

Options for Meals

**Not limited to*

**The chef is always open to any special requests*

Breakfasts

Fresh Juices

Fruit Smoothies

(Strawberry-Banana, Mango-Banana, Green)

Coffee & Teas

Fruit Platter

Yogurts

Cereals & Milk

Banana Bread

Pumpkin Bread

Croissants

Danishes

Cinnamon Rolls

Banana Muffins, Blueberry Muffins, Chocolate Chip Muffins

Sausage, Bacon, Baked Beans

Traditional Jamaican Sides: Saltfish Fritters & Baked Beans with saltfish

Toast (Brown/White), English Muffins, Bagels

Your choice of eggs

Omelets (Western Style, Spinach & Cheese)

Bagels with cream cheese, smoked salmon, onions and capers

Avocado toast with boiled eggs (seasonal)

Eggs Benedict (Classic with ham, Smoked Salmon) & breakfast potatoes

Steak and Eggs with Béarnaise Sauce & breakfast potatoes

Savory crepes (Ham & Cheddar) & breakfast potatoes

Traditional Jamaican: Ackee & Saltfish, Callaloo, Johnny Cakes,

Traditional Jamaican: Mackerel Rundown, Green Banana, Boiled

Dumplings

Pancakes (Buttermilk, Banana) & Syrup

Buttermilk Waffles, Whipped Cream & Syrup

Fried Chicken & Waffles

French Toast & Syrup

Sweet Crepes, Whipped Cream & Syrup

Day Time Hors d'oeuvres

Tropical Fruit Kebabs
Cheese and Mellon Ball Platter
Cheese Platter with Olives and Pepper Jelly
Cheese Log served with crackers
Veggie Platter & Ranch Dip
Hummus served with Carrots and Pita Chips
Cucumber Bites
Salsa & Guacamole served with Tortilla Chips
Salmon mousse & Crostinis
Artichoke Dip served with crackers
Shrimp Ceviche & Plantain Chips
Marlin Dip with Breadfruit Chips
Marlin Rolls & Crackers
Melted Cheese Dip & Doritos
Jalapeño Cheese Dip & Doritos
Mexican Layered Dip & Tostitos
Buffalo Chicken Wings & Ranch Dip
Honey Jerk Chicken Wings
Homemade Pizza (Cheese & Basil, Pepperoni, Jerk Sausage, Bacon)
Hillshire Farm Turkey Sausage with dipping sauce
Mini Jerk Chicken Wraps and dipping sauce
Jamaican Jerk Sausage with sweet & spicy sauce
Jamaican pick up Saltfish & Crackers
Jamaican Pepper Shrimp & Hard dough Bread
Jamaican Curried Ackee Crostini
Saltfish and ackee on Johnny Cakes
CHEF's CONCOTIONS

Lunch

Salads

Salads

Caesar Salad
Balsamic Caesar Salad
Grilled Chicken Salad
Garden Salad
Mixed Green Salad with variety of dressings
Coleslaw
Potato Salad
Chopped Salad
Wedge Salad
Kale Quinoa Salad
Quinoa Salad
Avocado Salad
Cabbage Salad
Cucumber Salad with Vinegar
Radish Chopped Salad
Shaved Brussel Sprout Salad
Spinach Apple Salad
Tomato Salad
Tomato avocado Salad

Entree

Chicken Dishes

Jamaican Jerk Chicken, *Bread Rolls & Rice and Peas*
Jamaican Shake and Bake Chicken, *White Rice & French Fries*
Jamaican Fried Chicken/ Barbie-Fried Chicken, *Rice and Peas & Broccoli and cheese*
Jamaican Fricassee Chicken, & Gravy, *Rice & Peas, Spinners, Fried Plantain & Sautéed String Beans*
Herb Lemon Roast Chicken & Gravy, *Stuffing, Scalloped Potatoes & Mixed Vegetables,*
Baked Chicken, *Corn Soufflé, Macaroni and Cheese & Stir Fry Vegetables*
Jamaican Curried Chicken, *Roti & Callaloo*
BBQ Chicken, *Festival & Stuffed Tomatoes*

Pork Dishes

Roast Pork, *Coco Fritters, & Rice and Peas*

BBQ Ribs, *Roast Corn & Macaroni and Cheese*
Jamaican Jerked Pork, *Roast Yam & Festival*
Pork Chops, *Yellow Yam & Rice and Peas*

Lamb Dishes

Lamb Chops, *Sauteed French Beans, Yorkshire Pudding & Seasoned Rice*
Leg of Lamb, *Braised Cauliflower, Sweet Potato Casserole & Rice and Peas*

Beef Dishes

Roast Beef, *Yorkshire Pudding, Potatoes & Stuffed cho-cho w/sweet pepper*
Sheppard's Pie

Seafood Dishes

Steamed Fish/ Fried Fish/*Escovich Fish & Festival*
Salmon with dill sauce, *garlic mashed potatoes & cucumbers with vinegar and sugar*
Grilled Garlic Lobster (Seasonal), *Mashed Potatoes & Grilled Onions*
Curried Shrimp, *Bammy & Mixed Vegetables*
Curried Lobster, *Bammy (Seasonal) & Avocado*

Other Jamaican Dishes

Jamaican Oxtail, *Saut ed French Beans, Ackee Souffl  & Rice and Peas*
Jamaican Curried Goat, *Callaloo Souffl  & Boiled Green Banana*
Jamaican Curried Ackee, *Bammy & Stir fry vegetables*

Pasta Dishes

Creamy Pesto Penne Pasta and chicken
Jerk Chicken Pasta
Oxtail Pasta

Light Lunch / Kid Friendly

Jerk Chicken Wraps, Curried Chicken Wraps
Cheese, Chicken, Chicken Salad, Tuna Sandwiches
Club Sandwiches, Grilled Cheese Sandwiches
Croque monsieur Sandwiches
Lobster Roll
Chicken Tenders (Buffalo/Regular)
Chicken wings (Buffalo/Regular)
Pizza
Hamburgers, Hot dogs
French Fries, Potato Chips

Salad Bar

Sides

Rice Sides

White Rice

Wild Rice

Seasoned Rice

Jamaican Rice and Peas

Traditional Jamaican Sides

Jamaican Bammy

Jamaican Festival

Coco Fritters

Fried Plantain

Boiled green Banana

Callaloo

Spinners (Dumplings)

Yellow Yam

Roast Yam

Roast Corn

Roast Breadfruit

Roti

Ordinary Sides

Macaroni and Cheese

Garlic Mashed Potato

French Fries

Bread Rolls

Corn Fritters

Corn on the Cob

Yorkshire Pudding

Stuffed Potatoes

Scalloped Potatoes

Crushed Sweet Potato

Ratatouille

Soufflé Sides

Jamaican Ackee Soufflé

Callaloo Soufflé

Spinach Soufflé
Corn Soufflé

Casserole Sides

Yam Casserole
Sweet Potato Casserole

Vegetable Sides

Mixed Vegetables- Broccoli, Asparagus, String Beans, Carrots etc.
Stir Fried Vegetables
Cucumbers with vinegar and sugar
Stuffed cho-cho and sweet pepper
Sautéed String Beans
Sautéed French Beans
Braised Cauliflower
Broccoli & Cheese
Stuffed Tomatoes
Grilled Onions
Mushrooms
Avocado (seasonal)

On the Go Snacks

If you are going on a day trip like river rafting or tubing, Chef can make some snacks for you to carry along

Jerk Chicken Wraps
Cold Sandwiches (Chicken, Cheese, Tuna)
Chicken & Cheese Quesadillas
Jamaican Juici Patties
Cookies
Brownies

Evening Hors d'oeuvres

Lobster/Shrimp thermidor served in puff pastry

Curried Lobster/Shrimp served in puff pastry

Tomato Bruschetta

Saltfish Fritter Balls with dipping sauce

Hot Crab Dip served with pita chips

Hot Spinach Dip served with pita chips

Hot Spinach Artichoke Dip with Tortilla Chips

Hot Bean dip served with Tortilla Chips

Cream Cheese wontons with dipping sauce

Crab Wontons with sweet and sour sauce

Crispy Cheese Jalapeño Bites

Smoked Salmon Ball served with crackers

Cheese Ball served with crackers

Chicken and Cheese Quesadillas

Lobster Quesadillas

Baked brie drizzled with honey and almonds served with crackers

Mozzarella Sticks and tomato dipping sauce

Bacon wrapped Shrimp

Shrimp cocktail with sweet and sour dipping sauce

Smoked salmon, Cream cheese and dill crostini

Sausage Rolls in pastry

Marlin Log rolled in cream cheese and topped with caviar served with
crackers

Chicken Satay & Beef Satay with peanut sauce

Shrimp Tempura and sweet & sour dipping sauce

Crab Cakes with Spicy mayo sauce

Sushi Rolls with Spicy Mayo dipping sauce

Rock Shrimp

Fried Crab Sticks and Cream Cheese with dipping sauce

Dates covered in Bacon

CHEF's CONCOTIONS

Dinner

Recommended to do a Soup, Salad, Meat Dish, Side & Seafood dish or Pasta Dish

Soups

Pumpkin Soup
Chicken Soup
Red Peas Soup
Mexican Soup
Tomato Basil Soup
Pepper pot Soup
Lobster Bisque (seasonal)
Shrimp Bisque
Crab Bisque
Seafood Gumbo
Corn Chowder

Salads

Caesar Salad
Balsamic Caesar Salad
Mixed Green Salad with variety of dressings
Mixed Salad
Kale Salad
Arugula Salad
Italian Salad
Mexican Salad
Broccoli Salad
Caprese Salad
Black bean and Corn Salad
Greek Salad
Tomato Mozzarella Salad
Asparagus Salad with Feta
Creamy Cucumber Tomato Salad
Japanese Ginger salad
Asian Chopped Salad

Entrée

Meat Dishes

BBQ Rack of Lamb, *Rice and Peas, Yorkshire Pudding & Stuffed Potatoes*

BBQ Ribeye Steak with gravy, *Bruschetta & French Fries*
BBQ Fillet with Bearnaise Sauce, *Tomato Mozzarella Caprese, White Rice & Garlic Bread*
Roast Duck & Orange Sauce, *Seasoned Rice, Scalloped Potatoes*
Duck in Pancakes with hoisin sauce, cucumbers & green onion
Creamy Garlic Chicken, *Quinoa, French Bread & Garlic Mashed Potato*
Cornish Hens & Gravy, *Wild Rice, Stuffed Bell Peppers & Garlic Potato Cubes*
Chicken in Cashews & Noodles, *Stir Fried Rice & Stir-Fried veggies*
Chicken Breasts topped with sauteed onions & mozzarella, *Corn on the cob, Asparagus in creamy sauce*
Breaded Chicken Breast & Tomato Sauce, *Crispy Potatoes, Mixed Veggies, Pink Sauce Pasta*
BBQ Chicken Wings, *Baked Tomatoes, Garlic Bread topped with cheese and bacon*
Chicken Cordon Bleu with creamy scotch bonnet sauce, *Broccoli Casserole & Seasoned Potato Wedges*
Chicken Pot Pie, *Seasoned Broccoli & Corn in White Sauce*
Steak and Ale Pie, *Sautéed string beans & Bread Rolls*

Seafood Dishes

Grilled Garlic Lobster
Lobster Thermidor (Seasonal)/ Shrimp Thermidor
Garlic Shrimp
Thai Shrimp
Crab cakes with spicy mayo & sweet corn
Gruyere seafood crepes

Pasta Dishes

Lobster Mac and Cheese
Chicken Fettuccini Alfredo
Beef Lasagna
Chicken Lasagna
Mexican Lasagna
Vegetable Lasagna
Lobster Ravioli (Seasonal)
Shrimp & Cheese Ravioli
Pasta with Pink Sauce
Spaghetti with Garlic Lemon Shrimp
Seafood Pasta in Tomato Sauce
Spaghetti and Mince Bolognese

Special Dinners

Mediterranean Night- grilled chicken kebabs, shrimp kebabs, yellow rice, hummus, pita bread, tabbouleh, fattoush salad, garlic roast potato cubes

Chinese Night- Duck in pancakes, sweet& sour chicken, garlic shrimp, stir-fried veggies with noodles, pepper steak, fried rice, Japanese Ginger Salad

Japanese Night- Variety of sushi rolls with spicy mayonnaise sauce, Japanese style fillet, Teriyaki chicken, white rice, veggies, salad with ginger dressing

Mexican Night- Soft/Hard tacos, mince with chili sauce, chicken, beans, Mexican cheese, sour cream, guacamole, lettuce & tomato

Bonfire Night- Hotdogs on the fire or BBQ, Hamburgers & Bacon, Cheeseburgers done on the BBQ, BBQ Chicken Wings, French Fries, Caesar Salad

Roasted Marshmallows on the Fire, to make smores for dessert

Sides

White Rice

Wild Rice

Rice and Peas

Yellow Rice

Jasmine Rice

Seasoned Rice

Quinoa

French Bread

Garlic Bread

Garlic Bread topped with cheese and bacon

French Fries

Garlic Potato Cubes

Garlic Mashed Potato

Seasoned Potato Wedges

Stuffed Potatoes

Scalloped Potatoes

Baked Tomatoes

Spinach Soufflé

Broccoli Casserole

Yorkshire Pudding

Corn on the Cob
Corn in White Sauce
Bread Rolls
Bruschetta
Tomato Mozzarella Caprese
Sautéed string beans
Asparagus in creamy sauce
Sautéed Onions
Stuffed Bell Peppers
Seasoned Broccoli
Stir Fried Rice
Stir Fried Veggies
Noodles

Desserts

Jamaican Bread Pudding

Jamaican Sweet Potato Pudding
Sticky Toffee Pudding with Carmel Sauce
Banana Pudding
Nightmare Desert (Chocolate Cream and Coffee Desert)
Meringue Pavlova covered with fresh fruits
Apple Crumble & Vanilla Ice Cream
Rice Krispy Desert (with peanut butter)
Churros, Caramel Sauce & Chocolate Sauce
Baked Alaska
Tiramisu
Crème Brulee
Chocolate Mousse
Lemon Bars
Chocolate Crème Pie
Coconut Crème Pie
Lime Meringue Pie
Pecan Pie & Vanilla Ice Cream
Apple Pie & Vanilla Ice Cream
Oreo Cheesecake
Mini Oreo Cheesecake Bites
Chocolate Chip Cheesecake
Espresso Cheesecake
Pumpkin Cheesecake
Regular Cheesecake
Carrot Cake Muffins with Cream Cheese frosting
Cinnamon Rolls with Cream Cheese Frosting
Chocolate Lava Cakes with Vanilla Ice Cream
Fried Ice Cream & Strawberries
Ice Box Cake
Lychee Cake
Homemade Twix Bars
Hot Crepes, Strawberries and Ice Cream
Chocolate Covered Strawberries
Chocolate covered Oreos
Chocolate Chip Cookies / Sugar Cookies / Oatmeal Cookies
Chocolate Chip Cookie Ice Cream Sandwiches
Vanilla/ Chocolate Cupcakes
Vanilla Cupcakes with Strawberry Cream Frosting
Brownies & Vanilla Ice Cream
Eclairs & Vanilla Ice Cream

Ice Cream Sundaes (vanilla ice cream, whipped cream, chocolate sauce & caramel sauce)

Ice Cream Cones

Banana Split

Oreo/Vanilla/Chocolate Milkshake

Birthday Cake (Vanilla/Chocolate) for special occasions

CHEF's CONCOCTIONS

Desert Coffee

Coffee/Esspresso & Biscuit