



## Good Morning Selection

- Available until 3 pm -



### Big Breakfast Plate - \$ 12

Seared falafel OR two local eggs cooked as requested, served with coconut bacon, sautéed potatoes with moringa, home baked trio of beans, sautéed mushrooms and toasted VIVO bread



### Omelette - \$ 12

Two local eggs with tomatoes, mushrooms, onion and spinach. Side of salad and toasted VIVO bread



### Eggs & "Bacon" - \$ 9

Two local eggs cooked to your liking, served with coconut bacon, sautéed potatoes with moringa and toasted VIVO bread



### Big Bap - \$ 14

Dutch-crust bun sandwich, two fried local eggs, seared falafel, sautéed mushrooms, coconut bacon, cashew creamy cheese. Side of sautéed potatoes with moringa



### Coconut Pancakes - \$ 9

Homemade coconut flour pancakes topped with fruit compote and a side of Chef's seasonal jam



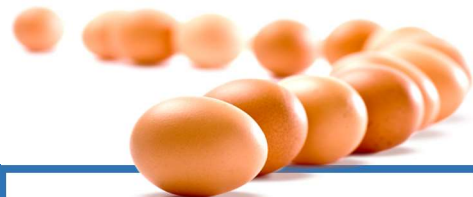
### French Toast - \$ 9

Spiced rum infused French toast served with homemade fruit compote



### Bread & Jam - \$ 6

Toasted VIVO bread served with homemade Chef's seasonal jam



### Where are you getting your eggs from?

Our Chefs Shanan owns a small egg farm and he treats his chickens like pets: therefore, the eggs are all natural and cruelty-free. Every morning he brings some fresh eggs to VIVO. You cannot go fresher than that!

## Extra



### Gluten-free Bread \$ 2.00



### Extra Egg \$ 2.00



### Fruit Compote \$ 2.50



### Homemade Jam \$ 2.50



### Coconut Bacon \$ 2.00

Virtually all ingredients are homemade, organic and/or locally sourced  
All prices are in Cayman Island Dollars KYD - 15 % service charge will be added to your total bill

## Appetizers



**Coconut Ceviche** - \$ 9

Tender young coconut, cucumber, tomato, onion, seasoning peppers, mint, cilantro and nuts, dressed in a spicy coconut-lime dressing. Topped with coconut bacon



**Falafel Bites** - \$ 7

Seared falafel with fresh herbs.  
Side of creamy cucumber and mint sauce



**Egg Roll** - \$ 8

Handmade using a variety of market vegetables.  
Side of spicy tomato sauce



Vegetarian



Vegan



Gluten  
Free



Spicy

## Salad



**VIVO** - \$ 12

Freshest market and seasonal greens, cucumber, tomato, onion, cilantro, spicy nuts in a light olive oil dressing.  
Topped with coconut bacon

## Sandwiches & Wrap

Served with a side of sautéed potatoes with local moringa



**"B"LT** - \$ 12

Coconut bacon, lettuce, tomato, onion, avocado, toasted sesame seeds, sun-dried tomato pesto, cashew cream



**Falafel Sandwich** - \$ 12

Seared falafel, lettuce, tomato, onion, coconut bacon, vegan creamy cucumber and mint sauce



**Burrito** - \$ 16

Sprouted spelt flatbread, home baked trio of beans, tomato, onion, avocado, cashew cream, hot sauce



What is

**coconut bacon?**

It's coconut that tastes like bacon! What? You don't believe me? Try it out, it's delicious! We shred the coconut into chips, we season it and we cook it in the dehydrator. Yummy!



Gluten-free bread available, add \$ 2



## Main Courses



### Sun Day Roast - \$ 18

Lentil, herb and mushroom loaf, chili garlic wilted greens, sautéed potatoes with moringa, mushroom gravy, cashew cheese, tomato chutney



### Lo Mein - \$ 16

Asian noodles, mushrooms, greens, sweet peppers, carrots, spicy nuts, toasted sesame seeds and chili oil



### Vegan Curry - \$ 16

Authentic Indian curry with young coconut, greens, potatoes and dumplings in a perfect blend of spices, tomato, coconut and cashew cream. Side of coconut basmati rice



### Aglio, Olio e Peperoncino - \$ 16

Gluten-free brown rice pasta, olive oil, garlic, fresh herbs, local greens, spicy nuts, seasoning peppers and chili, "Parmesan"

## What is moringa?

Moringa plant is becoming popular as a new "superfood" for its highly nutritious profile and powerful tissue-protective, anti-inflammatory and antioxidant properties. The leaves are delicious added to food or used to make herbal teas.

## Sides

VIVO Bread \$ 4

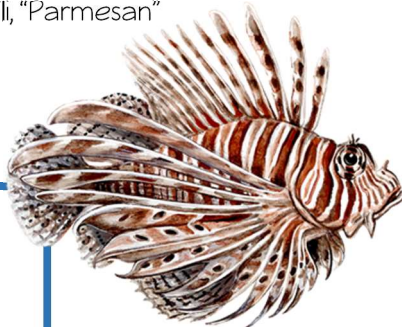
VIVO Salad \$ 6

Trio of Beans \$ 6

Potatoes with Moringa \$ 6

Garlic-Chili-Oil Greens \$ 6

Coconut Basmati Rice \$ 6



## Lionfish



### Lionfish Sandwich - \$ 16

Cashew cream, lettuce, tomato, onion, and caper chili vinaigrette. Side of sautéed potatoes with moringa



### Lionfish Fillet - \$ 24

Seared Lionfish topped with Chef's tomato salsa and your choice of two sides



### Lionfish Curry - \$ 22

Authentic Indian curry with a perfect blend of spices, tomatoes, homemade coconut milk. Side of coconut basmati rice

## Why Lionfish?

Lionfish have quickly become established across the waters of the Caribbean. Because of their role in upsetting the ecological balance of coral reef ecosystems, the rapid growth in the populations of these fish pose a serious threat to reef fish populations across the Caribbean, and thus to coral reef ecosystems.



### ORGANIC ARABICA COFFEE

Blend of Medium & Vienna Roasts

Smooth and creamy with chocolate notes



Coffee - \$3

Espresso - \$2.50

Double Espresso - \$4.50

Cococcino - \$5

Our signature cappuccino made with fresh homemade coconut milk

### ORGANIC TEAS AND HERBAL INFUSIONS - \$4

English Breakfast

Green Tea

Peppermint

Darjeeling

Lemon Balm

Echinacea Plus

Pure Rooibos

Chamomile

### NATURAL FLAVOURED SPARKLING WATER - \$2.50



Lemon

Mango

Coconut

Passion Fruit

Peach & Pear

No Artificial Sweeteners  
No Calories • Sodium Free



### ORGANIC SODAS \$3.50

USDA Certified Organic  
100% Natural Soda  
sweetened with pure  
organic cane sugar  
No High Fructose Corn  
Syrup • No Artificial  
Flavors • No Caffeine  
No Preservatives

New Century Cola

Ginger Ale

Orange Divine

Black Cherry Cherish

Root Beer Encore



### KOMBUCHA - \$7.50

+ Strengthens the Immune System  
+ Detoxifies the Body + Boosts Energy  
+ Balances Metabolism + Alkalises the Body

Happy Tea - Stimulates Body and Mind

Ginger Mint Mate - Aids Digestion

Mango Tulsi - Anti-Viral & Reduces Allergies

Blueberry Nettle - Improves Memory & Keeps Skin Healthy

Moringa Mate - Both an Energy Booster and a Soother

Coconut - Boosts the Metabolism

Local • Raw • Organic • Vegan • Gluten-free • Fair Trade



Wild Blueberries

Smoothie \$9

Wild blueberries,  
banana and homemade  
coconut milk



Freshly  
Squeezed  
Organic  
Orange  
Juice

\$5



Cold Pressed  
Organic Juices

\$7

Please ask about  
our available  
selection



### NATURAL JUICES \$3.50

100% Orange Juice

100% Pineapple Juice

Fair Trade Mango Juice

Fair Trade Banana Juice

### SOFT DRINKS \$3

Organic Black Iced Tea

Organic Green iced Tea

All Natural Lemonade

### KEEP CALM and USE A STRAW

Our straws are sustainable.  
Made from corn, not petroleum



Virtually all ingredients are homemade, organic and/or locally sourced  
All prices are in Cayman Island Dollars KYD - 15 % service charge will be added to your total bill





## *Wine List*

### *By the Glass*

#### *Bubbles*

Le Colture "Sylvoz" Prosecco Brut | Italy  
\$ 8 Glass (5oz) | \$ 40 Bottle

#### *White*

**\$ 8 Glass (5oz) | \$ 40 Bottle**

Saladini Pilastrì "Falerio" | 2014 | Italy

Gayda Sauvignon Blanc | 2014 | France

Gayda Chardonnay | 2014 | France

#### *Red*

**\$ 8 Glass (5oz) | \$ 40 Bottle**

Saladini Pilastrì "Rosso Piceno" | 2014 | Italy

Haras de Pirque Cabernet | 2011 | Chile

Cooper Hill Pinot Noir | 2015 | Oregon

### *By the Bottle*

#### *Bubbles*

De Chanceny "Crémant de Loire" Brut | France  
\$ 50

#### *White*

Bonterra Sauvignon Blanc | 2013 | California | \$ 45

Bonterra Chardonnay | 2012 | California | \$ 45

Prá "Otto" Soave Classico | 2014 | Italy | \$ 50

#### *Red*

Gayda Syrah | 2014 | France | \$ 40

Bonterra Cabernet Sauvignon | 2013 | California | \$ 45

Bonterra Merlot | 2013 | California | \$ 45

Prá "Morandina" Valpolicella | 2014 | Italy | \$ 50

*All of our wines are organic and vegan*



Drink responsibly and sustainably!  
For every bottle of wine (or 5 glasses) that you enjoy at **VIVO**,  
we partner with **Sustainable Harvest International**  
to plant a tree in local communities across the globe.

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GreenBar Craft Distillery represents the world's largest portfolio of **ORGANIC HANDCRAFTED SPIRITS**

**TRU Vodka** \$ 8

Clean and light taste with a well-rounded finish

**TRU Garden Vodka** \$ 8

Herbaceous and green

**TRU Lemon Vodka** \$ 8

Bright, vivid and juicy

**TRU Vanilla Vodka** \$ 8

Rich, sweet and floral

**TRU Gin** \$ 8

Complex flavor, spice forward, layered and balanced

**IXÁ Tequila Silver** \$8

Rich agave, herbs and clay, with a buttery finish vermouth

**IXÁ Tequila Reposado** \$9

Herbs and agave up front balanced by wood, caramel and spices on the finish

**Slow Hand White Whiskey** \$ 8

Tropical fruit, cereal with a clean, nutty finish

**Slow Hand Six Woods Whiskey** \$ 9

Spices, dark fruit, vanilla, butterscotch, black tea

**Crusoe Silver Rum** \$ 8

Dense sugar aroma with a caramel, grassy finish

**Crusoe Spiced Rum** \$ 8

Lush, layered spices balanced

**PREMIER**  
WINES & SPIRITS

## Cocktail Menu

### *Pinkolada* \$10

Our own twist of the Piña Colada made with Governor's Reserve Coconut Rum | Hutchings' Blackberry Liqueur | Homemade Local Coconut Milk | Pineapple Juice | Homemade Berries Syrup

### *Vivo Iced Tea* \$10

Diplomatico Rum Reserva 8 Years | Hutchings' Triple Sec Organic Green Tea | Homemade Orange and Rosemary Syrup

### *West Bay Sunset* \$10

Gun Bay Vodka | Hutchings' Peach Schnapps | Hutchings' Triple Sec Orange Juice | Mango Juice | Homemade Berries Syrup

### *Cayrum Punch* \$10

Governor's Reserve Spiced Rum + Coconut Rum + Banana Rum Orange Juice | Pineapple Juice Topped with a dash of Dark Rum

### *White 345* \$10

Gun Bay Vodka | Hutchings' Coffee Liqueur Homemade Local Coconut Milk

## Local Crafted Spirits

**Gun Bay Vodka** - \$ 7

**Seven Fathoms Premium Rum** - \$ 8

**Governor's Reserve Rum** - \$ 7  
[ White | Gold | Dark | Spiced ]  
[ Coconut | Banana ]



CAYMAN SPIRITS CO.

**1.5oz Per Serving • Mixed Drink Add \$ 1**

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## Beers

### LOCAL CRAFTED BEERS

We offer the most popular selection of local beers, world class products from the Cayman Island Brewery



#### **Caybrew \$ 5**

Smooth, full bodied premium lager, with a crisp, clean hop character. Gold medal for quality at 2008 Monde Selection



#### **Caybrew Light \$ 5**

Premium light beer brewed to the highest international standards and environmental practices. 95 calories only!



#### **White Tip \$ 5**

Moderate bodied Pilsen lager, brewed in the style of a European premium brand. Smooth flavors and bitterness.



#### **Ironshore Bock \$ 5**

Amber beer made with specialty hops from Washington Cascade Mountains. Roasted flavor and crispy after taste.