

OPEN EVERYDAY
24
HOURS
OPEN EVERYDAY

24 SEVEN CAFE



SOUPS

RED PEAS SOUP (V)

Simmered with coconut milk and natural seasonings

SM: \$5.50

LRG: \$8.00

SOUP OF THE DAY

Made fresh daily

SM: \$5.50

LRG: \$8.00



SALADS

ASIAN CHICKEN \$12.00

SALAD

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

EXECUTIVE CHEF'S \$12.00

SALAD

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

ENERGY MIX SALAD (V) \$12.00

Mixed Greens, Red Onion, Black Beans, Garbanzo Beans, Dried Cranberries and Walnuts served with Honey Mustard Dressing

Add Chicken for \$5.00

KID'S MENU

GRILLED CHEESE \$5.00

SANDWICH (V)

Made with two types of Cheese (Swiss and Cheddar) on three slices of wheat or white bread

PB&J \$5.00

SANDWICH (V)

A classic combo of Peanut Butter and Jelly on three slices of wheat or white toast

HAM & \$6.00

CHEESE

SANDWICH

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

PRICES ARE IN USD AND ARE SUBJECT TO GOVERNMENT TAX AND SERVICE CHARGE

BREAKFAST

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BREAKFAST BAGEL OR CROISSANT \$6.00

Toasted Bagel OR Croissant with:

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

SMOKED SALMON OR MARLIN BAGEL \$8.00

Smoked Salmon or Marlin, Cream Cheese, Red Onions, Lettuce, Tomato, Cucumber and Capers sandwiched in a toasted Bagel of your choice

Add Pepper Jelly \$1.20

TOasted BAGEL OR CROISSANT \$4.50

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

- **Cream Cheese**
- **Peanut Butter**
- **Jelly**
- **Butter**

Additional toppings \$1.00

BAGEL OPTIONS

- Plain	- Cinnamon
- Wheat	- Blueberry
	- Everything

COMFORT FOOD

HAM MAC & CHEESE \$10.00 CHICKEN POT PIE \$12.50

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

A classic English style Pot Pie of Chicken, Potatoes, Carrots, Green Peas and Mushrooms covered in a flaky Puff Pastry

VEGETABLE LASAGNA \$12.50

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

BAD DAWG CHILI \$5.00

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

CHICKEN LASAGNA \$12.50

Jerk minced Chicken simmered in Cream with Vegetables layered between Lasagna Noodles and topped with Parmesan Cheese

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NEW MENU ITEMS

SIGNATURE BOWLS

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PUMPKIN SALMON RUNDOWN

with vegetables, garbanzo beans & basmati rice. Served with avocado dressing

\$20.00

HIBACHI BEEF

with Jasmine rice, roast pumpkin, roast green beans & cherry tomatoes

\$23.00

CURRY GOODNESS

Boneless curry mutton, steamed rice, root vegetables, scallion & rich curry gravy

\$20.00

CHICKEN TZATZIKI BOWL

with Jasmine rice, roast corn & vegetables

\$16.00

JERK PORK

with spicy bbq & cheese sauce, roast corn & vegetables

\$20.00

OXTAIL

with roast potatoes, roast pumpkin & ripe plantain

\$20.00

PANINIS & WRAPS

ROAST BEEF

\$20.00

SHRIMP & GUACAMOLE

\$20.00

JALAPENO PORK

\$16.00

BBQ VEGETABLE WRAP

\$6.00

COFFEE & TEA

PRICES LISTED ARE SUBJECT TO GOVERNMENT TAX AND SERVICE CHARGE

	REG	LARGE
100% BLUE MOUNTAIN COFFEE	\$3.50	\$4.00
DECAF COFFEE	\$3.50	\$4.00
CAPPUCCINO	\$4.00	\$5.00
MOCHA	\$4.00	\$5.00
LATTE	\$4.00	\$5.00
ICED COFFEE	\$3.50	
FRAPPE	\$6.00	
OREO FRAPPE	\$7.00	
SINGLE SHOT ESPRESSO	\$3.00	
DOUBLE SHOT ESPRESSO	\$4.50	

REG	LARGE
TEA	\$3.00
ICED TEA	\$3.00
HOT CHOCOLATE	\$3.50
	\$4.00

ADD FLAVORED SYRUP
\$1 REG, \$1.20 LARGE
• HAZELNUT
• FRENCH VANILLA
• CARAMEL

BEVERAGES

MILKSHAKE	\$6.00	FRUIT JUICE	\$3.00
BOTTLED WATER	\$2.00	MOTT'S APPLE JUICE	\$6.00
PERRIER SPARKLING WATER	\$6.00	WELCH'S GRAPE JUICE	\$6.00
LEMONADE	\$3.50	SODA	\$3.00
FROZEN LEMONADE	\$3.50		

SMOOTHIES

FRESH FRUIT SMOOTHIE	\$5.00	GREEN SMOOTHIE	\$4.00
A blend of seasonal Fruits			
BREAKFAST IN A GLASS	\$7.50	Assorted Green Veggies blended with Pineapple, a touch of Lime and Orange Juice	
A delicious blend of Oats, Honey, Ripe Banana, and low fat Yogurt			
MELON & BASIL SMOOTHIE	\$6.50		
A refreshing blend of Watermelon, Cantaloupe, Ripe Banana, Honey and Basil			

ALCOHOLIC BEVERAGES

B&G MERLOT 187ML	\$5.50
B&G CHARDONNAY 187ML	\$5.50
RED STRIPE	\$4.00
RED STRIPE LIGHT	\$4.00
RED STRIPE FLAVOURS	\$4.50
HEINEKEN	\$4.00
GUINNESS	\$4.00
CORONA	\$6.00

DESSERTS

Please see our pastry case for today's specials
ICE CREAM 1 Scoop \$4.20 2 Scoops \$6.00
CHEESECAKE
• HAZELNUT \$5.00
BREAD & BUTTER \$4.50
PUDDING
MUFFINS \$3.50
SCONES
• HAZELNUT \$4.00
2 Scones per serving
COOKIES \$3.00
GLUTEN FREE \$3.00
GRANOLA BAR
• HAZELNUT

