

MENU SELECTION
COACH HOUSE AT GOOD HOPE:

BREAKFAST

Scrambled eggs and bacon, parmesan on side, banana bread
Pancakes and sautéed turkey sausage
Ackee and Saltfish, fried dumpling
Callaloo, Canadian bacon and festival
Frittata with potatoes, cheese, tomatoes, pepper, thyme etc.
Pumpkin nut muffins, boiled eggs
Mackerel run down, banana and dumpling
French toast, porridge
Saltfish fritters

LUNCH

Pesto cucumber sandwiches, tuna salad with pita toast, hummus or babaganoush
with homemade chips (potato with rosemary garlic) pak choy salad

Chunky chicken salad with pine, walnuts, tahini, parsley fresh Mr. chin bread, pak
choy sauté in filo squares, penne pasta salad with roasted garlic, basil, fresh
tomatoes, sautéed sundried tomatoes parmesan. Salad (watermelon, feta,
arugula, lettuce, orange juice dressing)

Patties, coco bread, (best for beach day), salad, coconuts, oranges, chips

SALADS

Lettuce mix, watermelon, feta, slivered almonds, watermelon mint dressing

Lettuce mix, olives, goat cheese, walnuts, sundried tomato pesto, balsamic
rosemary dressing

Lettuce mix pineapple, pecans, cheddar tahini dressing

Lettuce mix, papaya, pine nuts, parmesan, papaya orange cilantro dressing

Lettuce mix toasted coconut bits, toasted ginger bits, peanuts, carrot ginger
dressing

Lettuce mix, grapes, brie, cashews, honey mustard vinaigrette

Pak choy salad, nuts, ramen noodles, soy sweet dressing

Purple and white cabbage salad with scallion, raw peanuts, orange ginger soy
sweet dressing

DINNER

Escoveitch kingfish with okra, onion, and carrot, Bammy sticks or roast breadfruit or boiled yellow yam Steamed calaloo with fresh broad beans, salad (olives, feta, tomato, pine nuts, lime vinaigrette)

Curry chicken with carrots, beets, garbanzos, fried plantain, rice, string beans, salad (peanuts, cheddar, orange slivers, shredded toasted coconut, tahini dressing)

Roasted vegetable quesadillas with squash, zucchini, eggplant, red onion, sweet pepper, goat cheese, chicken quesadillas with onion, sweet pepper, cheddar papaya salsa, guacamole, veggie bean stew, breadfruit, banana or plantain chips, tabouli salad.

Beef chili or vegetarian chili with cornbread and linguini, cheddar and butter, salad (sunflower seeds, pineapple, cheddar, honey mustard dressing)

Sautéed and baked chicken with lime and garlic, couscous salad with carrots, beets, walnuts, mozzarella chunks, citrus honey cilantro dressing refried green plantain cabbage salad with, ginger soy sugar vinegar dressing

One pot rice with callaloo, pumpkin, okra, carrots, chocho, red peas. Bbq chicken, cornmeal or flour dumplings, salad (cashews, papaya, rice vinegar /sugar dressing)

Jerk pork with tamarind rum pepper gravy, crayfish boil with butter garlic pepper sauce, plantain, and rice n peas, salad

Ackee in filo served, fricassee chicken, rice n peas, fried plantain, string beans, sliced tomatoes drizzled with toasted parmesan,

Sautéed shrimp butterflied with peanut and cucumber salsa, stuffed chocho with mashed potato and sweet potato, parmesan, black bean and corn and red pepper stew with cilantro, shredded carrot salad with sunflower seeds, sliced grapes, lime
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Smoked marlin dip/salsa on lettuce on thin toasted hardtack bread squares garnished with chives. (For veg whipped cream cheese with pepper jelly and walnuts) Grilled tenderloin of beef with sherry wine sauce, Mushrooms sautéed with, onions, scalloped potatoes, steamed broccoli, pumpkin run down with broad beans,

Grilled mahi-mahi with orange pecan salsa, mashed potatoes sautéed ackee with light curry flavor, string beans, fried plantain,

Curry goat with chutney and toasted coconut, rice, split peas stew, plantain, sautéed vegetables,

Peanut soup . Chicken breast stuffed with roasted garlic, callaloo, tomatoes, Parmesan, corn on the cob, grilled veggies, yam casserole, salad (mixed nuts, grapefruit slivers, parmesan, tahini dressing)

Rosemary leg of lamb mint sauce, smashed potatoes sprinkles with roasted garlic and herbs, buttery string beans,

Pasta with tomato/ basil , meat sauce, tomato sauce or pesto cream sauce, Parmesan, mesclun salad, garlic bread

Conch and corn fritters, Steamed snapper with pumpkin, okra, beans, carrots, chocho, sweet pepper, (and/or veg version), rice and gungo peas, refried green banana,

Shrimp or crayfish and veggie fajitas and lettuce wraps with tomato cilantro salsa, sour cream, guacamole, cheddar, breadfruit or plantain chips, fried rice, salad (papaya mint dressing, pecans, raisins, cheddar)

Mini quiche with sundried tomatoes and roasted red onion, Stuffed roast chicken with mashed green banana with scallion, sautéed vegetables. Salad with rice wine vinegar and sesame oil and honey dressing, toasted noodles, sesame seeds.

Black bean burgers, sweet potato saute, carrot dressing, sautéed pak choy, tabouli salad

Red curry noodles with veg, sautéed pak choy with sesame, grilled falafel burgers,
tahini

Pad Thai, pak choy salad, green papaya salad

Pasta with Meat Sauce / basil, garlic, olive oil

PLEASE SUBSTITUTE IF IN SEASON THINGS LIKE OTAHETI SALSA BREADFRUIT
ROASTED AND FRIED JUNEPLUM, NASEBERRY, OTAHETI IN SALADS

DESSERT

Ice cream /cones, banana baked
Apple Ratine with whipped cream
Coconut custard
Carrot cake
Choc cake or brownies
Lemon cheesecake
Fruit salad
Lemon sorbet
Tortuga rum cake
Choc chip cookies

JUICES

Fruit punch
Coconut in shell and in glass
Limeade or sour orange
Lemongrass
Pineapple ginger