



SAMPLE MENU

EVERYDAY FOR BREAKFAST

- Fresh Juices
- Coffee/Tea
- Fruit Platter
- Oats with Toppings
- Yogurt
- Homemade granola
- Daily Bakery Special
- Assorted Cereals
- Oat/Almond/Cow's Milk
- Eggs Any Style
- Toast/English Muffins/Bagels
- Bacon/Ham/Sausages

DAILY BREAKFAST SPECIALS

- Ackee & Saltfish with Johnnie Cakes & Roast Breadfruit
- Mackerel Run Down with Dumplings and Boiled Green Bananas
- Buttermilk/Chocolate Chip/Banana Pancakes, French Toast or Waffles with Syrup and Bacon
- Smoked Salmon with Scrambled Eggs, Cream Cheese, Capers and Onions on Freshly Toasted Bagels
- Fried Fish with Bammy and Escovietch Sauce (Spicy, On the side)
- Eggs Benedict Sea Salt Style
- Avocado Toast
- Banana and/or Saltfish Fritters



SAMPLE MENU

LUNCH 1

- Roasted Chicken
- Rice and Peas/ Plain White Rice / Brown Rice
- Black Beans
- Fried Plantains
- Ceasar Salad with Homemade Dressing

- Black Bean/Avocado/Plantain Rice Wraps with Asian Dipping Sauce
- Shrimp/Avocado Rice Wraps with Asian Dipping Sauce
- Cabbage Salad with Peanut Dressing

LUNCH 2

- Baby Back Ribs
- French Fries
- Cole Slaw

- Callaloo/Pumpkin/Lentil Burgers with Jerked Almond Pate
- Purple and White Cabbage Salad with Cranberries
- Rainbow Quinoa Salad with Roasted Beets, Pumpkin and Cherry Tomatoes

LUNCH 3

- Pan Roasted Fillet of Beef
- Smashed Potatoes
- Grilled Veggies

- Vegetable Run Down Simmered in a Seasoned Coconut Sauce
- Curried Chick Peas
- Raw Broccoli Tahini Salad

LUNCH 4

- Jerk Chicken & Pork
- Festival & Bammy
- Grilled Corn
- Kale Avocado Plantain Power Salad with Roasted Nuts and Seeds
- Salad Niçoise with Balsamic Vinaigrette

LUNCH 5

- Homemade Roasted Ham Sandwiches with all the fixings
- Salmon/Fish Burgers
- Beef Burgers
- Hot Dogs
- Mac and Cheese
- French Fries

LUNCH 6

- Mexican pork
- Sea Salt Style Chicken Chop Chop with Curry Mustard Sauce
- Yellow Rice
- Black Beans
- Lettuce & Tomato

LUNCH 7

- Chicken Katsu Wraps
- Cole Slaw
- Crispy Peking Duck with Pancakes, Scallion, Cucumber and Hoisin Sauce
- Asian Tofu with Noodles



SAMPLE MENU

APPETISERS

- Assorted Cheese Platter with Pepper Jelly
- Homemade Hummus with Pita Bread
- Black Bean Dip with Tortillas
- Jumbo Shrimp Jamaica Style (spicy)
- Devilled Eggs
- Smoked Marlin Dip
- Veggie Platter with Ranch/Avocado/Hummus Dip
- Garlic Parmesan Chicken Wings
- Shrimp/Lobster Cocktail
- Baked Brie with Fig Jam
- Turkey Sausage
- Ranch Bacon Cheese Log

DESSERTS

- Chocolate Lava Cake
- Flourless Chocolate Cake
- Tres Leches
- Toffee Apple Pie
- Fruit Kabobs
- Fruit Salad
- Lemon Pound Cake
- Cinnamon Cake
- Berry Crumble with Whipped Cream
- Caramel Custard
- Baked Bananas with Coconut Mold
- Bread Pudding
- Assorted Locally Made Ice-Cream & Sorbet
- Cinnamon Rolls
- Flan



SAMPLE MENU

DINNER 1

- Chicken/Shrimp/Steak Fajitas
- Tortilla Wraps
- Rice
- Guacamole
- Black Beans
- Salsa
- Sour Cream
- Shredded Cheese

DINNER 2

- Pizza Night
- Gluten Free Dough Available
- Make your own pizza with all the toppings
- Grilled Garlic Lobster (If in season)
- Fresh toasted Baguettes
- Caprese Salad

DINNER 3

- Grilled Side of Crispy Skin Salmon with Mustard Hollandaise Sauce
- BBQ Chicken
- Sauteed Fingerling Potatoes
- Fried Plantain
- Coconut Rice
- Greek Salad

DINNER 4

- Slow Cooked Leg of Lamb
- Whipped Potatoes
- Grilled Asparagus
- Black Eyed Peas Parsley Cherry Tomato Salad
- Roasted Beets with Feta
- House-made "Godfather" Tomato Sauce with Spaghetti topped with 3 Year Aged Parmesan
- Garden Salad with Balsamic

DINNER 5

- Roasted Turkey with Stuffing
- Rice & Peas
- Mashed Potatoes
- Grilled Vegetables
- Three Bean Salad
- Smashed breadfruit
- Arugula & Parmesan Salad with Cherry tomatoes

DINNER 6

- Steamed Whole Snapper Ginger Scallion
- Stir Fried Strips of Fillet of Beef or Chicken
- Vegetable Fried Rice
- Stir-Fried Seasonal Veggies
- Steamed Wontons with Dipping Sauce

DINNER 7

- Jamaican Fricassee Chicken and Rice
- Grilled Salmon Steaks
- Shrimp/Chicken Alfredo
- Yam Casserole
- Caesar Salad



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