

The Real COCONUT®

BY DANIELLA HUNTER

DINNER MENU

TAPAS & PÂTÉS

Avocado, Jalapeños & Radish Salsa 175 ✓
Served with coconut flour tortilla chips.

Jalapeños Rellenos 175 ✓
Local jalapeño peppers, filled with our coconut cheese and topped with a toasted crumble, hemp and seeds.

Grilled Avocado 175 ✓
Avocado halves marinated with coconut aminos, and topped with roasted tomato chutney and toasted seeds.

Marinated Zucchini & Cucumber Salad 180 ✓
A refreshing salad of marinated zucchini and cucumber strips, micro greens, and seasonal salad vegetables.

Heirloom Tomato and Onion Salad 195 ✓
Locally grown tomatoes, onions and micro greens, served with basil pesto and epazote leaves.

Golden Roasted Cauliflower 180 ✓
A base of creamy, pureed cauliflower, topped with turmeric-roasted cauliflower, caramelized onions, toasted hemp and pepitas.

Empanadas 175 ✓
A light dough made exclusively from plantain, filled with our coconut cheese, onions and local spinach.

Shiitake Coconut Cheese Quesadillas 190 ✓
Plantain tortillas filled with melted shiitake coconut cheese and local spinach.

Adaptogenic Mushroom Pate 195 ✓
Portabello and button mushroom pate with hemp seeds. Served with toasted grain-free, plantain bread, crudites, and leaves.

Healing Chicken Liver & Broth Pate 200
Full of healing vitamins and fats, our homemade liver & broth pate is a delicious, gut healing treat. Served with toasted grain-free, plantain bread, raw pickle, and leaves.

Gravlax 220
Locally caught white fish, house-cured and served on a bed of spiralized cucumber, with pickles, and crispbreads.

SOUPS

Broccoli Soup 210 ✓
Full of green goodness, with a potassium broth base. Bunches of broccoli and spinach, fresh herbs, and smooth coconut cream.

Golden Broth 210
A powerful, healing bone broth, flavored with coconut milk, green curry paste, turmeric and ginger root, black pepper, sweet potato, baby kale, red onion, and shredded organic chicken.

LAND & SEA

Today's Catch M/P
The freshest daily catch, served simply baked in parchment paper with herbs.

Grilled Sardines 295
An abundant, locally-sourced fish, packed full of essential fatty acids and Vitamin D. Served delicately grilled, and seasoned with fresh organic herbs.

Moules 365
Sustainably sourced mussels served in a white wine, parsley, and coconut milk marinade.

Roasted Chicken 385
Organic, free range chicken roasted with lemon and fresh herbs.

Tenderloin Steak 395
Delicately grilled pieces of smooth pasture-raised, organic tenderloin.

SIDES

Roasted Sweet Potato with Salad Onions **120** ✓
Charred Salad Onions and Nopal Cactus **120** ✓
Yucca Fries **100** ✓

**Our menu is GLUTEN, GRAIN, DAIRY,
and REFINED SUGAR FREE**

We only cook with organic extra virgin coconut and avocado oil, and we use extra virgin olive oil for dressings.

Wherever possible our produce is organic, locally and ethically sourced and everything is homemade from scratch.

**If you have a food allergy, please advise your server
and we will be happy to accommodate you.**

On Request

Due to declining numbers and seasonal fluctuations, we offer lobster, crab, scallops, and octopus on request with 24 hours notice.