



AERIAL

BUCK ISLAND | BRITISH VIRGIN ISLANDS

THE AERIAL, BVI MENU



BREAKFAST SPECIALS

Cinnamon Pancakes (VG, GF)

Sweet Potato pancakes, cinnamon maple syrup, whipped coconut cream, orange zest, cinnamon crunch.

Cacao Smoothie Bowl (VG, GF)

Frozen banana, dates, cashew butter, cacao powder, Himalayan salt, topped with strawberries, 70% dark chocolate, homemade granola.

Apple Pie Overnight Oats (VG, GF)

Caramelized apple, chia seeds, oats, coconut milk, cinnamon, walnuts, raisins.

Nutty Toast (VG)

Cashew butter, peanut butter, sliced banana and strawberries, cacao nibs, hemp seeds on sourdough toast.

Scrambled Tofu (VG, GF)

Tofu, sautéed oriental mushrooms, red onion, cilantro, truffle oil.

Tropical Rice Pudding (VG, GF)

Tahitian vanilla coconut rice pudding, mango, caramelized pineapple, lychee & jasmine syrup.

Kimchi Toast (VG, GF)

House kimchi, torched avocado, miso butter on rye toast.

Emerald Oats (VG, GF)

Oats, flaxseeds, almond milk, dates, Greek yogurt, cashew nuts.

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BREAKFAST SPECIALS

Glow Toast

Poached eggs, avocado, crispy kale, garlic cherry tomatoes, pumpkin seeds, walnut pesto on sourdough toast.

Smoked Salmon Rillettes

Flaked Norwegian smoked salmon, sour cream, cucumber, dill, salmon roe.

Chili Scrambled Eggs

House XO, local crab, crispy shallots, sorrel, parsley.

Afghan Eggs

Chopped tomato, eggs, sumac, cilantro, fresh chili, sesame seeds, feta cheese, served with house-made flatbread.

Curried Eggs

Nduja chili boiled eggs with crisp curry leaves and garlic yogurt on sourdough toast.

Breakfast Special

SIDES

Roasted Tomato

Avocado

Crispy Bacon

Baked Beans

BEVERAGES

Coffee

Tea

Fresh Juice

Smoothies

Morning health shot

Morning cocktails



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LUNCH

Glow Up Salad

Strawberry, arugula, spinach, red onion, quinoa, edamame, and walnut.

Served with a strawberry and raspberry vinaigrette.

Bento Bliss

Crispy warm gyoza dumplings, smacked cucumbers, napa cabbage, green onion, sesame seeds and spinach.

Served with a miso passion fruit dressing.

Gut Booster Salad

Red kidney beans, parsley, green onion, shallots, sweet potato, quinoa, avocado. Served with a ginger and turmeric vinaigrette.

HeartSmart Cowboy Rice Salad

Orzo, corn, kale, cilantro, avocado, black beans, shallots, jalapeno pickle juice.

Served with a walnut oil, cilantro, and lime dressing,
and homemade wood fired flatbread.

ADD PROTEIN

From the Land

From the Sea

From the Garden

THE AERIAL, BVI MENU



LUNCH

Microbiome Magic Salad

Pickled red cabbage, carrot, arugula, garlic, kale, blueberries, artichoke hearts, macadamia nuts. Creamy avocado lemon dressing.

Protective Power Salad

Peanut soba noodle bowl, spinach, edamame, sesame seeds, fresh chili, tamari, grapefruit segments.

Gut Guardian Salad

Coriander seeds, roast broccoli, chickpeas, pickled red onion, and house made sauerkraut. Served with a hot honey tahini dressing.

ADD PROTEIN

From the Land

From the Sea

From the Garden



THE AERIAL, BVI MENU



AFTER LUNCH ENERGIZERS

Beetroot and Cacao Cake
Coffee and Banana Bread
Lacto Blueberry Bark
Cacao and Nut Energy Bites
Matcha Date Bark
Aerial Reese's Pieces
Carrot Cake Blondie Squares

CANAPES

Spicy Tuna Tostada
Vietnamese Fresh Spring Rolls
Tomato, Jalapeno, and Peach Gazpacho



THE AERIAL, BVI MENU



DINNER DISHES

Sweet and Sour Stew

Cassava/yam in a ginger, roasted tomato, and lime broth served with sticky rice, cilantro, and charred green onions.

Island Herb Gnocchi

Homemade, pan-fried gnocchi, pesto, asparagus, edamame, and fresh parmesan cheese.

Ratatouille

Diced zucchini, peppers, and roasted baby heritage potatoes in a roasted tomato sauce with house made garlic focaccia.

Jungle Curry

Garlic, lemongrass, chili, blackened eggplant, green beans, Thai basil and lime leaves. Served with sticky rice and a fresh tropical fruit salsa.

Caribbean Night

Torched pineapple, coconut rice and beans, roasted plantain chips with cilantro and lime, jerk gravy, sauteed spinach with onions and garlic, and a mango and avocado salsa.

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DINNER DISHES

Caribbean Night

Torched pineapple, coconut rice and beans, roasted plantain chips with cilantro and lime, jerk gravy, sauteed spinach with onions and garlic, and a mango and avocado salsa.

Pumpkin and Sage Risotto

Roasted pumpkin puree, white miso, risotto rice, nutritional yeast, broccolini, and crispy sage.

Mexican Fiesta

Green pozole, soft masa tacos, guacamole with pomegranate, chili lime grilled corn, rice with charred peppers and cilantro, pico de gallo, and nachos.

Dinner Special

ADD PROTEIN

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SOMETHING SWEET

Nuts About Banana

Roasted banana ice cream, dark chocolate fudge sauce,
roasted macadamia nuts.

Turkish Delight

Olive oil panna cotta, pistachio crumble, strawberry, cacao nibs.

Matcha Cheesecake

Silken tofu and coconut cream, infused with matcha powder.
Served with an almond sorbet.

Cold Tropical Crumble

Fresh tropical fruit with a crunchy oat and almond crumble.
Served with a plant based cold coconut custard.

Manchester Coconut Tart

Coconut, lavender, white chocolate and bay leaf.
Served with raspberry and french lavender sorbet.

Textures of Dark Chocolate

70% dark chocolate cremeux, yogurt ice cream, chocolate soil,
brownie, crystalised ginger and mint.

Citrus Sundae

Orange sorbet, vanilla FroYo, orange segments, lemon curd,
marmalade, whipped coconut cream, garam masala.



THE AERIAL, BVI WINE LIST



RED

La Crema Pinot Noir
Les Figuières Syrah
The Seeker Cabernet Sauvignon

WHITE

Les Turitelles Chardonnay
Meyer-Fonne Gentil
Petit Le Mont Sauvignon Blanc

ROSE

Minuty Cote Des Provence
Peyrassol Les Commandeurs

CHAMPAGNE

Veuve Cliquot Brut
Le Brun De Neuville Cotê Blanche

SPARKLING

Sgàjo Prosecco Extra Dry



THE AERIAL, BVI BAR MENU



COCKTAILS

Brainstormer

Influencer

Happy

The Captain

Aerialize

Force for Good

Highest Love

Angel Fire

Centered

Empower-Mint

Solé Spritz

SPIRITS

BVI Gin

Monkey 47

Bullet

Havanna Club

Casamigos

Don Julio

Don Julio 1947

Hendricks

BEER

Corona

Carib

Reef Life



THE AERIAL, BVI SOFT BAR MENU



MOCKTAILS

The Bes-Tea

BVI Blue

Smell the Rosemary

Thyme of Your Life

Tropic Like It's Hot

Pink Outside the Box

Seed of Opportunity

Sereni-Tea

SODAS & MIXERS

Coca-Cola

Sprite

Club Soda

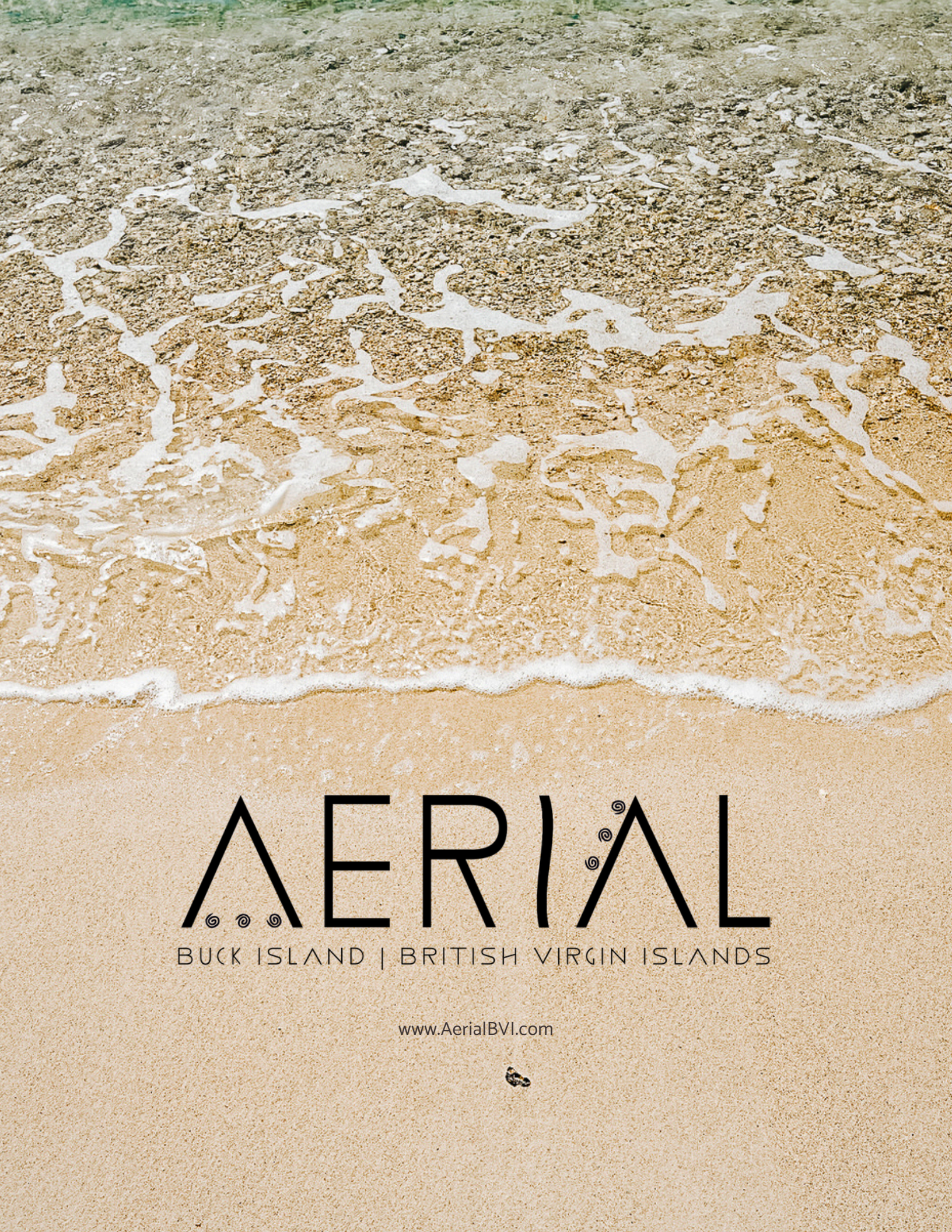
Grapefruit Soda

Elderflower Tonic

Tonic Water

Ginger Beer

Coconut Water



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