

# Café4

EAT GOOD / FEEL GOOD

## Catering Menu



Windsor Place, 18 Queen Street, Hamilton

Telephone: 295-8444 | Email: [info@cafe4.bm](mailto:info@cafe4.bm) | Website: [www.cafe4.bm](http://www.cafe4.bm)

Facebook: [@Cafe4Bermuda](https://www.facebook.com/Cafe4Bermuda) | Instagram: [@DiningBermuda](https://www.instagram.com/DiningBermuda)



# BREAKFAST MENU

Did You Know? Our coffee is brewed using Illy Coffee and our selections of Fine Teas are from a Master Tea Blender Harney & Sons

## \*LIGHT BREAKFAST MENU

Selection of Fresh Cut Fruits & Berries  
Coffee & Tea

**\$12.00 pp**

## \*CONTINENTAL BREAKFAST MENU

Selection of Fresh Cut Fruit & Berries

The Bakery Assortment of Freshly Baked:

Mini Danish Pastries, Croissants and Muffins  
Served with Imported Preserves and  
Dairy Fresh Butter

Coffee & Tea

**\$15.50 pp**

## \*INTERNATIONAL BREAKFAST MENU

Selection of Fresh Cut Fruit and  
Scrambled Eggs - *Fluffy Eggs served with*

Sausages, Bacon & Ham (choose two)  
Home Style Hash Brown Potatoes  
Tomatoes and Mushrooms

The Bakery Assortment of Freshly Baked:

Mini Danish Pastries, Croissants, Muffins & White  
or Whole Wheat Toast  
Served with Imported Preserves and  
Dairy Fresh Butter

Coffee & Tea

**\$22.50 pp**

Special requests are available

### PLEASE NOTE:

We appreciate 24 hours notice for ordering but feel free to call us to see if we can handle your order on the same day

### AVAILABLE UPON REQUEST:

Juices, Soda & Mineral Waters | Decaffeinated Coffee

**\*Minimum Order 10 people**



## HONEST SOUPS | \$5.95 (16 OZ)

Did You Know? We have carefully selected the finest ingredients to include Non-GMO, Organic, Dairy Free, Gluten Free, Vegan, Certified Sustainable Seafood and Humanely Raised

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Roasted Pumpkin & Curry Coconut Soup (Vegan, Gluten Free)

Green Split Pea, Organic Chicken & Pasta Soup (Dairy Free, Organic)

Café 4 Fish Chowder (Wild Caught, Certified Sustainable)

Spicy Thai All-natural Turkey & Local Mushroom Soup (Humanely Raised)

ENJOY YOUR FAVORITE SOUP WITH OUR HOUSE BAKED BREAD

MADE FROM ORGANIC FLOUR \*

Organic Corn Bread\*, Organic Sourdough Bread\*, Gluten Free Bread \$2/order

Organic Multigrain\*, Garlic Bread\* \$2.50/order



## SALADS | \$11.95

Did You Know? We proudly offer a selection of healthy salads to suit many dietary choices such as Keto, South Beach, Atkins or just enjoy it all in our Superfood Salad

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**Add Protein: Grilled Chicken (Additional \$2.00)**

### **Keto Diet Caesar Salad**

Romaine Hearts, Avocado, Bacon, Shredded Parmesan & Caesar Dressing

### **Fitness Salad**

Organic Kale, Celery, Avocado, Quinoa, Watermelon, Sunflower Seeds & Raspberry-Chia Dressing

### **Garden Salad**

Mixed Organic Greens, Broccoli, Cucumber, Sweet Corn, Carrots & House Balsamic Dressing

### **Chef's Chopped Salad**

Mesculin Leaves, Cherry Tomatoes, Red Peppers, Onions, Cucumber & Honey-Dijon Dressing

### **Summer Salad**

Baby Spinach, Peppers, Mushrooms, Feta Cheese, Chickpeas & Mediterranean Dressing

### **Superfood Salad**

Organic Kale, Broccoli, Beetroot, Dried Cranberry, Pumpkin Seeds & Detox Dressing

### **Crunchy Oriental Salad**

Romaine Hearts, Cabbage Slaw, Celery, Crunchy Ramen, Scallions, Carrots & Sesame-Mango Dressing



## SIGNATURE SANDWICHES | \$11.95

Did You Know? We proudly bake our own bread and wraps using organic flour and local eggs

### Grilled Chicken Caesar

Romaine, Croutons, Parmesan Cheese, Caesar Dressing,  
Organic Spinach Wrap

### BLT & Avocado Wrap

Bacon, Lettuce, Tomato, Avocado, Mayo,  
Non-GMO Whole Wheat Wrap

### Curried Chicken

Curry Chicken Salad, Lettuce, Tomato,  
Organic Multigrain Bread

### BBQ Pulled Pork

Slow-cooked Pulled Pork, Coleslaw,  
Organic Soft Bun

### Vietnamese Beef

Braised Beef Brisket, Pickled Vegetables, Sriracha Mayo,  
Lettuce, Fresh Cilantro, Fresh Mint,  
Organic Ciabatta Bread

### Grilled Chicken Pesto

Lettuce, Mozzarella, Tomato, Pesto Sauce,  
Organic Classic Italian Bread

### Fish On A Bun

Fried Mahi Mahi, Lettuce, Tomato, Onion, Curry-Mayo,  
Organic Onion Bread

## HOMEMADE PIES & FISH DISHES | \$12.00

Beef & Mushroom Pie

Chicken Curry Puff

Codfish Ball

Chicken & Leek Pie

Vegetable Samosa

Fried Mahi Mahi

Choose any **TWO** of the above or choose **ONE** which is served with our house salad or your choice of soup from our Honest Soups section



## ALL TIME FAVOURITE SUSHI | \$14.50

### Banzooka Roll

Spicy Tuna, Masago, Mentaiko Mayo, Crab Stick & Avocado,  
Served Tempura Style, Special Sauce

### Dragon Roll

Crab Stick, Cucumber, Avocado Roll Tempura Style,  
topped with Seaweed and Romaine Lettuce

## VEGAN SUSHI & MORE | \$12.50

Did You Know? Black Rice has many health benefits for you. It is full of antioxidants, protects heart health, can help detoxify the body, good source of fiber, a naturally gluten free grain and helping to prevent diabetes. In China, black rice has been known for being good for the kidneys, stomach and liver since ancient times.

Indicate if you prefer regular Japanese Sushi Rice

### Vegan Roll

Black Rice, Avocado, Mushrooms, Asparagus, Sweet Potato, Spinach (  White Rice)

### Zen Roll

Brown Rice, Red Quinoa, Seaweed Salad, Avocado, Asparagus, Carrot, Tofu (  White Rice)

### Samurai Roll

Brown Rice, Chicken Teriyaki, Sesame Seed, Scallion, Red Cabbage (  White Rice)

### Healthy Cali Roll

Brown Rice, Masago, Crab Stick, Avocado, Cucumber (  White Rice)

### Philadelphia Roll

Brown Rice, Smoked Salmon, Cream Cheese, Cucumber, Scallion (  White Rice)

### Energy Roll

Black Rice, Red Quinoa, Avocado, Spicy Salmon, Seaweed Salad, Cucumber (  White Rice)

### Sakura Roll

Black Rice, Brown Rice, Shrimp Tempura, Mango, Seaweed Salad (  White Rice)

### Yummy Roll

Brown Rice, Red Quinoa, Spicy Tuna, Cucumber, Avocado, Furikake (  White Rice)

### Spicy Tuna Tartare | \$12.50

Tuna, Sesame Seeds, Scallions,  
Chili and Teriyaki Sauce

### Special Seaweed Salad | \$8.50

Marinated Seaweed, Mango, Avocado  
and Cucumber



## PASTA BAR | \$12.50

**Did You Know?** We make our own pasta using only three ingredients- Organic Semolina Flour, Local Eggs and Water. We are the only restaurant on the island where you can watch our pasta being made fresh daily

- ◇ **Rigatoni Bolognese:** Classic Italian Meat Sauce (Beef) & Parmesan Cheese
- ◇ **Fusilli Madras:** Grilled Chicken Breast, Broccoli, Tomato, Red Peppers & Curry Cream Sauce
- ◇ **Fettucine Alfredo:** An all-time favorite: All-natural Ham, Mushrooms & Cream Sauce
- ◇ **Orecchiette Mediterranean:** Shrimp, Spinach, Artichoke, Tomato & Pesto Sauce
- ◇ **Spaghetti Asian:** Chicken, Shrimp, Carrots, Red Pepper, Onion, Broccoli & Sesame-Soy Sauce

## CREATE YOUR OWN

### Choose One Pasta

Rigatoni · Fettucine · Fusilli · Orecchiette · Spaghetti · Gluten Free Penne

### Choose One Protein

Chicken · Italian Sausage · Shrimp · Turkey · Bacon · Ham · Tuna

### Choose Five Toppings

Mushrooms  
Onions  
Red Peppers  
Chili Flakes  
Sun-dried Tomatoes  
Cherry Tomatoes

Carrots  
Broccoli  
Spinach  
Zucchini  
Parmesan Cheese  
Corn

Green Peas  
Kalamata Olives  
Roasted Artichokes  
Chopped Scallions  
Chopped Parsley  
Grilled Vegetables

### Choose Your Sauce

Organic Tomato Sauce · Cream Sauce · Pink Sauce (Tomato-Cream Sauce)  
Garlic & Oil Pesto · Oriental Sauce · Olive Oil Only · Bolognese Sauce

**All pasta served with Parmesan Cheese on the side**

**Garlic Bread - \$2.50/order**

**Delivery is free within walking distance from  
(within the block of Front Street, Burnaby Street, Victoria Street & Bermudiana Road)**

Prices are subject to change based on market availability and personalized requests