

SAMPLE MENU

Breakfast

FRUIT PLATE

Mango, Pineapple, Banana, Papaya, Watermelon, Sweet Sap, Nasberry

BANANA PANCAKES

CALLALO & TOMATO OMELET

All Served with Jamaican Blue Mountain Coffee & Fresh Squeezed Orange Juice

Lunch

BOK CHOY SALAD

Bok choy, Almonds, Crunchy Noodles, Scallions, Vinaigrette

ARUGULA & TOMATO SALAD

Arugula, Tomato, Olive Oil & Vinegar

MARGHERITA PIZZA

Mozzarella Cheese, Tomato, Basil, Olive Oil

JAMAICAN PATTYS

Choice of Beef, Chicken, Vegetable & Shrimp

QUINOA SALAD

Quinoa, Raisins, Almonds, Scallions, Black Olives, Feta Cheese & Sun-dried Tomatoes

Dinner

CURRY CHICKEN

with White Jasmine Rice, Chocho & Carrots

JERK PORK/ CHICKEN

with Coconut Jasmine Rice and Red Peas

SEARED RED SNAPPER FILET

with sautéed Callalo and Roasted Carrots

Dessert

SORBET

Mango, Pineapple, Sorel, Grapefruit

CHOCOLATE COCONUT CAKE

with Vanilla Icecream

BANANA CREAM PIE