



S I L E N T W A T E R S



DAILY MENU

Breakfast

Fresh Seasonal Fruits

Papaya, Mango, Pineapple, Honey Banana, Watermelon, Grapefruit, Orange

Yogurt

Assorted Island Flavors

Entrees

Pancakes, Waffles or French Toast with Maple Syrup

Eggs to Order

Omelets to Order (Owner's favorite ~ Vegetable with Mushrooms in Reduced Cabernet Sauce and Cheddar Cheese)

Ackee (Jamaican fruit with a heavenly and unusual texture and taste of scrambled eggs) with Bacon and Onion, or try it with Callaloo and Tomato

Toast/Breads

Wheat or White Toast, Banana Bread, Fresh Muffins, Bagels

Assorted Jams and Butter

Cereals (Note: Please request cereal in advance as desired to guarantee freshness)

Cold Cereals

Oatmeal

Beverages

Freshly squeezed Orange Juice

Jamaican Coffee and Exotic Teas



S I L E N T W A T E R S



DAILY MENU (1)

Lunch

Soup

Cold Cucumber Soup

Entree

Caesar Salad with Grilled Chicken Breast

Dinner

Hors d'oeuvres

Bruschetta

Spicy Chicken Spring Rolls

Salad

Heart of Palm Salad

Entrée*

Seafood medley of Lobster, Mussels and Snapper Nuggets sauteed with White Wine and a Garlic Sauce with a hint of Cream

Steamed Fresh Garden Vegetables

Dessert

*Banana's Foster (caramelized honey bananas with a hint of rum, ala mode)
or Mango Foster as an alternate (Owner's favorite)*

Beverages

Assorted Flavored Herbal Iced Teas

Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop

(some Jamaicans call soursop juice 'Nerve Juice' because it calms your nerves)

Jamaican Coffee, Exotic Teas

Vegetarian (see Vegetarian Daily Menu for selections)

**Note: Lobster is out of season April 1 - June 30 and, therefore, is unavailable to our guests during that period.*



S I L E N T W A T E R S



DAILY MENU (2)

Lunch

Salad

Tomato and Goat Cheese Salad with Basil Vinaigrette Dressing

Entree

Red Snapper steamed in Coconut Milk with Jasmine Rice and Sauteed Callaloo

Dinner

Hors d'oeuvres

*Skewered Marinated Chicken Kabobs with Pepper and Onion and Dipping Sauce
Crabmeat Croustades*

Soup

Gingered Pumpkin Soup

Entrée (Premium of \$10.00 per person)

*Garlic and Rosemary Rubbed Beef Tenderloin grilled, served with a Cabernet
Mushroom Reduction Sauce, Creamed Potatoes and Buttered Carrots*

Dessert

Chocolate Mousse

Beverages

Assorted Flavored Herbal Iced Teas

Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop

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Jamaican Coffee, Exotic Teas

Vegetarian (see Vegetarian Daily Menu for selections)



S I L E N T W A T E R S



DAILY MENU (3)

Lunch

Salad

Tomato and Cucumber Salad

Entree

Linguini with Shrimp marinated in Lime, Tequila and Garlic with a White Wine Reduction Sauce, finished with a hint of Cream.

Dinner

Hors d'oeuvres

*Large Spicy Shrimp with Cocktail Sauce
Humus Dip with Garlic Toasted Pita Points*

Salad

Mixed Green Salad with Papaya Lime Vinaigrette Dressing

Entrée

Chicken Caruso (marinated chicken breast with garlic, onion and olive oil, sautéed with pancetta, tomato white wine, butter and capers), served with Steamed Broccoli

Dessert

Keylime Pie

Beverages

*Assorted Flavored Herbal Iced Teas
Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop
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Jamaican Coffee, Exotic Teas*

Vegetarian (see Vegetarian Daily Menu for selections)



S I L E N T W A T E R S



DAILY MENU (4)

Lunch

Entree

Marinated Grilled Chicken Breast Sandwich with Pesto Aioli on French Bread, with Mustard Dill Potato Salad

Dinner

Hors d'oeuvres

*Spicy Meatballs in a Sweet and Sour Sauce
Callaloo Dip (Jamaican Spinach) with Crudites*

Salad

Scallop Ceviche (scallops marinated in lime juice with hot chili, onion, cilantro and diced sweet pepper)

Entree (Premium of \$5.00 per person)

Leg of Lamb Roast with Rosemary Sauce, Roasted Sweet Potatoes and Green Beans

Dessert

Chocolate Pecan Cake with Bourbon Cream

Beverages

Assorted Flavored Herbal Iced Teas

Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop

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Jamaican Coffee, Exotic Teas

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S I L E N T W A T E R S



DAILY MENU (5)

Lunch

Entree

Boneless Chicken Breast rolled and stuffed with Shrimp served in a pool of Roasted Red Pepper Sauce, with a medley of Steamed Vegetables

Dinner

Hors d'oeuvres

*Mango and Brie Quesadilla with Tomato Salsa
Spicy Chicken Wings with Dipping Sauce*

Soup

Pepperpot Soup (the Caribbean's favorite soup that dates back to the Arawak Indians, made with callaloo [variety of spinach], okra and hot pepper, with a vegetable broth and dumplings)

Entree

Pan-Seared Red Snapper in Butter, finished with Lime, served with Herb-Seasoned Rice, Julienne of Carrot and Zucchini Squash

Dessert

Passion Fruit Pie (similar to Key Lime but made with passion fruit)

Beverages

*Assorted Flavored Herbal Iced Teas
Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop
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Jamaican Coffee, Exotic Teas*

Vegetarian (see Vegetarian Daily Menu for selections)



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DAILY MENU (6)

Lunch

Entrée

Caribbean Chicken Salad (marinated boneless grilled chicken breast tossed with Chef Marlon's honey, ginger-based dressing with tamarind and jerk spice) with a grilled Slice of Pineapple, can be served on a bed of lettuce or as a sandwich on a soft roll.

Dinner

Hors d'oeuvres

*Hot Crabmeat Dip with Garlic Toast Points
Cucumber Cups with Salmon Mousse*

Salad

Heart of Palm with Artichoke Vinaigrette

Entrée* (Premium of \$7.00 per person)

Grilled Lobster Tail with Drawn Butter, served with Vegetable Couscous and French Green Beans

Dessert

Crepes Suzette

Beverages

Assorted Flavored Herbal Iced Teas

Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop

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Jamaican Coffee, Exotic Teas

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DAILY MENU (7)

Lunch

Soup

Gazpacho

Entree

Crab Cakes with a Chile Aioli served with Corn Salsa and a Petite Garden Salad

Dinner

Hors d'oeuvres

Skewered Chicken Satay with Peanut Sauce

Smoked Marlin Dip with Crudites

Salad

Gingered Pumpkin Soup

Entree *(Premium of \$5.00 per person)*

*Grilled Leg of Lamb rubbed with Rosemary and Garlic, served with Mint Sauce,
Gratin of Potato and grilled Zucchini and Tomato*

Dessert

Cheesecake with Passion Fruit Sauce

Beverages

Assorted Flavored Herbal Iced Teas

Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop

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Jamaican Coffee, Exotic Teas

Vegetarian *(see Vegetarian Daily Menu for selections)*



S I L E N T W A T E R S



DAILY MENU (8) **Taste of Jamaica**

Lunch

Entree

Jerk Chicken (chicken marinated with Jamaican jerk seasoning of scotch bonnet peppers) served not too spicy, with sauce on the side for those who enjoy the heat.

Choice of Rice and Peas (a typical Jamaican dish of red beans and rice) or Roasted Potatoes and Summer Slaw

Dinner

Hors d'oeuvres

Seafood Stuffed Mushrooms

Em panadas (meat or vegetable-filled pastries)

Salad

Tossed Garden Salad with Toasted Walnuts and Balsamic Vinaigrette

Entrée

Grilled Grouper served on a bed of sauteed Callaloo, topped with Fresh Papaya, Mango Salsa (callaloo is like a cross between spinach and swiss chard)

Dessert

Rum Cake

Beverages

Assorted Flavored Herbal Iced Teas

Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop

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Jamaican Coffee, Exotic Teas

Vegetarian (see Vegetarian Daily Menu for selections)



S I L E N T W A T E R S



DAILY MENU (9)

Lunch

Soup

Chilled Chile Papaya Soup

Entree

Tuscan Marinated Grilled Shrimp on a bed of Mixed Green Salad with Tomato, Avocado (aka pear in Jamaica), Red Onion, Balsamic Vinaigrette

Dinner

Hors d'oeuvres

Coconut Shrimp with Mango Sauce

Bacon Wrapped Plantains

Soup

Carrot, Tomato Soup

Entrée

Barbecued Baby Back Ribs, Baked Potato, sautéed Green Beans with a Shallot Brown Butter Sauce

Dessert

Crème Brulee

Beverages

Assorted Flavored Herbal Iced Teas

Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop

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Jamaican Coffee, Exotic Teas

Vegetarian (see Vegetarian Daily Menu for selections)



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DAILY MENU (10)

Lunch

Entrée

Cuban Sandwiches (spice rubbed slow cooked pork shoulder, sliced) with Ham, Swiss Cheese and Pickles all toasted and melted together, with Caribbean Cole Slaw and Fried Plantain

Dinner

Hors d'oeuvres

*Beef Skewers with Honey Soy Dipping Sauce
Guacamole with Tortilla Chips*

Salad

House Salad with Butter Greens, Tomato and Cucumber, Mustard Vinaigrette

Entrée

Chef Marlon's Boca Shrimp (jumbo Tuscan-marinated shrimp) sautéed Julienne of Carrot and Sweet Peppers

Dessert

Chocolate Mousse

Beverages

*Assorted Flavored Herbal Iced Teas
Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop
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Jamaican Coffee, Exotic Teas*

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DAILY MENU (11)

Lunch

Entrée

Salad Nicoise (spinach salad with blanched haricot verts, quartered hard boiled egg, roasted small Irish potato, quartered tomato, anchovy, topped with slices of Ahi Tuna pan-seared medium rare with a mustard vinaigrette)

Dinner

Hors d'oeuvres

*Cucumber Cups with Smoked Salmon Mousse
Shrimp Satay with Ginger Tamarind Sauce*

Soup

Red Bean Soup

Entrée

Jerk Pork Tenderloin with Garlic Mashed Potatoes and Zucchini Curls

Dessert

Coconut Cream Pie

Beverages

Assorted Flavored Herbal Iced Teas

Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop

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Jamaican Coffee, Exotic Teas

Vegetarian (see Vegetarian Daily Menu for selections)



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DAILY MENU (12)

Lunch

Entrée

Lasagna with Meat Sauce, or Marinara Sauce served with Garlic Bread

Dinner

Hors d'oeuvres

Spring Rolls with Mango Dipping Sauce

Jerk Spiced Chicken Wings

Soup

Chicken Gumbo Soup

Entrée

Grilled Rosemary Rubbed Lamb Chops, with Mint Sauce, Potato Galette (thinly sliced potatoes layered with clarified butter pressed and roasted until golden brown and sliced into wedges) and Glazed Carrot Coins

Dessert

Pineapple Upside Down Cake

Beverages

Assorted Flavored Herbal Iced Teas

Assorted Fresh Tropical Fruit Drinks such as Coconut Water and Soursop

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Jamaican Coffee, Exotic Teas

Vegetarian (see Vegetarian Daily Menu for selections)



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DAILY MENU

Vegetarian Selections

Marinated Grilled Vegetable Sandwich with Pesto Aioli on French Bread, with Mustard Dill Potato Salad

Charred Eggplant and Coconut Curry with Jasmine Rice

Vegetable Lasagna with Calaloo served with a Tomato Basil Marinara Sauce

Linguini with Summer Vegetables and a Light Olive Oil, White Wine Sauce

Linguini with Broccoli Florets, Chocho and Carrots with a White Wine Garlic Reduction Sauce, finished with a hint of cream

Roasted Teriyaki Tofu Steaks with Glazed Green Vegetables on a Nest of Rice Noodles

Roasted Pumpkin, Coconut and Tofu Curry with Jasmine Rice

Jamaican Jerk Vegetables with Red Peas and Rice (Jerk is a famous Jamaican spice sauce and red peas and rice is the Jamaican national dish)

Napoleon of Grilled Vegetables (aubergine, zucchini, onion, tomato and either mozzarella or goat cheese layered and served on a pool of roasted red pepper sauce)

Caribbean Stuffed Peppers on a Goat Cheese Polenta Triangle