



Heart Healthy Options

Breakfast

- Ackee & Saltfish w/ Calabasas Pumpkin
- Plantain Grilled Cheese Sammich
- Chick'n Biscuit

Brunch

- Island Brunch Bowl
- Cornbread & Jerk BBQ Jackfruit
- Grilled Cheese Sammich
- Irie Cristo

Build-A-Bowl

- Rice
- Slaw
- Grilled Pineapple
- Jerk Chick'n
- Crispy Chick'n
- Buffalo Cauliflower
- Curry Potato & Chickpeas
- Sweet & Spicy Cauliflower

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**Advanced
Rehabilitation
Institute**

This menu was created in partnership with Orlando Health Advanced Rehabilitation Institute's (OHARI) Neuro-Friendly Restaurant Initiative



Heart Healthy Options

Specialty Plates/Platters

- **Ribs**
- **Jerk**
- **Curry Chick'n**
- **Biscuits**
- **Mac and Cheese**

Heart Healthy Salad Options

- **Rainbow Broccoli Slaw**
- **Massaged Collard Greens**
- **Leafy Greens Blend**
- **Jerk Chick'n**
- **Crispy Chick'n**
- **Buffalo Cauliflower**
- **Toona**
- **Sweet & Spicy Cauliflower**
- **Tomato**
- **Grilled Pineapple**
- **Cranberry**
- **Mango Ginger Vinaigrette**

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Blood-Sugar Friendly Options

Breakfast

- Ackee & Saltfish w/ Calabasas
- Pumpkin

Brunch

- Island Brunch Bowl

Build-A-Bowl

- Slaw
- Jerk Chick'n
- Crispy Chick'n
- Buffalo Cauliflower

Specialty Plates/Platters

- Ribs
- Jerk
- Curry Chick'n
- Biscuit

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Blood-Sugar Friendly Options

Blood-Sugar Friendly Option

- **Rainbow Broccoli Slaw**
- **Massaged Collard Greens**
- **Leafy Greens Blend**
- **Jerk Chick'n**
- **Crispy Chick'n**
- **Buffalo Cauliflower**
- **Toona**
- **Sweet & Spicy Cauliflower**
- **Tomato**
- **Plantain Chips**
- **Cranberry**
- **Mango Ginger Vinaigrette**

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Brain Wellness Options

Breakfast

- Ackee & Saltfish w/ Calabasas
- Pumpkin

Brunch

- Island Brunch Bowl
- Build-A-Bowl
- Rice
- Slaw
- Buffalo Cauliflower
- Curry Potato & Chickpeas
- Sweet & Spicy Cauliflower

Brain Wellness Salad Options

- - Rainbow Broccoli Slaw
- - Massaged Collard Greens
- - Leafy Greens Blend
- - Buffalo Cauliflower
- - Toona
- - Sweet & Spicy Cauliflower
- - Tomato
- - Cranberry
- - Mango Ginger Vinaigrette

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