





We're here to serve you!

Enjoy delicious farm-to-table dining for less! Indulge in fresh flavors and an exquisite menu with a Bahamian and an International flair! **Scroll down to view our menu** and let us host/cater your next birthday party, wedding, anniversary celebration or corporate gathering.

(Poolside, restaurant and garden venues available)

 CTI Campus
Queen's Highway, Rock Sound, Eleuthera

 242-334-4715
or 242-823-1039

Operating Hours:

Breakfast and Lunch: Mon. thru Sat. | 8:00 am to 3:00 pm

Dinner: *Thurs. thru Sat. | 6:30 pm to 10:00 pm

(*Kitchen closes at 9:30 pm)

Sundays | Closed



Breakfast Delights

Avo-Sunny-Side-Up Bagel	A creamy, seasoned avocado spread topped with a sunny-side-up egg on a toasted bagel. Add on a protein of your choice for \$2 and opt. for toast, lettuce and tomatoes to create a breakfast sandwich.	\$8
Fruit-laden Oatmeal Bowl	A warm, comforting bowl of oatmeal crowned with a medley of fresh seasonal fruits.	\$6
Egg White Omelette Delight	A wholesome and satisfying egg white omelette with delicious roasted broccoli florets.	\$11
Meaty Bites Omelette	A hearty omelette filled with a combination of savory sausage, bacon and cheese in every bite.	\$10.25
Farm-to-Table Veggie Omelette	A delightful omelette stuffed with fresh bell peppers, onions, mushrooms and spinach.	\$8
Decadent Stuffed French Toast Rolls	Decadent french toast rolls filled with sweetened cream cheese and fried for a crisp outer finish, then drizzled with a warm caramel sauce and topped with fresh seasonal fruits and coconut flakes.	\$12
Bahamian-style Grits & Tuna	A savory dish of soft yellow grits served with a side of zesty tuna salad.	\$6
The Egg-stravaganza Platter	Customize your egg platter. Choose from two fried, poached, scrambled, sunny-side-up or over-easy eggs served with your choice of two sides: crispy bacon, savory breakfast sausages, sautéed spinach, or grilled pumpkin chunks topped with coconut flakes.	\$8
Fresh Seasonal Fruit Bowl	Enjoy a vibrant selection of fresh, seasonal fruits. (Market Price.)	
Classic Bahamian Chicken Souse **	A flavorful and seasoned souse with chicken, onions, potatoes and a kick of citrus and spice to awaken the senses.	\$15
Island-style Stewed Conch **	A rich and hearty stew of tender conch, farm-fresh vegetables and potatoes slow-simmered to flavorful perfection.	\$20
Breakfast Add-Ons:	Single Egg Toast Bagel Bacon Cheese Sausage	\$2
	Grits Hash Tuna Salad	\$3

**Available on weekends only.



Lunch Extravaganza

Mahi-Mahi Tacos

Tender and juicy grilled Mahi-Mahi and shredded cheese nestled on a warm soft shell tortilla served with salsa, sour cream fresh lettuce and diced tomatoes. (3 pcs.)

\$12

Farmer's Delight Quesadilla

Choose from savory grilled chicken breast, succulent shrimp, or ground beef with shredded cheese, fresh lettuce, and diced tomatoes enveloped in a crisp tortilla wrap and served with sour cream. Chicken \$7 | Beef \$7 | Shrimp \$10

Must-Have Chicken Wings

A 6-pc. serving of chicken wings battered, fried and flavored with sensational sauces that delight and served with veggie sticks. Choose from: Honey Garlic, Guava Barbecue, Spicy Buffalo, Regular Style or Naked.

\$10

Vegan Delight Hummus

A zesty and healthful chick pea, turmeric & lime hummus served with wholewheat toasted pita chips and veggie sticks.

\$8.75

Caribbean Jerk Mushroom Burger

A grilled portobello mushroom seasoned with a tantalizing blend of spicy jerk seasonings and topped with a garlic aioli sauce and a fresh slice of tomato, onion, and lettuce on a toasted bun. Served with crispy onion rings.

\$10

Classic Angus Beef Burger

A juicy 100% Angus Beef burger, grilled to perfection and topped with a fresh slice of tomato, onion and lettuce on a toasted bun.

\$13.50

Fisherman's Catch Mahi-Mahi Burger

Tender and flaky Mahi-Mahi lightly grilled to seal in the flavorful juices and topped with a fresh slice of tomato, onion and fresh lettuce on a toasted bun.

\$14

Crispy Ginger Rice Bowl

A fragrant and delicious bowl of panfried ginger-infused jasmine rice with sauteed mustard greens and crispy baked BBQ chickpeas.

\$12

Beet & Goat Cheese Salad

A vibrant, warm salad combining sweet and earthy baked red and golden beets topped with creamy goat cheese, toasted pumpkin seeds, and lemon balsamic dressing.

\$10



Lunch Extravaganza

Glorious Greens Salads

Specialty Salad Dressings:
Creamy Garlic Caesar &
Mango Balsamic.

An energizing blend of crisp, farm-to-table artisan lettuces, freshly harvested tomatoes, bell peppers, cucumbers and other seasonal farm veggies.

\$14

Pair with the protein of your choice for an additional charge. Steak \$12 | Salmon \$14 | Mahi-Mahi \$10
Shrimp \$8 | Chicken \$5

Farmer's Table Lunch Special

Ask about our daily lunch specials. Available while supplies last. Ask your server for details and price.

Lunch Add-Ons:

Crispy Sweet Potato Fries

\$4

French Fries

\$4

Garden Side Salad

\$5

Dessert Menu

**Bahama Mama
Guava Duff**

A delicious, springy slice of duff stuffed with delicious guavas and served warm with a rich and decadently sweet cream sauce.

\$10

'Lutra Coconut Tartlet

A warm and flaky sweet baked coconut tartlet topped with a dollop of rich whipped cream.

\$8

**Irresistible Carrot
Cake Muffin**

A moist and sweet carrot cake muffin filled with cream cheese goodness.

\$5





Delectable Dinners

Apricot Braised Lamb

Tender and savory herb braised lamb served in a sweet apricot sauce and served alongside a vibrant beetroot hummus with crispy pita chips.

\$35

Chef's Grilled Conch Bowl

Tender and succulent grilled conch cooked with fresh onions, peppers, tomatoes, garlic butter & lime juice to seal in the celebration of savory flavors.

\$20

Grilled Lobster Tail

A succulent and juicy grilled lobster tail, seasoned to perfection and served with a crisp artisan lettuce salad and fresh seasonal farm veggies.

\$36

Spiced Blackened Salmon

Pan-seared blackened salmon served with sautéed bok choy, bell peppers, and a luscious spiced pumpkin puree topped with tantalizing pineapple caper salsa.

\$30

Ginger Chicken Delight

Tender, seasoned chicken breast sautéed in a ginger sauce with fresh broccoli florets and mushrooms.

\$25

Fisherman's Catch Seafood Pesto Pasta

A delightful blend of lobster, conch and shrimp tossed in a farm-fresh pesto sauce with savory bell peppers, onions, and herbs atop a bed of pasta topped with parmesan cheese and served with warm, cheesy garlic bread.

\$31

Classic Angus Beef Burger

A juicy 100% Angus Beef burger, grilled to perfection and topped with a fresh slice of tomato, onion and lettuce on a toasted bun and served with french fries.

\$18

Glorious Greens Salads

An energizing blend of crisp, farm-to-table artisan lettuces, freshly harvested tomatoes, bell peppers, cucumbers and other seasonal farm veggies.

\$14

Specialty Salad Dressings:
Creamy Garlic Caesar & Mango Balsamic.

Pair with the protein of your choice for an additional charge.
Steak \$12 | Salmon \$14 | Mahi-Mahi \$10 | Shrimp \$8 | Chicken \$5

Dinner Sides:

- Jasmine Rice \$4.50
- Grilled Seasonal Veggies \$5
- Cheesy Garlic Bread \$5
- Garden Side Salad \$5



*Savory Dinner
Appetizers*

Bang Bang Cauliflower	Crunchy cauliflower florets tossed in a sweet and spicy, tantalizing chili sauce and baked for a crisp finish.	\$7
Golden Conch Fritters	A classic Bahamian delicacy of tender conch bites, savory onions, fresh bell peppers and thyme combined in a batter and deep fried to golden perfection. Served with a delicious dipping sauce.	\$8
Farmer's Choice Soup	A warm and hearty soup crafted with locally sourced ingredients, fresh seasonal produce, and herbs from our farm combined in a slow-simmered soup to satisfy the senses.	\$8
Elegant Shrimp Cocktail	A serving of succulent, seasoned jumbo shrimp, lightly poached in a white wine sauce and served chilled atop a bed of crisp fresh lettuce and tomatoes with cocktail sauce.	\$13
Creamy Chicken Mac & Cheese	A savory blend of tender macaroni and seasoned chicken bites simmered in a warm and creamy cheese sauce.	\$14
Sautéed Mussels	Tender sautéed mussels simmered in a zingy lemon and garlic butter white wine sauce with bell peppers and onions. Served with toasted garlic bread.	\$14

Dessert Menu

Bahama Mama Guava Duff	A delicious, springy slice of duff stuffed with delicious guavas and served warm with a rich and decadently sweet cream sauce.	\$10
'Lutra Coconut Tartlet	A warm and flaky sweet baked coconut tartlet topped with a dollop of rich whipped cream.	\$8
Irresistible Carrot Cake Muffin	A moist and sweet carrot cake muffin filled with cream cheese goodness.	\$5





Beverage Menu

Soft Drinks:

Coca-Cola, Diet Coke, Sprite, Ginger Ale	\$3
Fresh Island Switcha' (Lemonade)	\$4
Iced Tea, Bush & Herbal Iced Teas	\$4
Joe's Iced Tea (Bottled)	\$4

Juices:

Orange Juice, Apple Juice, Cranberry Juice	\$3
Fresh Frozen Smoothies (Ask your server for available selection and price.)	

Hot Beverages:

Bottled Water	\$2
Coffee & Tea	\$3

Cocktails N' Fings

Tropical Rum Punch	A refreshing blend of local rum, fresh pineapple juice, coconut water, and a hint of lime.	\$12
Bahama Breeze Mojito	A Caribbean twist on the classic mojito, with farm-fresh mint and lime.	\$11
Coconut Lime Daiquiri	A frozen delight that blends fresh lime and coconut for a sweet, exhilarating island cocktail.	\$13
Passion Fruit Gin Fizz	A fizzy, floral and fruity concoction featuring local gin and passion fruit.	\$14

Beer & Wine

Ask you server for available selection and price.



Mocktails

Paradise Berry Mocktail	A vibrant mix of fresh berries and coconut water, delivering a burst of tropical goodness.	\$8
Cucumber Mint Spritzer	A crisp, revitalizing drink with fresh cucumber, mint, and a splash of soda.	\$7