

CAFE MENU

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Pastries 5

Bagel & Cream Cheese 8

Ham & Cheese Croissant Ham, Cheddar, Tomato, Croissant 12

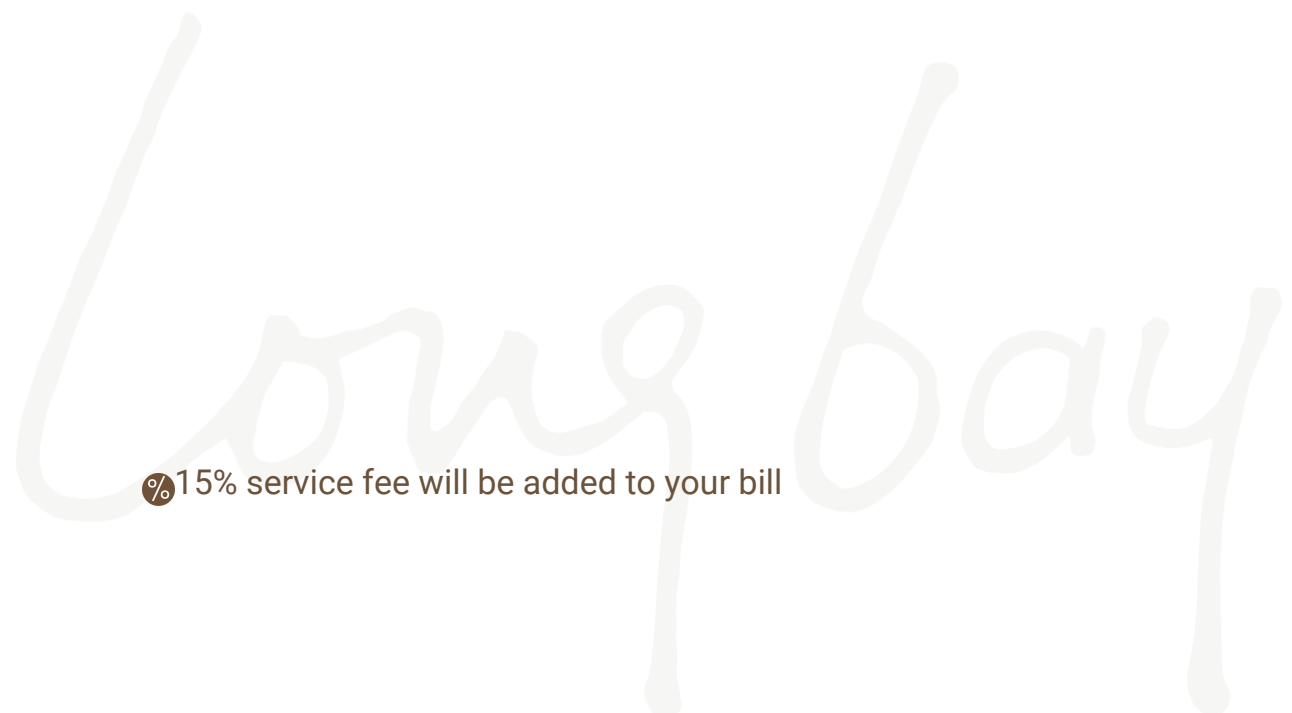
BLT French Baguette, Bacon, Lettuce, Tomato, Mayonnaise 12, Add Avocado 4

Breakfast Sandwich Bacon, Egg, Cheddar, Avocado, Lettuce, Tomato, Tuscan Bread 14

Ham & Cheese Baguette French Baguette, Ham, Cheddar, Lettuce, Tomato, Mayonnaise 14

Chicken & Bacon Baguette French Baguette, Chicken, Bacon, Lettuce, Tomato, Garlic Mayonnaise 14

Tuna Mayo Baguette French Baguette, Tuna, Lettuce, Tomato, Pickles 14



15% service fee will be added to your bill

BR



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 & CERELA

- ✓ **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

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

Grapefruit
Fruit Punch

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Long Bay

MENU



SMALL PLATES

1748 Mill Tuscan Bread roasted garlic confit, olives 16

- **Chickpeas & Feta** mint, almonds, pomegranate, iceberg, lemon oil 14 | 22
- **Spiced Shrimp** garlic & chorizo sausage, crostini 12
- **Seared Ahi Tuna** wakami, sesame, soy 12 | 22
- **Beetroot Hummus** olives, pita chips 12
- **24HR Compressed Watermelon** watercress, halloumi, cashews 12 | 20

Smashed Avocado & Tortilla Chips 14

1748 Sprouting "Caesar" alfalfa, shaved brussels, baby gem, roasted garlic dressing, pine nuts sea salt croutons 12 | 20

LARGE PLATES

Half Rack Long Bay Sticky Baby Back Ribs creamed corn 16

- **6oz Angus Filet Mignon Minute Steak** watercress, truffle parmesan fries 40
- **Roasted Local 8oz Lobster Tail** garden salad, garlic butter 55
- **Char Grilled Local Catch** seasonal salad greens, hand cut fries 30
- **Vegetarian Burger** beetroot brioche bun, chayote slaw, home pickled onion, sweet potato fries 22

Wagyu Beef Burger kimchi, chipotle mayo, sweet potato fries 28

DESSERTS

Irish Bread n' Butter Pudding whiskey-soaked raisins 15

Lemon Polenta Cake spiced blueberry compote 15

Chocolate Macadamia Brownies 15

Tres Leche caramel sauce 15

DAILY SPECIALS

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



Long Bay

● **vegan** ● **gluten free** ● 15% service fee will be added to your bill

SUSHI MENU

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NIGIRI

SALMON NIGIRI (2 pieces) 12.00

TUNA NIGIRI (2 pieces) 12.00

SASHIMI

SALMON SASHIMI (4 pieces) 15.00

TUNA SASHIMI (4 pieces) 15.00

EEL SASHIMI (4 pieces crab stick) 15.00

MAKI ROLLS

SHRIMP TEMPURA ROLL 22.00

DRAGON EEL ROLL 25.00

PHILLY ROLL 21.00

SPICY TUNA ROLL 23.00

CALIFORNIA ROLL 24.00

SPICY SALMON ROLL 23.00

ECHO TUNA 24.00

SPIDER ROLL 24.00

DYNAMITE ROLL 24.00

CRISPY CALIFORNIA ROLL 24.00

SALMON LOVER 25.00



Long Bay

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COCKTAIL MENU

1748 Long Island Iced Tea \$14 Vodka, Gin, Rum, Tequila, Triple Sec, Sour Mix, Rosé Sparkling Wine

Johnny's Paloma \$14 Tequila, Freshly Squeezed Grapefruit Juice, Fresh Lime Juice, Homemade Citrus Syrup, Club Soda

Long Bay Breeze \$12 Vodka, Pineapple Juice, Cranberry Juice

Elder Flower Spritz \$14 BVI Gin, St. Germain Elderflower Liqueur, Muddle Cucumber Sparkling Wine

Pomegranate Gin Mojito \$13 Gin, Mint, Lime, Pomegranate, Strawberry & Mango Infused Syrup, Tonic Water

Ocean Deep \$12 Coconut Rum, Blue Curacao, Sprite

Johnny's Rum Runner \$14 Light Rum, Dark Rum, Banana Liqueur, Blackberry Liqueur, Orange Juice, Pineapple Juice, Grenadine Syrup

Sundown Chill \$13 Bumbu Rum, Passion Fruit Liqueur, Passion Fruit Purée, Lime Juice, Vanilla Syrup, Sparkling Wine

FROZEN COCKTAILS

SBush whacker \$14
BBC \$14
Mud Slide \$14

Piña Colada \$12
Nutty Pina \$12
Frozen Margaritas \$12

FROZEN DAIQUIRIS \$12 (Ask your server for available flavors)

Virgin Colada \$8
Virgin Daiquiris \$8

Smoothies \$10

FRUIT JUICES \$6 (Ask your server for available flavors)

Apple
Cranberry

Orange
Guava

Grapefruit
Fruit Punch

Still Water \$8

Sparkling Water \$8

Soda \$3



Long Bay

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