

SEA GRAPES MENU OPTIONS

Here is an example of our menu at Sea Grapes, it is completely adaptable to your taste and needs, but serves as a guide to a weeks menu

DAY 1

Arrival Snacks

Cheese plate with crackers and pepper jelly
Fruit plate

Lunch

Pasta with garlic and tomatoes sauteed
Green salad
Garlic Bread

Hors d'oeuvres

nuts, hummus, carrot sticks
Smoked turkey sausage and bbq dip
raw veg and sour cream dip

Dinner

Pumpkin soup
Roast chicken and gravy
Rice and Peas, Steamed Vegetables, Plantain
Cesar Salad
Dessert – Chocolate cake and ice cream

DAY 2

Breakfast

Coffee and tea
Fruit plate, orange juice, toast with jams
Eggs to order, bacon, kalaloo and saltfish
muffins

Lunch

Chicken Salad (chunky chicken with scallion, pineapple, peanuts etc)
Sandwiches with cold cuts (turkey, cheese, ham, mustard, lettuce)
Chips

Hors d'oeuvres

Sliced tomatoes, mozzarella and basil
Roasted Breadfruit chips and salsa
Crackers and cheese with pepper jelly

Dinner

Jumbo Shrimp or Lobster in garlic butter sauce
Mashed potatoes
Roast vegetables
Salad and dinner rolls
Dessert - Key Lime Pie with cream

DAY 3

Breakfast

Coffee and Tea
Fruit plate, orange juice, toast with jams
Eggs to order, Sausages
Johnny cakes
Banana bread

Lunch

Jamaican patties and/or jerk chicken
Cole slaw, green salad
Festival

Hors d'oeuvres

Stamp and go and tartar sauce dip
Salted Coconut chips

Dinner

Pepperpot soup
Dinner rolls
Pork chops fricassee
Yam casserole
Candied sweet potatoes
Stir fried vegetables
Dessert – crème caramel with cream

DAY 4

Breakfast

Coffee and Tea
Fruit plate, orange juice, toast with jams
Eggs to order, bacon, baked beans and French toast

Lunch

Macaroni and cheese
Fried chicken
Green salad with feta cheese

Hors d'oeuvres

Cream cheese and solomon gundy and crackers
Hummus and pita bread

Dinner

Soup and french bread
Roast/BBQ grilled whole snapper
Seasoned rice, kalaloo/cauliflower cheese
Bammy
Dessert – baked banans and ice cram

DAY 5

Breakfast

Coffee and Tea
Fruit plate, orange juice, toast with jams
Omelettes – tomato, cheese, mushrooms, ham fillings
Pancakes and syrup

Lunch

Homemade hamburgers and hot dogs
Or lasagne and crispy french bread
Salad

Hors d'oeuvres

Cream cheese and pickapeppa sauce served with crackers

Dinner

Curried Goat or Chicken
White rice
Steamed pak choy
Roast pumpkin
Dessert – Lemon pie and cream

DAY 6

Breakfast

Coffee and Tea
Fruit plate, orange juice, toast with jams
Ackee and saltfish and johnny cakes

Lunch

Grilled mahi mahi or escoveitch fish
Couscous and salad

Hors d'oeuvres

Smoked marlin crostini

Dinner

BBQ tenderloin of beef
Scalloped potatoes

Green beans
Roast carrots
Salad

DAY 7

Breakfast

Coffee and Tea
Fruit plate, orange juice, toast with jams
Eggs to order, sausage and bacon
muffins

Local Jamaican Speciality Dishes

Breakfast

Ackee and Salfish or Bacon
Mackerel Rundown with yellow yam
Kalaloo and saltfish

Lunch

Jamaican patties
Jerk chicken or pork
Escoveitch fish

Dinner

Oxtail with flour dumplings
Curried Goat with boiled green bananas
Jerk Chicken and Pork with festival
Curried Shrimp
Conch (seasonal)
Lobster (seasonal)

Sides

Roasted breadfruit
Rice and peas
Stew peas
Jamaican Festival
Bammy
Hardough bread

Yam, sweet potato, dasheen, coco
Plantain – green or ripe
Boiled green banana

Snacks

Peppered Shrimps
Coconut slivers roasted and salted
Breadfruit chips
Solomon gundy
Raw sugar cane
Stamp and go

Please note

Lobster closed season is 1 Apr to 30 Jun

Conch closed season 1 Sep to 1 April