

BREAKFAST



CHILLED

- ✓ **Fresh Seasonal Tropical Fruit** 16
- Raspberry Parfait** yogurt, cream & honey roasted oats 16
- Smoked Scottish Salmon** red onion, caper berries, lemon 16
- Continental Meats & Cheeses** mortadella, pastrami, country ham, baby bell, edam, gruyere, olives 16

OATS & CEREALS

- ✓ **Irish Steel Cut Farmers Oats** blueberries, chia, honey, cinnamon 14
- Homemade Tropical Granola** yoghurt & honey 12
- Assorted Kelloggs Cereals** regular / low fat / 2% skim / almond milk / soy milk

FROM THE GRIDDLE

- 1748 Pancakes** blueberry 12 / choc chip 12 / banana 10 with maple syrup or honey
- Caribbean French Toast** coconut, banana bacon & cinnamon, 16

OMELETTES

- The Long Bay** 3 eggs, feta, cherry tomato, chili, arugula salad 16
- Healthy Start** 3 egg whites, spinach, mushrooms, kale, garden herbs, tomato salsa 16

1748 SIGNATURES

- Full English** 2 eggs bacon, sausage, tomato, beans, mushrooms, toast 28
- Smashed Avocado Toast** artisan tuscan bread, arugula 16

GLUTEN FREE

- ✓ **Baby Vegetable Crudite** beet humous 14
- 3 Egg White Omelette** spinach, alfalfa, cherry tomato, arugula salad 18

SIDES

- 2 Eggs Any Style** 4
- Applewood Smoked Bacon** 4
- Pork Link sausages** 4
- Baked Beans** 3
- Grilled Plum Tomato** 3
- Mushroom** 4
- Pancakes** 6
- GF **Breakfast Potatoes** 4
- Fried Plantains** 4

BAKERY

- Croissant** 3.50
- Danish** 4
- Cinnabun** 4
- Muffins** 5
- Toast & Preserves** 4.50

HOT BEVERAGES

- Assorted Fruit & Herb Teas, Chai Tea, Cappuccino, Americano, Latte, Espresso, Mocha, Hot Chocolate,**

JUICES 6

- Orange, Guava, Tomato, Pineapple, Grapefruit, Apple, Carrot**

FRUIT SMOOTHIES 12

- Mango, Passion Fruit, Blueberry, Strawberry, Tropical Fruit**

MENU

WEEKEND ALL DAY

STARTERS

- Chickpeas & Feta** mint, almonds, pomegranate, iceberg, lemon oil 14 / 22
- 1748 Sprouting "Caesar"** alfalfa, shaved brussels, baby gem, roasted garlic dressing, pine nuts, sea salt croutons 12 / 20
- 24HR Compressed Watermelon** watercress, haloumi, cashews 12 / 20
- Roasted Cauliflower** yogurt, pomegranate, cashews 14
- Beetroot Cheesecake** Savory Granola, micro salad 16
- Salt Baked Heirloom Beets** arugula, blue cheese, pumpkin seeds, olive oil 12 / 20
- Grilled Goats Cheese** olives, cucumber, baby gem, pimento tomato vinaigrette 14 / 24
- Marinated Tuna Tataki** wakami, radish, yuzu mayonnaise 20

PROTEINS

- Seared Ahi Tuna** 7 / 12
- Grilled Local Rock Lobster** 28 / 50 (seasonal)
- Highland Salmon** 12 / 18
- Caribbean Sea Catch** 12 / 18
- Saute Gulf Shrimp** 14 / 22
- Free Range Organic Chicken Breast** 14 / 22

SHARING PLATES

- 1748 Mill Tuscan Bread** roasted garlic confit & olives 16
- Baby Vegetable Crudites** tzatziki, red beet humus 16
- Smashed Avocado** tortilla chips, cilantro, lime, strange chili sauce 14
- Soft Flour Tacos** crispy truffled cauliflower, roasted corn salsa, sour cream 18

SIGNATURES

- Blue Cheese Caesar** asparagus, sundried tomato dressing, aged parmesan 16 / 24
- 1748 Wagyu Beef Burger** sweet potato truffle fries, kim chi 28
- Veggie Burger** tomato chutney, red beet-sesame bun, chayote-red onion slaw 22
- Char Grilled Beef Tenderloin** "Peas n Carrots", roasted shallots, merlot jus 38
- Pan Roasted Snapper** garbanzo bean stew, saffron, tomato, pancetta, lemon oil 28

DAILY SPECIALS

Please ask your waiter for our seasonal daily specials and Caribbean Sea catch

YUMMY SIDES

- Grilled Asparagus** 5
- Home Fries** 4
- Parmesan Truffle fries** 5
- Roasted Brussels & Pecans** 4
- Mixed Salad** 4
- Green Salad** 4
- Tomato-Red Onion Salad** 4
- Wilted Organic Asian Greens** 4

