

irie island eats market



bowls

BANANA BERRY ACAI BOWL - STRAWBERRY, BLUEBERRY, RASPBERRY, BANANA, GRANOLA, CHIA 13

TROPICAL ACAI BOWL - MANGO, PINEAPPLE, PAPAYA, BANANA, COCONUT, GRANOLA, CHIA 13

IRIE ACAI BOWL - PINEAPPLE, STRAWBERRY, BANANA, PEANUT BUTTER, CACAO, GRANOLA, CHIA 13

BANANA BERRY YOGURT BOWL - VANILLA YOGURT, BERRIES, BANANA, COCONUT, GRANOLA 12

TROPICAL YOGURT BOWL - VANILLA YOGURT, MANGO, PINEAPPLE, PAPAYA, BANANA, COCONUT, GRANOLA 12

breakfast

BANANA BREAD FRENCH TOAST - OUR FRESH BAKED BANANA BREAD TOPPED WITH BANANAS, STRAWBERRIES, WHIPPED CREAM, COCONUT SYRUP, AND POWDERED SUGAR 14

ISLAND SOUFFLE PANCAKES - 2 PANCAKES TOPPED WITH COCONUT SYRUP AND YOUR CHOICE OF MANGO, PASSIONFRUIT, OR GUAVA SYRUP. TOPPED WITH FRESH BANANA, BERRIES & WHIPPED CREAM 14

TROPICAL WAFFLES - 2 FRESH MADE WAFFLES TOPPED WITH PINEAPPLE, MANGO, PAPAYA, BANANA, ALMONDS, SHREDDED COCONUT, WHIPPED CREAM AND COCONUT SYRUP 14

IRIE BREAKFAST BURRITO - WARM FLOUR TORTILLA WITH SCRAMBLED EGGS, CHEESE, PICO DE GALLO, FIRE ROASTED RED PEPPERS, PICKLED RED ONIONS AND SMOKED SAUSAGE 11

THE BEC - HOUSE-CURED BACON, 2 BAKED EGGS, & MOZZARELLA 12

BREAKFAST FLATBREAD - MOZZARELLA, 2 SUNNY SIDE UP EGGS, BACON, TOMATO 15

PROTEIN PLATE - 2 EGGS, HUMMUS, SPRING MIX, BEAN SPROUTS, PICKLED RED ONIONS, ROASTED RED PEPPERS, FETA CHEESE, TOMATO, AVOCADO 15

MIX PLATE - ONE EGG WITH TOPPINGS, ONE SOUFFLE PANCAKE, CHOICE OF MEAT, AND CHOICE OF AU GRATIN HASH BROWN OR MIXED GREENS. SERVED WITH OUR HOMEMADE COCO BREAD 15

SUNRISE PLATE - TWO SOFT BAKED EGGS WITH CHOICE OF 2 TOPPINGS. SERVED WITH COCO BREAD AND SMALL SALAD W/ AVOCADO, TOMATO, BEAN SPROUTS, AND KEY LIME VINAIGRETTE 14

SUNSET PLATE - TWO SOFT BAKED EGGS WITH CHOICE OF 2 TOPPINGS. SERVED WITH AU GRATIN HASH BROWNS, BACON OR SAUSAGE, AND OUR HOMEMADE COCO BREAD 15

CLASSIC OMELETTE - 3 EGG OMELET WITH MOZZARELLA CHEESE AND CHOICE OF 2 TOPPINGS. COMES WITH CHOICE OF MEAT AND HASH BROWN/OR MIXED GREENS. COMES WITH COCO BREAD 15

- FETA
- MOZZARELLA
- TOMATO
- KALUA PORK
- CHORIZO
- SAUSAGE
- BACON
- CHIMICHURRI
- PICKLED RED ONION
- ROASTED RED PEPPER

toppings

flip over for more →

toasts

TOASTS & SANDWICHES ARE SERVED ON COCO BREAD

AVOCADO TOAST - OUR HOMEMADE BREAD TOPPED WITH HUMMUS, TOMATO, & FETA 11

PB & BANANA TOAST - CREAMY PEANUT BUTTER, SLICED BANANA, & SHREDDED COCONUT 11

HUMMUS TOAST - SMASHED AVOCADO, BEAN SPROUTS, ROASTED RED PEPPER, CHIMICHURRI DRIZZLE 11



sandwiches & salads

ADD AVOCADO OR EGG TO ANY SANDWICH 3

BLT - A CLASSIC DONE RIGHT! WITH OUR HOUSE CURED BACON & FRESH BREAD 11

JERK CHICKEN SALAD - WITH GREENS & TOMATO 12

VEGGIE PANINI - SQUASH, ZUCCHINI, CARROT, ONION, RED PEPPER, CHIMICHURRI, MOZZARELLA 12

SMOKED SAUSAGE - SAUSAGE, PICKLED RED ONION, FIRE ROASTED RED PEPPER, MOZZARELLA 12

HAWAIIAN GRILLED CHEESE - KALUA PORK, MOZZARELLA, PINEAPPLE JAM 13

CHORIZO GRILLED CHEESE - SPANISH CHORIZO, MOZZARELLA, CHIMICHURRI 13

MARKET GREENS - FETA, TOMATO, ROASTED RED PEPPER, AVOCADO, BEAN SPROUTS, KEY LIME VINAIGRETTE 12

SWEET GREENS - STRAWBERRY, RASPBERRY, BLUEBERRY, ALMONDS, FETA CHEESE, KEY LIME VINAIGRETTE 12

flatbreads

FLATBREADS ARE SERVED ON NAAN BREAD

CHEESE FLATBREAD - TOMATO SAUCE, MOZZARELLA 13

MEAT LOVERS FLATBREAD - TOMATO SAUCE, MOZZARELLA, CHORIZO, BACON, SAUSAGE 15

HAWAIIAN FLATBREAD - PINEAPPLE JAM, MOZZARELLA, KALUA PORK, PINEAPPLE, RED ONION 15

VEGGIE FLATBREAD - CHIMICHURRI SAUCE, FETA, ZUCCHINI, SQUASH, BEAN SPROUTS, PEPPERS, ONIONS 15

Kids breakfast

SOUFFLE PANCAKE - WITH WHIPPED CREAM AND FRESH STRAWBERRIES AND BANANA 8

KID SCRAMBLE - SCRAMBLED EGGS, CHOICE OF BACON OR SAUSAGE AND COCO BREAD 8

BANANA BREAD FRENCH TOAST - HALF ORDER OF OUR HOMEMADE BANANA BREAD FRENCH

TOAST TOPPED WITH COCONUT SYRUP, WHIPPED CREAM, STRAWBERRIES & BANANA 8

WHAT IS COCO BREAD?

COCO BREAD IS A SOFT, BUTTERY, & SLIGHTLY SWEET BREAD MADE WITH COCONUT MILK. IT ORIGINATED IN JAMAICA, AND IS POPULAR THROUGHOUT THE CARIBBEAN. OURS IS MADE FROM SCRATCH IN HOUSE DAILY

all prices include tax

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

