

MENU IDEAS

We have compiled a selection of cuisine ideas for you to consider. Please ask your Cook for more ideas. **HAPPY DINING!!!!!!!**

APPETIZERS & STARTERS

Soups	Cream of Pumpkin, Pepper Pot, Chicken, Vegetable, Beef, Cream of Potato, Cream of Carrot, Cream of Red Peas, Conch Chowder, Pepper Pot, Red Bean, Fish Tea
Seafood	Shrimp Cocktail, Crab Backs (in season), Lobster (in season)
Salads	Avocado (in season), Caesar, Grilled Vegetables

ENTREES

Chicken	Jerked, Roasted, Stir Fried, Curried, BBQ, Chinese Styles
Beef	Stir Fried, Chinese Styles, Meat Loaf, Jerked, Roast
Pork	Jerked, Pork Chops, Roasted, Spare Ribs
Lamb	Jerked, Roasted
Mutton	Jamaican Curried
Fish	Roasted, Steamed, Jerked, Brown Stewed, Escoveitched, Creole Seafood Garlic, Creole, Stir-fried, Chinese Styles, Curried, Italian - Various pasta Dishes
Vegetarian:	Lasagna, Stir-fry, Pasta Dishes

LUNCHES

Sandwiches	Cheese, Tuna, Chicken, BLT, Club, Egg Salad, PBJ, Burgers,
Salads	Salad Nicoise, Pasta Salads, Garden Salads

LIGHT FARES:

Banana or Saltfish Fritters, Porridge (Cornmeal or Oats), Fried dumplings (similar to biscuits), Bun & Cheese, Jerk chicken wings, Beef Patties (Jamaica's fast food); Pepper Shrimp – spicy sold by street vendors

DESSERTS

Coconut Cream Pie, Chocolate Pie, Banana Flambé, Sweet Potato Pudding, Bread Pudding, Ice Cream, Caribbean Carrot Cake, Custard, Grape-nut Ice-cream, Grater Cake (grated coconut and sugar) Coconut Tart, rum cake