



BREAKFAST

Fresh Ground Coffee

100% Jamaica Blue Mountain Coffee costs about USD 30/lb. Less expensive blends of Jamaican High Mountain and imported beans can be purchased for as little USD 5/lb.

*If you are doing your own shopping, be sure to buy beans as a grinder is available. Your coffee can be prepared by drip filtration, a Bodum press or stove top espresso pot, please make your preference known to the staff.

Fresh squeezed orange juice or other fresh seasonal juice, as available.

Traditional Jamaican Breakfast

Callaloo and saltfish
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 plantain

Continental Breakfast

Fresh fruit and toast
Coffee and juice
Pancakes
French Toast
Muffins
Eggs and bacon
Poached Eggs and Callaloo on a bed of bammy
Omelette your way
Oatmeal
Cold cereals



LIGHT FARE

Salads

Macaroni salad with tuna fish, eggs, cheese
Crab salad or sardines with excelsior crackers
Chicken salad
Lobster salad

Sandwiches

Ham and cheese
Chicken salad
Fried egg sandwich
Hot dogs, hamburgers
Beef patties and coco bread
Callaloo patties
Vegetable patties

Soups

Fish Tea
Vegetable Soup
Red Pea Soup
Pepper Pot Soup



HEAVY FARE

Seafood (Lobster Season Closed April 1 – June 30th)

Lobster with garlic butter sauce
Curry lobster
Stuffed sea crab in shells
Curried conch
Conch soup
Escoveitch fish
(sauce made with Scotch bonnet peppers, vinegar and onions). Served with bammy, festival or rice
Steamed fish with Okra
Brown stewed fish
Baked fish
(Fillets, sliced or whole fish depending on availability)

Chicken

Jerk chicken on charcoal grill
Brown stew chicken
Curry chicken
Fried chicken
Chicken breast filets in mushroom sauce
Baked chicken
Turkey

Other Meats

Roast Beef
Curry Goat
Baked Ham
Leg of Lamb
Steak your way

Pasta

Spaghetti with meat or vegetable sauce
Fettuccini
Bowtie Pasta with Shrimp or Lobster
Macaroni and Cheese

Vegetables

Garden Salad
String Bean Salad
Steamed Cabbage
Steamed Callaloo
Cho-cho (chayote) and Carrot
Stuffed Cho-cho

Starch

Rice and Peas
Pumpkin Rice
Boiled Potatoes
Mashed Potatoes

DESSERTS

Custard
Fresh Fruits
Cookies and Cakes
Ice-Cream

