



Earth Mama's

GARDEN CAFE & LIFESTYLE

Lunch

Open Tuesday to Sunday 8:00 am to 4:00 pm - Closed Mondays

Wine - 90L, Champagne & OJ - 100L, Beer - 40L, Soda, Water & Juice - 30L

Espresso, Cappuccino, Latte - 60 L, Coffee or Tea - 30 L

Appetizers

Caribbean Salsa - \$5.50/105 L

Pineapple and mango with a selection of peppers & onions served with freshly baked tortilla chips

Summer Rolls - \$6.30/120 L

Prawns, mango, shredded vegetables, fresh herbs in a rice wrapper served with a hoisin peanut sauce

Herbed Seafood Brushetta - \$7.00/140 L

Fresh tomatoes & herbs with shrimp and crab on toasted garlic bread

Salads

Taco Salad - \$8.40/160L

Fresh greens layered with seasoned ground beef, corn, black beans, green pepper, Jalapeno Jack cheese, tomatoes, onions, avocado and topped with sour cream and salsa

Thai Chicken Salad - \$9.00/170 L

Fresh greens with a Thai dressing topped with grilled chicken, egg noodle, onions, avocado, red pepper, carrots and peanuts

Wraps, Tostadas and Burgers

Rice and Bean Whole Wheat Tortilla Wrap - \$7.50/145 L

Cheese, salsa, mayonnaise, fresh herbs, lettuce, tomatoes, avocado, onions served with Plantains

Coconut Curry Chicken Whole Wheat Tortilla Wrap - \$8.40/160 L

Fresh herbs, mayonnaise, lettuce, egg noodles, tomatoes, onions, carrots, celery served with Plantains

Island Nachos - \$6.80/130 L

3 Homemade Corn Tortillas smothered in beans, salsa, avocado, jalapenos, cheese and served with sour cream

Teriyaki Burger - \$8.00/152 L

Homemade Beef Burger served with grilled pineapple, onion, lettuce, tomato, mayonnaise and our special sauce served with plantains

Lime Shrimp Tostadas - \$8.50/165 L

Grilled Prawns, lettuce, cilantro, tomatoes, onions & avocado layered onto 3 Homemade Corn Tortillas & served with Salsa Cream on the side

10 % Gratuity, 12% Food Tax, and 15% Alcohol Tax will be Included.