



SAMPLE MENU

EVERYDAY FOR BREAKFAST

- Fresh Juices
- Coffee/Tea
- Fruit Platter
- Oats with yogurt
- Granola
- Assorted Cereals with Oat/Almond/Cow's Milk
- Eggs to order; Any Style
- Toast/bagels/English Muffins
- Bacon/Ham/Sausages

BREAKFAST SPECIALS

- Ackee & Saltfish
 - Johnnie Cakes (fried dumplings)
 - Roasted Breadfruit
- Mackerel Run Down
 - Dumplings
 - Boiled Green Bananas
- Buttermilk/Chocolate Chip/Banana Pancakes
 - French Toast or
 - Waffles
 - Syrup
 - Fruits
- Escovietch Fried Fish
 - Bammy
 - Escovietch Sauce
- Breakfast Burritos
 - Bacon, Sausage, Eggs, Tomato, Cheese



SAMPLE MENU

LUNCH OPTIONS

SEA SALT CHOP CHOP

Spanish Rice, Cubed Chicken Breast, Crispy Chicken Skin, Black Beans, Red Onion, Lettuce, Mexican Cheese, Guacamole, Curry Mustard Sauce

YOGURT SPICED CHICKEN

- Lettuce, Onion, Tomato, Avocado Platter
- Wraps
- Garlic Sauce

CHICKEN LETTUCE THAI WRAPS

- Thai Chicken Breast
- Cucumber Slaw, Noodles, Carrots
- 3 Sauces – Tamarind Cashew Sauce, Sweet Chili Sauce, Peanut Sauce

VIETNAMESE SPRING ROLLS

- Shrimp, Chicken, Plantain (Veggie), Tofu
- Dipping Sauces: Hoisin Sauce, Sweet Chili Sauce, Peanut Sauce
- Singapore Vegetable Noodles

MAKE YOUR OWN PIZZA (Gluten free crust available)

- Mushroom, Sweet Pepper, Garlic, Olive Oil, Arugula, Basil, Mozzarella, Tomato, Sausage, Bacon, Shredded Cheese

PULLED JERK CHICKEN TACO STATION

- Cheese, Lettuce, Tomato, Onion, Guacamole, Black Beans
- Hard Shell & Soft-Shell Tacos

CHICKEN WING PLATTER

- Teriyaki, Garlic Parmesan, Spicy Fried with Dipping Sauces (Ranch, Ketchup, Blue Cheese)
- Grilled Corn, Fries, Coleslaw

"GODFATHER TOMATO SAUCE" SPAGHETTI

- Caprese Salad
- Grilled Chicken
- Broccoli

FRIED/JERK CHICKEN BURGERS

- Yam Fries/ Potato Fries
- Salad

THAI BASIL CHILI CHICKEN

- White Rice
- Steamed Veggies

CHICKEN ALFREDO PASTA

- Garlic Bread
- Garden Salad



SAMPLE MENU

DINNER OPTIONS

SWEET AND SOUR ROAST CHICKEN

- Vegetable Fried Rice
- Cabbage Salad
- Steamed Vegetables

ROAST CHICKEN

- Coconut Rice/Pumpkin Rice/Gungo Rice
- Cesar Salad
- String Beans and Carrots
- Red Peas Soup

HONEY GLAZE ROASTED CHICKEN

- White Rice
- Brussel Sprouts and Asparagus
- Cucumber Salad

BBQ RIBS AND BBQ CHICKEN

- Mac and Cheese
- Yam Fries
- Coleslaw
- Festival
- Grilled Corn

GARLIC SHRIMP/ CURRY SHRIMP

- Pasta
- Broccoli, Cauliflower/ Carrots, String Beans

GINGER SCALLION FISH

- Wonton Soup
- White Rice

HONEY PORK CHOPS

- Yam Casserole
- Cucumber, Tomato, Onion Salad

CURRIED LAMB

- Pumpkin Soup
- Whipped Potatoes
- Garden Salad
- String Beans

STEAK FRIED RICE

- Dan Dan Chicken Noodles
- Peanut Salad
- Wonton Soup

MEXICAN PORK

- White rice
- Plantain
- Cowboy Caviar Bean Salad

SPICY GARLIC BUTTER PASTA

- Grilled Chicken
- Garden Salad

STEAK

- Mushrooms
- Smashed Potatoes
- Garden Salad

JAMAICAN DISHES

- Jamaican Chicken Soup
- Oxtail
- Curry Goat
- Jerk Chicken
- Curry Chicken
- Festival
- Bammy
- White rice
- Coleslaw
- Yam Fries/ Boil Food (Boil Banana, Boil Yam, Boil Dumpling)

AVAILABLE FOR KIDS

- Grilled Cheese
- Mac and Cheese
- Chicken Nuggets
- Chicken Strips
- Fries
- Hot Dogs
- Grilled Chicken
- Burgers



SAMPLE MENU

APPETISERS

- Coconut Rock Shrimp
- Cheese Board
- Guacamole and Breadfruit
- Hummus and Homemade Pita Chips
- Veggie Dip Platter
- Fried Plantain with Sailfish
- Black Bean Dip
- Spinach/ Callaloo Dip
- Shrimp Tartare
- Chili Lime Shrimp and Guacamole Bites
- Bruschetta Toast
- Broccoli Tots
- Janga Shrimp/Pepper Shrimp
- Bammy Toast
- Smashed Fried Plantain with Garlic Olive Oil Lemon Dipping Sauce
- Artichoke Dip with Chips
- Baked Brie and Caramelized Onion
- Cucumber Ranch Snacks
- Stamp and Go
- Salt Fsh Fritter
- Banana Fritters
- French Onion Dip

DESSERTS

- Hawaiian Roll Cinnamon Roll
- Brownies
- Lava Cake
- Apple Pie
- Banana Upside Down Cake
- Mini Pavlova
- Mini Cheesecake
- Fruit Salad
- Cinnamon Cake
- Tres Leches
- Chocolate Flourless Cake
- Berry Crumble
- Bulla and Ice Cream (Jamaican)
- Toto Cake (Coconut Dessert)
- Lychee Cake
- Ginger Cookies with Glazed Cinnamon Roll
- Key Lime Pie
- Flan