



24 Seven Café at the Jamaica Pegasus
81 Knutsford Blvd, Kingston 5, Jamaica
W.I.

Phone: 876-926-3690

www.jamaicapegasus.com

All prices are quoted in Jamaican Dollars and attract a Government Tax and Service Charge. Prices are subject to change without notice.



24 Seven Café at the Jamaica Pegasus
81 Knutsford Blvd, Kingston 5, Jamaica
W.I.

Phone: 876-926-3690

www.jamaicapegasus.com

All prices are quoted in Jamaican Dollars and attract a Government Tax and Service Charge. Prices are subject to change without notice.

SOUPS

RED PEAS SOUP (V).....\$600

Red Peas Soup slowly simmered with Coconut Milk and all natural seasonings

SOUP DU JOUR.....\$600

SALADS

ASIAN CHICKEN SALAD.....\$1,660

Mixed Greens topped with slices of Chicken breast, Ramen Noodles, Almond slivers, Orange segments and Carrots with an Asian Peanut dressing

EXECUTIVE CHEF'S SALAD.....\$1,660

Ham, Chicken, Pepper Jack Cheese on gourmet greens with boiled Egg and fresh Vegetables. Served with house made Ranch dressing

ENERGY MIX SALAD.....\$1,620

Spring greens, Red Onion, Black Beans, Garbanzo Beans, Dried Cranberries and Walnuts served with Honey Mustard Dressing

Add Chicken for\$640

SOUPS

RED PEAS SOUP (V).....\$600

Red Peas Soup slowly simmered with Coconut Milk and all natural seasonings

SOUP DU JOUR.....\$600

SALADS

ASIAN CHICKEN SALAD.....\$1,660

Mixed Greens topped with slices of Chicken breast, Ramen Noodles, Almond slivers, Orange segments and Carrots with an Asian Peanut dressing

EXECUTIVE CHEF'S SALAD.....\$1,660

Ham, Chicken, Pepper Jack Cheese on gourmet greens with boiled Egg and fresh Vegetables. Served with house made Ranch dressing

ENERGY MIX SALAD.....\$1,620

Spring greens, Red Onion, Black Beans, Garbanzo Beans, Dried Cranberries and Walnuts served with Honey Mustard Dressing

Add Chicken for\$640

BREAKFAST BAGELS

BREAKFAST BAGEL OR CROISSANT\$820

Toasted Bagel Or Croissant with:

- Seasoned Fried Egg, Chicken Sausage and Cheese
- Seasoned Fried Egg, Pork Sausage and Cheese
- Seasoned Fried Egg, Bacon and Cheese
- Seasoned Fried Egg, Ham and Cheese

SMOKED MARLIN or SALMON BAGEL.....\$1080

Smoked Marlin OR Salmon, Cream Cheese, Red Onion, Lettuce, Tomato, Cucumbers and Capers sandwiched in a toasted Bagel of your choice.

Add Pepper Jelly.....\$120

TOASTED BAGEL OR CROISSANT.....\$580

Bagel OR Croissant, toasted and topped with up to two condiments of your choosing

Condiments include: Peanut Butter, Jelly, Butter, or Cream Cheese

Additional Toppings.....\$120

<u>BAGEL VARIETIES</u>		
PLAIN	WHEAT	BLUEBERRY
EVERYTHING	CINNAMON	

BREAKFAST BAGELS

BREAKFAST BAGEL OR CROISSANT\$820

Toasted Bagel Or Croissant with:

- Seasoned Fried Egg, Chicken Sausage and Cheese
- Seasoned Fried Egg, Pork Sausage and Cheese
- Seasoned Fried Egg, Bacon and Cheese
- Seasoned Fried Egg, Ham and Cheese

SMOKED MARLIN or SALMON BAGEL.....\$1080

Smoked Marlin OR Salmon, Cream Cheese, Red Onion, Lettuce, Tomato, Cucumbers and Capers sandwiched in a toasted Bagel of your choice.

Add Pepper Jelly.....\$120

TOASTED BAGEL OR CROISSANT.....\$580

Bagel OR Croissant, toasted and topped with up to two condiments of your choosing

Condiments include: Peanut Butter, Jelly, Butter, or Cream Cheese

Additional Toppings.....\$120

<u>BAGEL VARIETIES</u>		
PLAIN	WHEAT	BLUEBERRY
EVERYTHING	CINNAMON	

PANINIS

All Paninis are served with a side of our house made coleslaw

NEW KINGSTON STEAK PANINI.....\$1,660

Marinated Roasted Beef, sautéed Mushrooms and Onions melted with Pepper Jack Cheese on Ciabatta Bread

CHICKEN CLUB PANINI.....\$1160

Layers of Sliced Chicken Breast, smoked Bacon, seasoned fried Egg, mild Cheddar Cheese and our house made flavoured Mayo on Ciabatta Bread

KNUTSFORD BOULEVARD PORK PANINI.....\$1180

Slow roasted Pork Loin paired with Dill Pickles, Red Onion and melted Pepper Jack Cheese on Ciabatta Bread

CHICKEN PESTO PANINI.....\$1,380

Grilled Chicken Breast, creamy Mozzarella cheese and our house made Basil Pesto sauce (Pine Nut-free) on Ciabatta Bread

SPICY JALAPEÑO CHICKEN PANINI.....\$1,500

This Panini is super spicy. Breaded Chicken fillet surrounded by spicy Jalapeño peppers and Brie Cheese

PANINIS

All Paninis are served with a side of our house made coleslaw

NEW KINGSTON STEAK PANINI.....\$1,660

Marinated Roasted Beef, sautéed Mushrooms and Onions melted with Pepper Jack Cheese on Ciabatta Bread

CHICKEN CLUB PANINI.....\$1160

Layers of Sliced Chicken Breast, smoked Bacon, seasoned fried Egg, mild Cheddar Cheese and our house made flavoured Mayo on Ciabatta Bread

KNUTSFORD BOULEVARD PORK PANINI.....\$1180

Slow roasted Pork Loin paired with Dill Pickles, Red Onion and melted Pepper Jack Cheese on Ciabatta Bread

CHICKEN PESTO PANINI.....\$1,380

Grilled Chicken Breast, creamy Mozzarella cheese and our house made Basil Pesto sauce (Pine Nut-free) on Ciabatta Bread

SPICY JALAPEÑO CHICKEN PANINI.....\$1,500

This Panini is super spicy. Breaded Chicken fillet surrounded by spicy Jalapeño peppers and Brie Cheese

GRILLED WRAPS

All wraps are served with a side of our house-made
coleslaw

CHICKEN WRAP.....\$1160

One of our signature dishes. Jerk flavoured Chicken Breast with sautéed Vegetables and Pepper Jack Cheese

TUNA WRAP.....\$1100

Tuna Salad with a hint of Scotch Bonnet Pepper, sautéed Bell Peppers and Onion

CURRY TOFU AND CHICK PEA WRAP (V).....\$1100

A vegetarian favourite. Tofu, Chickpeas and Irish Potato simmered in mild Curry flavors

SIGNATURE BOWLS

BAJA BOWL.....\$1,500

Grilled Chicken breast , homemade Tomato Salsa, Sriracha Sauce, Roasted Corn, Marinated Tomatoes, Feta Cheese, Black beans, Jasmine Rice

TERIYAKI BOWL.....\$1,600

Chicken, Broccoli, Carrots, Teriyaki Sauce, Sesame Seeds, Marinated Cabbage, Jasmine Rice

GRILLED WRAPS

All wraps are served with a side of our house-made
coleslaw

CHICKEN WRAP.....\$1160

One of our signature dishes. Jerk flavoured Chicken Breast with sautéed Vegetables and Pepper Jack Cheese

TUNA WRAP.....\$1100

Tuna Salad with a hint of Scotch Bonnet Pepper, sautéed Bell Peppers and Onion

CURRY TOFU AND CHICK PEA WRAP (V).....\$1100

A vegetarian favourite. Tofu, Chickpeas and Irish Potato simmered in mild Curry flavors

SIGNATURE BOWLS

BAJA BOWL.....\$1,500

Grilled Chicken breast , homemade Tomato Salsa, Sriracha Sauce, Roasted Corn, Marinated Tomatoes, Feta Cheese, Black beans, Jasmine Rice

TERIYAKI BOWL.....\$1,600

Chicken, Broccoli, Carrots, Teriyaki Sauce, Sesame Seeds, Marinated Cabbage, Jasmine Rice

COMFORT FOOD

HAM MAC & CHEESE.....\$1,360

This classic comfort food is made up of cheesy Macaroni baked with bits of Ham

VEGETABLE LASAGNA.....\$1,700

Sautéed variety of in-season vegetables with Feta, Parmesan and Cheddar Cheese baked in this meat-free Lasagna

CHICKEN LASAGNA.....\$1,700

Jerk mince chicken simmered in cream with vegetables and layered between Lasagna Noodles then topped with Parmesan cheese

CHICKEN POT PIE.....\$1,700

A classic English style pot pie of Chicken, Potatoes, Carrots, Green Peas and Mushrooms, covered with a flaky Puff Pasty

BAD DAWG CHILI.....\$640

A warm and comforting bowl of Beef Mince, Bad Dawg Pork Sausage, Bacon and Beans slowly simmered in Beer and Spicy Tomato sauce. Served with a side of Sour Cream

HAND CUT POTATO WEDGES

CLASSIC WEDGES.....Sm \$380, Lg \$860

Our oven-baked Hand Cut Wedges are made with light butter for a healthier version of the classic potato wedge

SEASONED WEDGES.....Sm \$420, Lg \$900

Oven-baked, light butter, Hand Cut Wedges with a twist.

COMFORT FOOD

HAM MAC & CHEESE.....\$1,360

This classic comfort food is made up of cheesy Macaroni baked with bits of Ham

VEGETABLE LASAGNA.....\$1,700

Sautéed variety of in-season vegetables with Feta, Parmesan and Cheddar Cheese baked in this meat-free Lasagna

CHICKEN LASAGNA.....\$1,700

Jerk mince chicken simmered in cream with vegetables and layered between Lasagna Noodles then topped with Parmesan cheese

CHICKEN POT PIE.....\$1,700

A classic English style pot pie of Chicken, Potatoes, Carrots, Green Peas and Mushrooms, covered with a flaky Puff Pasty

BAD DAWG CHILI.....\$640

A warm and comforting bowl of Beef Mince, Bad Dawg Pork Sausage, Bacon and Beans slowly simmered in Beer and Spicy Tomato sauce. Served with a side of Sour Cream

HAND CUT POTATO WEDGES

CLASSIC WEDGES.....Sm \$380, Lg \$860

Our oven-baked Hand Cut Wedges are made with light butter for a healthier version of the classic potato wedge

SEASONED WEDGES.....Sm \$420, Lg \$900

Oven-baked, light butter, Hand Cut Wedges with a twist.

KID'S MENU

GRILLED CHEESE SANDWICH.....\$660

Grilled Cheese made with two types of Cheese ,
Swiss and Cheddar, on three slices of wheat or white
bread

PEANUT BUTTER & JELLY SANDWICH.....\$660

A classic combination of Peanut Butter and Jelly on
three slices of wheat or white bread

HAM & CHEESE SANDWICH.....\$780

Layers of Smoked Ham and Cheddar Cheese on your
choice of sliced bread

DESSERTS

ICE CREAM.....Single Scoop \$540

.....Double Scoop \$840

VARIETY OF CHEESECAKES.....\$760

BREAD & BUTTER PUDDING.....\$580

MUFFINS\$440

SCONES (2 PER SERVING).....\$540

COOKIES.....\$400

GLUTEN-FREE GRANOLA BAR.....\$400

FRUIT BOX.....\$620

FOR DAILY & SEASONAL SELECTIONS, PLEASE
ASK YOUR SERVER OR VISIT OUR DISPLAY
CASE

KID'S MENU

GRILLED CHEESE SANDWICH.....\$660

Grilled Cheese made with two types of Cheese ,
Swiss and Cheddar, on three slices of wheat or white
bread

PEANUT BUTTER & JELLY SANDWICH.....\$660

A classic combination of Peanut Butter and Jelly on
three slices of wheat or white bread

HAM & CHEESE SANDWICH.....\$780

Layers of Smoked Ham and Cheddar Cheese on your
choice of sliced bread

DESSERTS

ICE CREAM.....Single Scoop \$540

.....Double Scoop \$840

VARIETY OF CHEESECAKES.....\$760

BREAD & BUTTER PUDDING.....\$580

MUFFINS\$440

SCONES (2 PER SERVING).....\$540

COOKIES.....\$400

GLUTEN-FREE GRANOLA BAR.....\$400

FRUIT BOX.....\$620

FOR DAILY & SEASONAL SELECTIONS, PLEASE
ASK YOUR SERVER OR VISIT OUR DISPLAY
CASE

COFFEE MENU

	Regular	Large*
		*takeout cup only
100% Blue Mountain Coffee.....	\$460	\$540
Decaf Coffee.....	\$440	\$540
Cappuccino.....	\$520	\$660
Mocha.....	\$540	\$600
Café Latte.....	\$540	\$600
Iced Coffee.....	\$460	
Single Shot Espresso.....	\$400	
Double Shot Espresso.....	\$620	
Frappé (also available in non-caffeinated)	\$780	

<p>FLAVOUR ANY COFFEE</p> <p>\$60/Regular, \$100/Large</p> <p>HAZELNUT</p> <p>CARAMEL</p> <p>FRENCH VANILLA</p>

<p>CHOOSE FROM:</p> <p>-WHOLE MILK</p> <p>-1% LOW FAT MILK</p> <p>-SOY MILK</p> <p>-ALMOND MILK (at an additional cost)</p> <p>- OATS MILK (at an additional cost)</p>
--

COFFEE MENU

	Regular	Large*
		*takeout cup only
100% Blue Mountain Coffee.....	\$460	\$540
Decaf Coffee.....	\$440	\$540
Cappuccino.....	\$520	\$660
Mocha.....	\$540	\$600
Café Latte.....	\$540	\$600
Iced Coffee.....	\$460	
Single Shot Espresso.....	\$400	
Double Shot Espresso.....	\$620	
Frappé (also available in non-caffeinated)	\$780	

<p>FLAVOUR ANY COFFEE</p> <p>\$60/Regular, \$100/Large</p> <p>HAZELNUT</p> <p>CARAMEL</p> <p>FRENCH VANILLA</p>

<p>CHOOSE FROM:</p> <p>-WHOLE MILK</p> <p>-1% LOW FAT MILK</p> <p>-SOY MILK</p> <p>-ALMOND MILK (at an additional cost)</p> <p>- OATS MILK (at an additional cost)</p>
--

TEA & CHOCOLATE BEVERAGES

	Regular	Large*
		*takeout cup only
Tea.....	\$420	\$640
Iced Tea.....	\$420	
Hot Chocolate.....	\$460	\$520

TEA & CHOCOLATE BEVERAGES

	Regular	Large*
		*takeout cup only
Tea.....	\$420	\$640
Iced Tea.....	\$420	
Hot Chocolate.....	\$460	\$520

SMOOTHIES

Fresh Fruit Smoothie.....	\$660
A blend of seasonal fruits and a splash of lime juice	
Breakfast in a Glass.....	\$1000
A delicious blend of Oats, Honey, Ripe Banana and low fat yogurt	
Melon & Basil Smoothie.....	\$840
A refreshing mix of Watermelon, Cantaloupe, Ripe Banana, Honey and fresh Basil	
Green Smoothie.....	\$540
Assorted Green Vegetables blended with Pineapple and a touch of Lime and Orange Juice	

OTHER BEVERAGES

Milkshake.....	\$820
Bottled Water.....Small.....	\$300 Large.....\$500
Perrier Sparkling Water.....	\$860
Lemonade.....	\$420
Frozen Lemonade.....	\$460
Fruit Juice.....	\$440
Mott's Apple Juice.....	\$800
Welch's Grape Juice.....	\$860
Soda.....	\$420

ALCOHOLIC BEVERAGES

B & G Merlot 187 ml (2 glasses).....	\$780
B & G Chardonnay 187 ml (2 glasses).....	\$780
Red Stripe.....	\$500
Red Stripe Light.....	\$500
Flavoured Red Stripe.....	\$560
Heineken.....	\$580
Corona.....	\$900
Guinness.....	\$560

SMOOTHIES

Fresh Fruit Smoothie.....	\$660
A blend of seasonal fruits and a splash of lime juice	
Breakfast in a Glass.....	\$1000
A delicious blend of Oats, Honey, Ripe Banana and low fat yogurt	
Melon & Basil Smoothie.....	\$840
A refreshing mix of Watermelon, Cantaloupe, Ripe Banana, Honey and fresh Basil	
Green Smoothie.....	\$540
Assorted Green Vegetables blended with Pineapple and a touch of Lime and Orange Juice	

OTHER BEVERAGES

Milkshake.....	\$820
Bottled Water.....Small.....	\$300 Large.....\$500
Perrier Sparkling Water.....	\$860
Lemonade.....	\$420
Frozen Lemonade.....	\$460
Fruit Juice.....	\$440
Mott's Apple Juice.....	\$800
Welch's Grape Juice.....	\$860
Soda.....	\$420

ALCOHOLIC BEVERAGES

B & G Merlot 187 ml (2 glasses).....	\$780
B & G Chardonnay 187 ml (2 glasses).....	\$780
Red Stripe.....	\$500
Red Stripe Light.....	\$500
Flavoured Red Stripe.....	\$560
Heineken.....	\$580
Corona.....	\$900
Guinness.....	\$560