



## Breakfast

### The Traditional Jamaican Breakfast (as shown above)

Callaloo and saltfish (codfish), ackee and saltfish, steamed fish, okra and boiled banana.  
Fried johnny cake, boiled banana dumplings, coco bread or hard dough bread Corn meal porridge, fried plantains.

### The Continental Breakfast

Fresh fruit and toast Coffee and juice

### The Traditional American Breakfast

Pancakes, french toast, muffins, Eggs and bacon  
Omelettes: Spanish or cheese & onion  
Oatmeal, cold cereals.

## Lunch

### Salads

Macaroni salad with tuna, eggs, cheese crab salad with excelsior crackers, chicken salad, lobster salad

### Soups

Vegetable soup, red pea soup, pepper pot soup

### Sandwiches

Ham and cheese, chicken salad, fried egg sandwich, hot dogs, hamburgers, beef patties and coco bread, callaloo patties, vegetable patties

## Dinner

### Seafood

Lobster with garlic butter sauce, curry lobster, grilled lobster, stuffed sea crab in shells, curried conch, conch soup, Escovitch fish (made w/Scotch bonnet peppers, vinegar & onions. Served with bread or rice), steamed fish with okra, brown stewed fish, baked fish filets, sliced or whole fish depending on availability.

### Chicken

Jerk chicken on charcoal grill, brown stew chicken, curry chicken, fried chicken, baked chicken, turkey

### Meats

Roast beef, curry goat, roast pork, baked ham, leg of lamb,steaks, pepper steak

### Pasta

Spaghetti with meat sauce or vegetable sauce, fettucini bowtie pasta with shrimp or lobster, Macaroni and cheese

### Vegetables

Garden salads, string bean salad, steamed cabbage, steamed callaloo cho-cho and carrot, stuffed cho-cho, rice and peas, pumpkin, rice, boiled potatoes, mashed potatoes

### Desserts

Custard Fresh fruits Cookies and cakes Ice cream. We highly recommend that you bring a jar of [Grown Up Kids Stuff](#), simply the best chocolate topping ever.