



Martha's
Cafe

Opening Hours: 7:00am-2:00pm & 4:30pm-9:30pm

15% Service Charge is added to all tables of 5 or more. PRICE INCLUDES GENERAL SALES TAX

BEVERAGES

Cold Pressed Juices 12oz **\$10 BZ** **\$5 US**

Kombucha **Glass \$10 BZ \$5 US / Bottle \$35 BZ \$17.50 USD**

Organic Wines by Glass (Red, White, Rose) **\$20 BZ** **\$10 US**

Mango Mimosa **\$16 BZ** **\$8 US**

Belikin Beer **\$6 BZ** **\$3 US**

Bottled Water **\$2 BZ** **\$1 US**

Dairy-Free Fruit Smoothies

Double Blend **\$12 BZ** **\$6 US**

Triple Blend **\$14 BZ** **\$7 US**

Special Triple Blend **\$16 BZ** **\$8 US**

Choices: Mango (seasonal), Apple, Banana, Pineapple, Mint, Kale, Ginger, Carrot, Coconut, Orange, Chocolate, Peanut Butter, Avocado

Espresso **\$6 BZ** **\$3 US**

Latte/ Cappuccino (Reg) **\$10 BZ** **\$5 US** (Soy) **\$12 BZ** **\$6 US**

Martha's Hot Chocolate (has nuts) (Reg) **\$10 BZ** **\$5 US** (Soy) **\$12 BZ** **\$6 US**

Herbal Tea / Americano **\$4 BZ** **\$2 US**

Iced Coffee (Reg) \$5 BZ (Soy) \$7 US

BREAKFAST

Seasonal Fruit Bowl \$12 BZ \$6 US

Parfait

Yogurt, Homemade Granola, Fresh Seasonal Fruit \$21 BZ \$10.50 US

Avocado Toast

Toast buttered with homemade basil pesto, roasted tomatoes and balsamic drizzle topped with smashed avocado \$20 BZ \$10 US

Peanut Butter & Banana Breakfast Toast

w/ Drizzle of Belizean Honey

\$10 BZ \$5 US

Michelle's Sweet Cheese and Guava Panini

Mozzarella Cheese, Belize Sunny & Tan Bun Guava Preserve

\$12 BZ \$6 US

Martha's Spinach & Cheddar Quiche \$14 BZ \$7 US

Martha's Famous Peanut Butter Banana Waffles or Pancakes

Served with walnut crumble, maple syrup & whipped cream \$20 BZ \$10 US

Breakfast Sides

(2) Whole Wheat Toast	\$2 BZ	\$1 US
(2) Eggs	\$4 BZ	\$2 US
Avocado	\$4 BZ	\$2 US

LUNCH & DINNER MENU

APPETIZERS

Bruschetta V	\$15 BZ	\$7.50 US
Vegan Hummus w/ Corn Chips & Veggie Sticks V, GF	\$23 BZ	\$11.50 US
Tropical Ceviche w/Corn Chips V, GF	\$20 BZ	\$10 US
Vegan Chips and Dip V, GF	\$18 BZ	\$9 US
Samosas with Chutney (3) V	\$16 BZ	\$8 US

Fully Loaded Vegan Nachos

Corn chips, tomatoes, jalapenos, olives, vegan cheese, coconut refried beans,
guacamole V, GF **\$25BZ** **\$12.50US**

Om Shanti House Salad

Organic mixed greens, tomatoes, olives, dates, cucumber, walnuts, served with homemade balsamic guava dressing and whole wheat toastini V

\$25 BZ

\$12.50 US

SOUPS

SOUPS served with toastini **\$16 BZE/\$8 USD**

Vegan Coconut Curry Lentils V GF

Carrot Ginger (contains butter) VG GF

Gazpacho V GF

SANDWICHES

\$12 BZE/\$6 USD

“No Tuna” Sandwich - curried chickpeas and smashed avocado on hummus buttered whole wheat toast with organic greens and sliced tomatoes. V

Michelle’s Spicy Cheese and Onion Panini – whole wheat bread, mozzarella chesse, onions and jalapeno served with a quava dipping sauce VG

Crispy Cucumber Sandwich – hummus, thinly sliced cucumber, olives on whole wheat toast. V

SOUP & SANDWICH COMBO \$25 BZ \$12.50USD

MAIN COURSE

Vegan Tamales with guava pepper drizzle & side salad V GF

\$18 BZ \$9 US

Martha's Spinach and Cheddar Quiche with side salad VG

\$24 BZ \$12 US

Homemade Basil Pesto Pasta w/ side salad and toastini VG

\$20 BZ \$10 US

Martha's Famous Garden Veggie Lasagna w/ side salad & toastini VG

\$25 BZ \$12.50 US

Vegan Curry Bowl (coconut milk broth) served with brown rice V GF

\$25 BZ \$12.50 US

Belizean Vegan Power Bowl

Coconut brown rice & cilantro infused black beans, organic mixed greens, baked ripe plantain, avocado, homemade salsa, vegan cheese drizzle. V GF

\$25 BZ \$12.50 US

Open Face No Tuna Deluxe

Curried chickpea, smashed avocado, organic greens side salad, thinly slices tomatoes and cucumber with balsamic guava drizzle V GF

\$25 BZ \$12.50 US

Mediterranean Buddha Bowl (a burst of enzymes)

Homemade Hummus, tri-coloured bell peppers, olives, tomatoes, cucumber, roasted chick peas, served with brown rice. V GF

Martha's Secret Vegetarian Chili

Hearty Vegan Chili topped with avocado and a swirl of vegan cheese served with brown rice.

\$25BZ \$12.50US

ORGANIC SIDE SALAD **\$12 BZ \$6US**

DESSERTS

Martha's Famous Carrot Cake	Vegan or Regular	\$10 BZ	\$5 US
Vegan Chocolate Brownie	V	\$10 BZ	\$5 US
Vegan Banana Bread/Muffin	V	\$3 BZ	\$1.50 US
Turmeric Spiced Latte Ice-cream	VG GF	\$6 BZ	\$3 US /per scoop
Golden Milk Vegan Ice-cream	V GF	\$6 BZ	\$3 US /per scoop