



LUNCH

Soup & Salads

Soup of the Day

Chicken

(Cup \$2, bowl \$4)

Shrimp Salad - \$14

Sauteed shrimp tossed with sweet pepper, onion, tomato in a spicy mayonnaise on a bed of lettuce.

Garden Salad - \$11

Fresh Lettuce Topped with tomato, carrot, cucumber, served with dressing on the side.

Fresh Caught Tuna Salad (seasonal) - \$8

Shredded & diced vegetables coated in lemony caper dressing, topped with chunks of tuna.

(Salad dressings: Balsamic Vinaigrette, Blue Cheese, Dana's Homemade Caesar, Italian, Ranch, Raspberry Vinaigrette, Thousand Island)

Sandwiches, Paninis & Wraps

Lobster Roll (seasonal) - \$20

Chunks of lobster, tomatoes, parsley & onion in garlicky herbed mayo in a toasted homemade bun.

Grilled Ham & Cheese Sandwich - \$12

Sliced smoked ham with melted cheese, tomatoes, onion.

Crispy Chicken Sandwich - \$13

Breaded chicken breast with cheese, lettuce, onion, tomato with choice of Sweet Chili, BBQ, Mayo or Jerk Sauce.

Club Sandwich - \$13

Toasted bread layered with sliced chicken, crispy bacon, egg, lettuce, tomato, onion, finished with a spread of mayo.

Fried Fish Sandwich - \$15

Breaded fish filet with fresh lettuce, juicy tomato, onion, finished with buttery lemon sauce.

Blue Skies BLT - \$13

Oodles of crispy smoked bacon strips with onion rings, lettuce & tomato, with Pesto sauce, BBQ, or mayo on the side.

Grilled Cheese Sandwich - \$10

Melted cheese with tomatoes, onion, & bell peppers, grilled to perfection.

(Breads: white/local hardough, whole wheat, coco bread, baguette)



Panini - \$15

Choice of: Grilled Vegetables, Chicken or Ham with cheddar cheese and mayo.

Jerk Chicken Wrap - \$12

A tortilla filled with jerk chicken, pepper, onion, tomatoes, lettuce and spicy mayo.

Fish Wrap - \$15

A tortilla filled with fish (grilled or fried), bell peppers, onion, tomatoes, lettuce and tartar sauce.

Veggie Wrap - \$13

Local veggies including carrots, sweet pepper, tomatoes, onions with spicy mayo

(Sandwiches, panini and wraps are served with seasoned home cut fries, potato wedges, or onion rings)

Tacos

Shrimp \$12.00

Veggie \$10.00

Chicken \$10.00

(Tacos are served with fresh cut corn tortilla chips)

Wings & Fries - \$15

Let's just wing it - Buffalo, Jerk, BBQ, Sweet Chili, Teriyaki, Hot nu raas!!!

Served with a portion of home cut seasoned french fries.

Pizzas & Quesadillas

Cheese pizza - \$13

Pepperoni Pizza - \$15

Pineapple & Ham - \$15

Rasta Pizza (veggie) - \$19

Lobster Pizza - \$24

(Pizzas are 12". Additional toppings \$1)

Veggie Quesadilla - \$12

Grilled Chicken Quesadilla - \$15

(additional toppings \$1)

Burger, Burger, Burger


Hamburger - \$14

Cheeseburger - \$16

Bacon, Blue Cheeseburger - \$18

Veggie Burger - \$12

(Burgers are served with seasoned home cut fries. Additional serving of fries - \$2)



Stewed & steamed, grilled & garnished,
curried & cooled, fried & tried

Fried Chicken - \$12

Crumbled fried golden crispy chicken, crispy and moist to perfection.

Barbeque Chicken - \$14

¼ of a chicken in our special seasoning and slow roasted and brushed with barbeque sauce then re-baked to seal in the sauce.

Jerk Chicken - \$14

Marinated in our special jerk seasoning and slow roasted. Sauce served on the side.

Curried Chicken - \$16

Marinated to the bone in spicy Indian curry and slow cooked to perfection.

Sweet & Sour Chicken - \$18

Chunks of chicken breast seasoned and fried then tossed in our sweet and sour sauce, with chunks of pineapple, onion and sweet peppers.

Jerk Pork - \$18

Pork marinated in our special jerk seasoning and slow roasted, jerk sauce served on the side.

Curried Goat - \$22

Seasoned in curry, a blend of spices and diced Irish potatoes then slow cooked until tender and juicy.

Oxtail - \$25

Succulent pieces of oxtail slow cooked in a blend of herbs and spices and broad beans, deliciously rich in flavor.

(Served with home cut fries, potato wedges, white rice, or rice & peas)

Sweet tooth

Ask about a desert of the day!

Ice cream - \$3

Cheesecake - \$5.99

Specialty Cakes - \$4.99

Oreo Cookies & Vanilla Ice Cream - \$4.99

Key Lime Pie - \$5.00

All prices are quoted in US\$. GCT 15%+10% gratuity+3.5% credit card charge not included in above prices.