

Lunch Menu

Appetizers

Healthy appetizer for 2

Julienned veggies, hummus, pico de gallo, black olive dip, whole wheat pita bread and guacamole (in season)

Nachos

Baked corn tortillas chips with mixed cheese, tomatoes, onion, green peppers, beans and turkey chili

Assorted Cheese and Fruit Platter for 2

A mixture of imported cheese and local organic fruits

Salads

Baked beets & Goat Cheese (GF)

Mixed lettuce, beets, goat cheese, orange or grapefruit wedges, red onions and basil balsamic dressing

Green Salad (GF, V)

Mixed lettuce from our organic garden tomatoes, carrots, onions cucumber with citrus dressing

Grilled Seared Tuna (GF)

Asian Slaw, mixed greens, ginger soy sauce dressing water base, sesame oil and sweet chili sauce

Sushi

Vegan Roll (V)

Cucumber, carrots, bell pepper

Caribbean Shrimp Roll

Shrimp, cream cheese, cucumber, chives, sweet plantain and avocado (in season)

Spicy Tuna Tempura

Tuna, onions, chives, cilantro and avocado (in season)

Petit Manje

Soup du jour

Ceviche of the Day (GF)

Marinated with lime and orange juice or passion fruit, red onions, tomatoes, green peppers and hot sauce

Acra cod fish fritters

Served with tamarind tomatoes, onions, hot peppers mild cocktail dipping sauce

Gran Manje

Grilled Catch of the Day (GF)

With Cristophine and green papaya salad

Shrimp Creole

With brown rice, black beans, mixed salad and green fried plantains

Chicken and Broccoli Fettuccine

Tossed in basil pesto and fresh tomatoes

Veggie and Broccoli Fettuccine (V)

Tossed in basil pesto and fresh tomatoes

Roti, Burgers, Sandwiches

Whole wheat "Roti" pancake

Filled with grilled catch of the day and sautéed veggies. Accompanied with curry sour cream, mayonnaise and baked corn chips.

Rosalie Bay's beef burger

Cheddar, mozzarella or bleu cheese. Garnished with lettuce tomatoes, onions and pickles. Served with fries

Open-faced lean turkey pattie

On toasted whole wheat bread, tomatoes and grilled onions. With sliced watermelon and garden salad.

Grilled free style Personal Pizzas

The Classic

Tomato sauce and mozzarella cheese and your choice of pepperoni, ham, pineapple or vegetables

Focaccia

Parmesan, rosemary and mozzarella cheese (no sauce), mixed lettuce and balsamic dressing

GF = Gluten Free (no wheat, rye or Barley)

V = Vegan (contains no animal products)