

Rise & Shine

Freedom
RESTAURANT

Coffee

Espresso • 5

Espresso Decaf • 5

Cappuccino • 7

Latte • 7

Iced or Hot

Chai Latte • 7

Iced or Hot

Matcha Green Tea Latte • 7

Ice or Hot

Breakfast Cocktails

Mimosa Flight • 18

Bloody Mary Flight • 20

*Traditional Bloody Mary, The Cove's
Pepper Infused Vodka Bloody Mary,
Bloody Maria, Bahamian Michelada*

Hot Tea

English Breakfast Tea • 4

Awaken with this bold and invigorating classic black tea

Lavender Earl Grey • 4

*An elevating earl grey, with subtle notes of calming
lavender and the uplifting notes of bergamot*

Monsoon Chai • 4

*Steeped in the complexity of hand-ground cloves,
cardamom and ginger, this authentic chai is worthy
of any mother's stove top*

Long Life Green • 4

*Tender young green tea leaves picked at the golden
hour, entice with its gentle jade liqueur*

Organic Vanilla Rooibos • 4

*Sweet vanilla gives beautiful body to this naturally
caffeine-free herbal infusion*

Chamomile • 4

*Apple-like bouquet wafts promises of inner calm
with whole golden chamomile blossoms*

Peppermint • 4

*Fresh mint leaves refresh with crisp, cooling notes a
true peppermint for peppermint lovers*

Hand-Crafted Juices & Sodas

The Green Wake Up Call • 8

*Green Apple, Fresh Ginger, Celery, Honeydew,
Cucumber, Local Kale, Mint*

The Tropical Shake Up • 8

Local Pineapple, Carrot, Ginger, Green Apple

Mixed Berry Soda • 7

Tropics Soda • 7

Orange, Pineapple, Mango

Smoothies

Blueberry Banana Avocado • 11

*Blueberry, Banana, Avocado, Spinach,
Cinnamon, Almond Milk*

Eleuthera Pineapple & Kale • 10

*Fresh Pineapple, Local Kale, Banana,
Non-Fat Greek Yogurt, Peanut Butter,
Vanilla Almond Milk*

Tropical Green Tea • 12

*Matcha, Banana, Coconut Milk, Agave Nectar,
Mango*

Iced Boba Teas

Traditional Bubble Tea • 8

Lavender Earl Grey Tealeaves, Milk, Tapioca Boba

Lemon-Basil Boba Tea • 8

*Lemon-Basil Infused Black Tea, Strawberry Boba
Pearls*

Cilantro Arnold Palmer Boba • 8

Cilantro Infused Black Tea, Mango Boba Pearls

Vanilla-Mint Boba Tea • 8

*Mint Infused Organic Vanilla Rooibos Tea, Passionfruit
Boba Pearls*

Matcha Bubble Tea • 8

*Matcha, Coconut Milk, Agave Nectar, Tapioca
Boba*

Baked Goods

Earl Gray Banana Bread • 12 veg

Summer Grilled Peaches, Natural Yogurt and Nuts

Coconut French Toast • 13 veg

Coconut Rum Custard, Brioche Bread, Maple Syrup

Cheese and Corn Pancakes • 14

Smoked Bacon, Scallions, Caramelized Banana, Sour Cream, Local Harvested Honey

Fresh Fruits

Tropical • 13 veg, gf

Mango, Passion Fruit, Papaya, Pineapple

Berries • 16 veg, gf

Blueberry, Strawberry, Raspberry

Melons • 12 veg, gf

Cantaloupe, Honeydew and Watermelon

Bowls

Cluster Granola Parfait • 15 veg, gf

Homemade Granola, Coconut Greek Yogurt, Fresh Berries, and Mango Coulis

Quinoa Protein Porridge • 16 veg, gf

Blended oats, Seeds, Nuts and Quinoa

Rolled Organic Oats • 17 veg

Almond Milk, Chai Seeds, Peanut Butter and Maple Syrup

Ginger Tea and Mango Acai • 15 veg, gf

Rich Creamy Yogurt, Granola, Mango, Pineapple and Coconut

Banana & Cinnamon Oatmeal • 14 veg, gf

Rolled Oats, Banana and Granola Dust

Hilltop Farms is a locally sourced farm on North Eleuthera. Priding themselves on sustainable natural feed and vitamins for their livestock, we are proud to commit to their initiatives.

We source our ingredients locally, seasonally, and sustainably. Due to the exclusivity of Eleuthera, please excuse any menu items that may not be offered at this time. Please see your server with any dietary restrictions based on allergies and preferences.

veg - vegetarian gf - gluten friendly

All alcoholic and non-alcoholic beverages are subject to 15% gratuity & 12% VAT

Eggs

The Cove Breakfast • 20

Hilltop Farm's Organic Eggs, Any Style, Grilled Heirloom Tomato, Mushrooms, Applewood Smoked Bacon or Sausage, Home Fries and Organic Greens

Silken Omelet • 16 veg

Spinach, Tomato Chutney and Parmesan, Mozzarella and Cheddar on Rye Toast

Bahamian Egg White Frittata • 20 veg, gf

Pigeon Peas, Bell Peppers, Heirloom Tomatoes, Ricotta

Avocado Toast with Spiced Poached Egg • 17 veg

Tomato Relish, Cilantro, Onion, Lime, Served on Seeded Toast

Egg Florentine • 19

Two Poached Eggs, Truffle Hollandaise on an English Muffin, Local Kale and Red Lumpfish Caviar

Eleuthera Scramble Egg • 14 veg

Local Caribbean Spiced Scrambled Eggs, Spinach, Topped with Parmesan, Served on Seeded Toast

Toasted Bagel and Crab • 26

Bagel, Cream Cheese, Capers, Cucumber, Local Crab, Guacamole

* Egg Whites Available Upon Request at Additional \$2

Sides

Applewood Smoked Bacon • 4

Turkey Bacon • 4

Croissant plain • 5

Croissant chocolate • 6

Pork Sausage • 4

2 Organic Eggs - Any Style • 4

Smoked Salmon • 6

Crab Meat • 8

Cheddar or Swiss Cheese • 3

Local Home Fries • 4

Avocado • 4

Truffle Hollandaise • 3

Toast • 2

Multigrain, White, Sourdough, Rye, Pumpernickel