



# THE CHRYSALIS CAFÉ

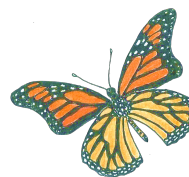
## Farm to Table



### Breakfast *Build your own...*

Free Range Eggs your way	6
Peg Pork Sausages	12
Cassava Pancakes	10
Crispy Breadfruit	7
Fried Plantains	6
Sautéed Farm Greens	8
Roasted Tomatoes	8
Homemade Organic Toast	6

### Soups & Snacks



Naked Farm Soup	15
Farm Fresh Carpaccio	12
Fish Cakes	14
W/ spicy tomato and garlic dip	

### Six Men's Fish market

Eggs Benedict	30
Free range poached eggs, pork sausages , tomato and garlic jam cassava biscuits, hollandaise	

Pan-fried Local Catch	40
Creamed Breadfruit, mixed leaf and vegetable slaw, beurre blanc sauce	

Fruit & Cereal	24
Toasted oats, chia and flax seeds, yogurt, farm fresh fruit	

Fish Flatbread Wrap	32
Pan-fried local fish, split pea stuffed flatbread, chili and lime sour cream, cucumber, tomatoes, onions, mixed leaves	


Served w/	Green plantain chips
OR	Mixed Leaf salad


### Pasture and Gardens

Greens And Grains	28
Peg greens, caramelized onions, lentils, okra, toasted barley, flaxseeds, poached eggs, spring onion vinaigrette	

Chicken and Papaya salad	30
Pan seared chicken breast, mixed leaves, charred papaya, tomatoes, aloe vera and basil	

Roasted Leg of Chicken	35
Peg farm free range chicken, buttered vegetable succotash	

Pulled Pork Pancakes	30 
Jerked pulled pork, buttermilk pancakes, fruit puree, yogurt, sugar cane syrup	

Black Chili	28 
Black bean and lentil chili, farm fresh salsa, corn meal dumplings	



• All prices are in BDS \$ and are exclusive of service charge.