



SAMPLE MENU

BREAKFAST choice of

Ackee and saltfish, steamed callaloo with fried plantain, Johnny cakes and toast
Mackerel rundown, scrambled eggs, green bananas, yam and toast
Jerk sausage, baked beans, fried plantain and Johnny cakes

(The above includes Fruit (seasonal), Juice, Jamaican Coffee, Decaf Coffee (cannot guarantee brand), Black/Herbal teas (decaf available – cannot guarantee brand), butter, jam, pancake syrup)

LUNCH choice of

Pumpkin soup (vegetarian, chicken or beef), garlic bread and garden salad
Conch* soup, conch fritters, bread rolls and garden salad
Jerk chicken salad with fried breadfruit
Grilled cheese sandwich with carrot/tomato/cucumber/cheese salad
Jamaican patties (beef, chicken or vegetable), cocoa bread and tomato/cheese salad

DINNER choice of

Jerked chicken, rice and peas, string beans/carrots, mashed potatoes and green salad
Curried shrimp, penne pasta, baked potato and coleslaw
Braised oxtail, gungo rice, mashed potatoes and garden salad
Fricassee chicken, rice and peas, broccoli/cauliflower and garden salad
Steamed fish, rice and peas, bammy, string beans/carrots and garden salad
Curry chicken, steamed rice, broccoli/cauliflower and coleslaw
Vegetable rundown, potatoes (roasted or mashed), sweet potatoes (roasted or mashed) and green salad
Curry vegetables, fish fritters or stir-fry vegetables, steamed rice and coleslaw

We welcome requests – you can mix and match sides. Vegetarians welcome (this is Jamaica)

Lobster off-season – April 1 - June 30

*Conch off-season – September 1- March 31