

Promiseas Recommended Menu

Breakfast #1

Coffee, Juice
Seasonal Fruit Platter
Eggs (any style)
Bacon
Sausages
Toast
Peanut butter and banana stuffed French toast

Lunch #1

Garlic Shrimp
Fricassee Chicken
Rice
Callaloo Soufflé
Yam Casserole
Arugula Salad with roast pumpkin
Dessert: Pavlova

Dinner #1

Roast Tomato Basil Soup with Bruschetta
Lasagna
Vegetarian Lasagna
Braised sweet corn, Chile, cilantro, Feta, & Lime
Caesar Salad
Dessert: Pineapple Upside Down & Vanilla Ice cream

Hors D'oeuvres #1

Artichoke Dip and crackers
Smoked Salmon with Dill Dip and Pita Chips

Breakfast #2

Coffee, Juice

Seasonal Fruit Platter

Ackee

Saltfish

Callaloo

Green Banana/Yam

Johnny Cakes and Chocolate Chip muffins

Lunch #2

Tenderloin Beef Fillet Steak on BBQ with Mushroom gravy

Herb Lemon Roast Chicken with Gravy

Rice

Scalloped Potatoes

Braised Cauliflower

Stuffed Portabella with melting Taleggio

Tuscan Tomato and Bread Salad

Dessert: Otaheite Apple Pie and ice cream

Dinner #2

Cream of Pumpkin and Orange Soup

Lobster Thermidor if in season if not Seafood Crepes

Red Stripe Pan BBQ Chicken

Macaroni and Cheese

Rice

Ricotta and spinach Pancakes

Corn on the cob

Wedge Salad

Dessert: Rum Cake and Ice Cream

Hors D'oeuvres #2

Raw vegetable dip

Almond cheese balls with sweet spicy sauce

Buffalo Wings with spicy sauce

Breakfast #3

Coffee, Juice

Seasonal Fruit Platter

Pancakes

Omelets (cheese and veg)

Toast

Baked Beans

Bacon

Lunch #3

Leg of Lamb with gravy

Escovich Fish

Bammy

Mashed Potatoes with caramelized shallots

Rice

Vegetable crumble

Roast Vegetable salad with lime vinaigrette

Dessert: Sticky Toffee Pudding and Ice cream

Dinner #3

French Onion Soup

Sweet and sour chicken

Honey Ginger shrimp

Pepper steak

Chinese noodles with stir fry vegetables

Egg fried rice

Bok Choi Salad

Dessert: Banana Bread and ice cream

Hors d'oeuvres #3

Asian cream cheese log and crackers

Jalapeno cheese dip with Tostitos

Crab cakes

Breakfast #4

Coffee, Juice

Seasonal Fruit Platter

Egg and cheese muffins

Rundown

Yam/Green Banana/Sweet Potato/Pumpkin

Sausages

Veggie Rundown

Lunch #4

Thai Red Lentil Soup

Coconut Curry Shrimp or Lobster

Baby Back Ribs glazed with molasses

Roast Breadfruit

Crushed Yam

Penne Alla Vodka

Broccoli and cheese flan

Coleslaw with Spicy Chile dressing

Dessert: Light Chocolate Mousse

Dinner #4

Minestrone Soup

Jerk Chicken Lasagna

Roast Duck and gravy

Rice

Fried Green Plantain

Eggplant Pahi

Zucchini and hazelnut Salad

Dessert: Lemon Meringue

Hors D'oeuvres #4

Guacamole, Salsa and Pita Chips

Feta Spinach Spring rolls with sweet and sour sauce

Breakfast #5

Coffee, Juice
Seasonal Fruit Platter
Eggs Benedict
Bagels
Cream Cheese
Smoked Salmon
Bacon

Lunch #5

Roast Pork with crackling and Rum Gravy
Steamed Fish stuffed with Callaloo
Yorkshire pudding
Rice and Peas
Coco Fritters
Seared Okra, black olives, Tomato confit, pine nuts and chile
Spinach Salad with avocado
Dessert: Icebox Cake

Dinner#5

Tortilla Soup
Mexican Meat
Chicken Enchiladas
Vegetable enchiladas
Tacos and Burritos
Guacamole
Salsa
Shredded Cheddar Cheese
Jalapeno Peppers
Shredded lettuce
Sautéed black beans
Roast Corn Salad with vinaigrette
Dessert: Caramelized Banana and Coconut Crème Brulee

Hors D'oeuvres #5

Mexican Round Dip with Tostitos
Curried Ackee Crostini

Breakfast #6

Coffee, Juice

Seasonal Fruit Platter

Ackee & Saltfish

Callaloo

Green Banana, Yam, Dumplin

Crepes

Bacon

Lunch #6

Curry Chicken or Goat

Steak and Ale Pie

Rice

Roti

Stuffed Cho Cho with cheese and veg

Sauteed String Beans

Fattoush Salad

Dessert: Lychee, Kiwi and Strawberry Cake and ice cream

Dinner #6

Red Pea Soup

Chicken Pie

Prawn Salad with Black Beans, Corn, Plantains and Coriander

Rice

Bacon, leek and cheddar mini quiches

Brown Lentil Stew

Caesar Salad

Dessert: Tropical Fruit Salad and ice cream

Hors D'oeuvres #6

Raw Vegetable Dip

Hummus, Taboulei and olives with Pita Bread

Breakfast #7

Coffee, Juice

Seasonal Fruit Platter

Omelets

Chocolate Chip and Blueberry Muffins

Bacon

Toast

Lunch #7

Barbecue Garlic Lobster

Sheppard's Pie

Macaroni and Cheese with Penne Pasta

Crusted Pumpkin Wedges with Sour Cream

Taleggio and Spinach Roulade

Quinoa and roasted pepper chili

Caprese

Dessert: Profiteroles (lemon curd or chocolate)

Dinner #7

Pepperpot Soup

Chicken Satays or Chicken Fettuccini Alfredo

Seafood Paella

Potato Salad

Roasted Artichoke with Calabrian chile, anchovy & crispy shallots

Stuffed Bell Peppers

Greek Salad

Dessert: Chocolate Beetroot pudding with whipped maple cream & hot chocolate sauce

Hors D'oeuvres #7

Smoked Marlin Ceviche on pita chips

Callaloo Dip with homemade breadfruit chips

Breakfast #8

Coffee, Juice
Seasonal Fruit Platter
Banana French toast
Crepes
Chocolate Chip Muffins
Eggs to order
Toast

Lunch #8

Curry Chicken
Guinness Stout Beef Pie
Rasta Pasta
Rice
Eggplant Parmesan
Bibb lettuce with Shaken Vinaigrette
Dessert: Coconut Panna cotta and flambé bananas

Dinner #8

Cornish Game Hens with cranberry port sauce
Wild Rice
Pasta Salad Cabana A La Sugar daddies
Primavera Jamaicana
Nectarine and Watercress Salad with Tarragon Raspberry Dressing
Dessert: Tropical Fruit Salad and ice cream

Hors D'oeuvres #8

Bar BQ Sausages with spicy sauce
Shrimp Wontons