

OPEN EVERYDAY
24
HOURS
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24 SEVEN CAFE



SOUPS

RED PEAS SOUP (V) SM: \$6.00

Simmered with coconut milk and natural seasonings LRG: \$8.00

SOUP OF THE DAY SM: \$6.00

Made fresh daily LRG: \$8.00



SALADS

ASIAN CHICKEN SALAD \$12.50

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 \$12.50

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) \$12.50

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 SANDWICH (V) \$6.00

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

PB&J \$6.00

SANDWICH (V)

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

HAM & CHEESE SANDWICH \$7.50

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 \$8.00

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 \$12.00

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

Add Pepper Jelly \$1.00

TOASTED BAGEL OR CROISSANT \$5.50

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 \$12.00 CHICKEN POT PIE \$22.00

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 \$16.00

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

BAD DAWG CHILI \$10.00

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 \$25.00

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

SIGNATURE BOWLS

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PUMPKIN SALMON RUNDOWN  \$25.00
with vegetables, garbanzo beans & steamed rice. Served with avocado dressing

HIBACHI BEEF  \$25.00
with steamed rice, roast pumpkin, irish potatoes, roast green beans, cherry tomatoes & teriyaki sauce

CURRY GOODNESS  \$24.00
Curry mutton, steamed rice, root vegetables, scallion, chickpeas &, plantain

CHICKEN TZATZIKI BOWL \$22.00
with steamed rice, roast corn, feta cheese & vegetables

JERK PORK  \$23.00
with steamed rice, roast corn & vegetables. Served with spicy bbq & cheese sauce

OXTAIL \$25.00
with steamed rice, roast potatoes, roast pumpkin & ripe plantain

POTATO WEDGES

CLASSIC WEDGES SM: \$4.50 **SEASONED WEDGES** SM: \$4.50
LRG: \$6.50 LRG: \$6.50

GRILLED WRAPS

CHICKEN WRAP  \$10.00
One of our signature dishes. Jerk seasoned Chicken Breast with sautéed Vegetables and Pepper Jack Cheese

TUNA WRAP \$9.00
Tuna Salad with a hint of Scotch Bonnet Pepper, sautéed Bell Peppers and Onion

CURRY TOFU & CHICK PEA WRAP (V) \$9.00
A vegetarian favourite. Tofu, Chickpeas and Irish Potato simmered in mild Curry flavours

PANINIS

CHICKEN CLUB  \$15.00
Chicken Breast, smoked Bacon, seasoned fried Egg, mild Cheddar Cheese & house made flavoured Mayo on Ciabatta Bread

ROAST BEEF  \$20.00
with caramelized onions, horseradish cream & spinach dip

JALAPENO PORK \$20.00

CHICKEN PESTO \$15.00
Grilled Chicken Breast, creamy Mozzarella Cheese and our house made Basil Pesto sauce on Ciabatta Bread

COFFEE & TEA

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	REG	LARGE		REG	LARGE
100% BLUE MOUNTAIN COFFEE ☺	\$5.00	\$6.00	TEA	\$4.00	\$5.00
DECAF COFFEE	\$4.00	\$5.00	ICED TEA	\$5.00	
CAPPUCCINO	\$6.00	\$7.00	HOT CHOCOLATE	\$5.00	\$6.00
MOCHA	\$6.00	\$7.00			
LATTE	\$6.50	\$8.00			
ICED COFFEE	\$6.50				
FRAPPE	\$8.00				
OREO FRAPPE	\$8.50				
SINGLE SHOT ESPRESSO	\$4.50				
DOUBLE SHOT ESPRESSO	\$6.00				

ADD FLAVORED SYRUP
\$1.00 REG, \$1.20 LARGE

- HAZELNUT
- FRENCH VANILLA
- CARAMEL

BEVERAGES

MILKSHAKE	\$8.00	FRUIT JUICE	\$3.00
BOTTLED WATER	\$2.80	MOTT'S APPLE JUICE	\$6.00
PERRIER	\$8.00	WELCH'S GRAPE JUICE	\$6.00
SPARKLING WATER		SODA	\$3.00
LEMONADE	\$5.00		
STRAWBERRY/	\$6.00		
LYCHEE LEMONADE			

SMOOTHIES

FRESH FRUIT SMOOTHIE ☺	\$8.00	GREEN SMOOTHIE	\$8.00
A blend of seasonal Fruits		Assorted Green Veggies blended with Pineapple, a touch of Lime and Orange Juice	
BREAKFAST IN A GLASS	\$12.00	MELON & BASIL SMOOTHIE	\$12.00
A delicious blend of Oats, Honey, Ripe Banana, and low fat Yogurt		A refreshing blend of Watermelon, Cantaloupe, Ripe Banana, Honey and Basil	

ALCOHOLIC BEVERAGES

B&G MERLOT 187ML	\$7.00
B&G CHARDONNAY 187ML	\$7.00
RED STRIPE	\$5.00
RED STRIPE LIGHT/FLAVOURS	\$5.00
LEGEND LIME/ORIGINAL/LAGER	\$5.00
HEINEKEN	\$5.00
GUINNESS	\$5.00
CORONA	\$7.50
WORTHY PARK RUM MIXERS	\$5.00

DESSERTS

Please see our pastry case for today's specials

ICE CREAM	1 Scoop	\$4.00
	2 Scoops	\$6.50
CHEESECAKE ☺		\$6.50
BREAD & BUTTER PUDDING		\$6.00
MUFFINS		\$4.00
SCONES ☺		\$4.00
	2 Scones per serving	
COOKIES		\$4.00
GLUTEN FREE GRANOLA BAR ☺		\$4.00

