

BLUSH

C A F É

LUNCH MENU

♥ - BESTSELLER ♻️ - VEGETARIAN 🌶️ - SPICY

HANDHELDS

Add a side salad or fries with aioli for \$10

CORONATION 'CURRY CHICKEN' ♥ \$38

Creamy curry chicken salad topped with lettuce and a dollop of chutney, served with thin slices of granny smith apples drizzled in honey.

Available as a croissant, panini or wrap

ABC WRAP ♥ \$35

All your favourites wrapped into one! Avocado, bacon, pulled chicken and cheese with gourmet lettuce and spicy mayo.

HUMMUS LOVE WRAP ♻️ \$38

Blush's roasted beet hummus, greens, red onion, sun-dried tomato, feta, marinated cucumber, kalamata olives, crispy chickpeas and oregano chili oil.

SPICY TUNA MELT TOASTIE 🌶️ \$35

Spicy tuna, cheese and tomato on toasted sourdough, create an elevated take on the classic tuna melt. Served with salty crisps.

CHIPOTLE CHICKEN AVOCADO MELT \$35

Sourdough toastie filled with shredded chicken, avocado, spinach, gouda, jalapeño pepper and drizzled with chipotle sauce. Served with salty crisps.

PESTO CHICKEN WRAP \$35

Grilled chicken breast, pesto, romaine lettuce, cherry tomatoes and caesar dressing.

PULLED PORK TACOS \$45

BBQ pulled pork topped with coleslaw and served with plantain chips.

FISH TACOS 🌶️ \$35

A tasty taco filled with gourmet lettuce, grilled fish finished with spicy mayo and Pico de Gallo salsa.

CHICKEN QUESADILLA ♥ \$40

Tortilla filled with pesto, pulled roasted chicken, roasted vegetables, parmesan, mozzarella and cheddar cheese. Served with guacamole, cilantro sour cream and Pico de Gallo salsa.

VEG QUESADILLA ♻️ \$40

Tortilla filled with roasted vegetables, plantain, cheddar, parmesan and goat's cheese. Served with guacamole, cilantro sour cream and Pico de Gallo salsa.

BLUSH BOWLS

ABC SALAD ♥ \$35

Pulled chicken, bacon, avocado, cheese and lettuce drizzled with Blush's vinaigrette.

CORONATION CURRY CHICKEN SALAD \$45

Creamy curry chicken salad served on a bed of mixed greens with a dollop of chutney drizzled with balsamic vinaigrette.

CHOPPED CAESAR SALAD \$35

Lettuce, bacon, hard boiled eggs, parmesan cheese, fried capers

TROPICAL SALAD 🌶️ \$45

Fried Cajun fish croquettes on top a tropical salad of lettuce, tomato, mango and avocado.

HUMMUS LOVE SALAD BOWL \$30

Blush's roasted beet hummus, greens, red onion, sun-dried tomato, marinated cucumber, kalamata olives, crispy chickpeas, feta and oregano chili oil.

VEGGIE BURRITO BOWL ♻️ \$45

Viva la Mexico! A delicious bowl filled with lettuce, avocado, black beans, corn, potato, and tomato topped with crispy tortilla strips and cilantro sour cream.

BEETROOT PESTO PASTA ♻️ \$35

Penne pasta tossed with Blush's signature beetroot pesto sauce topped with goat cheese.

Available Gluten Free on request.

MARRY ME CHICKEN BOWL \$45

Our take on the viral recipe. Grilled chicken in a creamy parmesan sauce with Italian herbs and sun-dried tomatoes served on top a bowl of rice.

MEDITERRANEAN BOWL WITH SALMON \$55

A healthy quinoa bowl with sweet peppers, onion, tomato, kalamata olives and cucumber. Topped with lemon-herb marinated salmon.

SHARING PLATES & SIDES

GARDEN SALAD	\$10
FRIES	\$10
PLANTAIN CHIPS WITH AIOLI	\$15
<i>Add guacamole or hummus \$5</i>	
CAJUN WEDGES WITH AIOLI AND JALAPEÑO PEPPER	\$15
LOADED NACHOS	\$30
<i>Tortilla chips loaded with cheese, guacamole, fresh salsa and a drizzle of cilantro sour cream.</i>	
<i>Add chicken or pork for \$15</i>	

SATISFY YOUR SWEET TOOTH

Ask the team about our fresh daily specials from our patisserie!

JOIN US ON **SATURDAYS & SUNDAYS**
FOR **ALL DAY BRUNCH!**

Please notify your server of any dietary requirements.

Prices shown in Bds\$ inclusive of VAT. Gratuity at your discretion.

📶 password: youmakemebush

📍 @blushcafebarbados