan Spiced Rum	12
Coconut Cartel Dark	16
Diplomatico Seleccion	20
Gosling's Black	12
J.W Amber & Pale	12
J.W Buena Vista	20
John Watling Paradise	20
Pink Sand White, Pineapple	12
Plantation Coconut	14
Plantation 3 Star Original & Pineapple	14
Ricardo Coconut Rum	12
Ron Zacapa XO	50
SelvaRey Coconut, Chocolate & White	14
Wray & Nephew White Rum	12

Cognac & Brandy

Courvoisier VSOP	25
Courvoisier XO	65
Hennessey VS	30
Hennessey XO	75
Hennessey Pure White	45
Pierre Ferrand Cognac 1er Cru Reserve	35
Remy Martin VS	30
Remy Martin VSOP	32
Remy Martin XO	75

Bitters & Aperitifs

Absinthe Absente 55	12
Amaro Averna	18
Quintessa Amaro Nonino	20
Amaro Montenegro	12
Aperol	12
Campari	12
Jägermeister	15
Romana Sambuca	12
St. George Bruto Americano	12
Salers Labounoux	12

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White

Sparkling & Champagne

	BTG	BTL
Ruffino Lumina Prosecco, Veneto- IT	20	80
Louis Picamelot Blanc de Blancs-FR		70
Graham Beck Brut, Western Cape-SA		80
Henriot Brut Souverain, Champagne-FR NV		210
Veuve Clicquot Brut Rose, Champagne-FR NV		370
Veuve Clicquot Brut Champagne-FR NV		300
Moet & Chandon Brut, Champagne-FR NV		320
Moet & Chandon Ice Imperial, Champagne-FR NV		560
Moet & Chandon Brut Rose, Champagne-FR NV		400
Dom Perignon Brut, Champagne-FR 2004		1000

Rose

	BTG	BTL
Mulderbosch Rosé, Stellenbosch-SA 2022	20	80
Domaine de L'île Rosé Cotes De Provence-FR		130
Whispering Angel Rosé, Cotes De Provence-FR		80
Chateau Miraval Rosé, Cotes De Provence-FR		100

Whites

	BTG	BTL
Frontera Moscato, Central Valley-Chile 2022		50
Bava Moscato d'Asti Bass Tuba-Italy 2022		50
Chateau St. Michelle Riesling Columbia Valley 2017		60
Dr. Loosen Riesling, Mosel-DE 2021		60
Anterra Pinot Grigio, Sicilly-Italy 2022	18	70
Pazo de San Mauro Albarino, Rias Baixis-SP 2021		80
Kim Crawford Sauvignon Blanc-NZ 2022	20	80
Hamilton Russell Chardonnay-SA 2021		190
Mulderbosch Sauv Blanc, Stellenbosch-SA 2022		90
13 Celsius Sauv Blanc, Marlborough-NZ 2022		80
Baron Herzog Chenin Blanc-CA 2020		80
Bouchard Pere & Fils Res. Burgundy-FR 2020		140
Sterling Vintners Chardonnay-CA 2021	20	80
Groth Chardonnay, Napa Valley-CA 2017		200
Bouchard Pere & Fils Pouilly Fuisse-FR 2020		140
Hartford Court Chardonnay, Russian River-CA 2021		200
Georges Dubeouf Chardonnay, Pays d'OC-FR 2021		160
Mer Soleil Chardonnay, Central Coast-CA 2020		130

Red

Pinot Noir

	BTG	BTL
Southern Right Pinotage-SA 2021		120
Josh Cellar Pinot Noir-CA 2020		90
Sterling Vintners Pinot Noir-CA 2021	20	80
Hamilton Russell Pinot Noir-SA 2021		150

Merlot

	BTG	BTL
Oyster Bay Merlot, Marlborough-NZ 2020		60
Stags' Leap Merlot, Napa Valley-CA 2018		200

Shiraz

	BTG	BTL
Spier Seaward Shiraz, Western Cape-SA 2019		60

Malbec

	BTG	BTL
Santa Julia Malbec, Mendoza-Argentina 2022		60

Blend

	BTG	BTL
Mulderbosch F.H, Red Blend-SA 2021	21	85
Opus One Nappa Valley - CA 2017		1300
CVNE Imperial Reserve Rioja - 2017		160
Orin Swift Abstract, Nappa Valley - CA 2021		170
Trivento Cab - Malbec, Mendoza - 2019		60
Chateau Branaire Grand Cru - FA 2016		200

Cabernet Sauvignon

	BTG	BTL
Sterling Vintners Cabernet Sauvignon-CA 2021	21	85
Santa Julia Organic Cabernet Mendoza-AR 2022		60
Foxglove Cabernet Sauvignon Paso Robles-CA 2021		80
Duckhorn Cabernet Sauvignon Sonoma County-CA 2019		300
Freemark Abbey Cabernet Sauvignon Napa-CA 2018		270
Silver Oak Cabernet Sauvignon Alexander Valley-CA		390
Caymus Cabernet Sauvignon Napa Valley-CA 2020		360

Sake

	BTG	BTL
Gekkikan Junmai, Fushimi-Kyoto		60
Hakutsuri Nada-Kobe		75
Kikusui Perfect Snow Nigori-Niigata		70
Heavensake Junmai-Hyogo	25	120
Ama No to Heaven's Door Junmai		100
Dassai 45 Junmai Daiginjo-Asahishuzo		165

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