

## **SAMPLE MENU**

Our **Bahamian menu** may include; but won't be limited to the following:

### **BREAKFAST**

Pineapple crunch Coffee Cake served with fresh Tropical Fruits  
Baked Eggs with Mango sauce served with Frizzled Ham  
Creamy chilled Oatmeal with Walnuts and Raisins served with Sweet Potato Biscuits  
Peach or Strawberry Mango Crêpes garnished with fresh Mango slices  
Piña Colada Griddle Cakes served with Sausage Links  
Cheesy layered Apple, Bacon breakfast Sratata served with crispy Fried Green Tomatoes  
Breakfast Rice Pudding with chopped dried Fruits served with grilled Banana Bread and whipped Banana butter

### **LUNCH**

Black Bean and Mango Salad  
Callaloo (a Traditional Caribbean soup); either Vegetarian or with Fish  
Falafel wrap with julienned Cucumber and Romaine and a Curried Yogurt sauce  
Curried Chicken Salad on 'Mom's" Toasted Whole Wheat Bread  
Creamy Chicken, Broccoli and Pimento Crêpes  
Red Snapper Cakes with sautéed Garlic and wilted fresh Greens  
Warm fresh Vegetable and Rice Curry

Unless stated otherwise, lunch is served with either chips or freshly baked Bread or Biscuits

### **Quick anytime snacks;**

Chili-lime popcorn  
Roasted Garlic  
Chilled Smoked Mussels, Baby Clams or Oysters with spicy Cocktail sauce

### **HORS D'OEUVRES**

Curried Eggs  
Roasted Eggplant Bruschetta  
Grilled Pork and Mango Skewers  
Assorted fresh Vegetables for dipping in a Spicy Peanut Sauce  
  
Roasted Rum or Curried assorted Nuts served with  
Graham Cracker rolled sweetened Cream Cheese Ball and assorted Crackers  
  
Chilled Black Bean, Corn, and Orange dip served with  
Garlic rubbed sliced French bread toasts  
  
Red Snapper Cakes served on a bed of Greens and Red Onion slices with  
Remoulade dipping sauce

## **DINNER**

Jerk Chicken served with spicy Cayman Chow-chow and fluffy Lemon Quinoa

Cracked Conch served with buttery Apple-Cabbage medley and Pigeon Peas and Rice

Ham with Coconut Rum sauce served with grilled Garlic Eggplant and  
Sweet Potato with Caramelized Onion salad

Fish Calypso (quick fried with sautéed Bananas) served with  
Broiled Tomatoes with Orange and Rosemary butter and West Indian Curried Rice

Pepper crusted Tuna with Zucchini, Carrots, and Green Olives served with  
Curried Orange Rice

Meatballs in spicy Ginger Coconut sauce served with  
Cheesy Banana Grumby (Plantain, Cauliflower, and Carrots)

Piña Colada Grouper served with Caribbean-style Ratatouille

Gingered Mahi-Mahi served with grilled Red Onions and Wasabi-Ginger mashed potatoes

## **DESSERT**

Sautéed Apples with Pine Nuts

Jamaican-style Roasted Bananas or Plantains

Bahamian Rum Cake

Banana Pudding Cake

Black Peppered Pineapples with Citrus Cream

Lemon Crunch Pie

Warm Mango Bread Pudding

Caribbean Coconut Rice Pudding