

Garlic & herb Flat bread, creole hummus
\$25

Salt fish dahls, Avocado salsa, chili piperade
\$30

Caesar style salad
\$35

With addition

Jerk chicken satay \$25

Sweet chili grilled shrimps \$55

SOMETHING EASY

Beach chowder
\$45

Crispy calamari, harissa mayo
\$35

Beetroot Niçoise salad
\$35

Tomato Carpaccio, fennel & burrata
\$45

Spiny lobster brioche, Arugula & shoestring fries
\$75

Firecracker chicken noodle salad, sweet chili & lime
dressing
\$65

Grilled vegetable kebab, feta cheese, Organic Pesto
\$45

A LITTLE BIGGER

Day boat catch, curried pumpkin & coconut
\$75

Curried Creole fish stew
\$75

Fish & chips, minted crushed peas.
\$65

Snow crab claws, ginger & chili sauce*
\$75

Sticky five spices & chili pulled pork, sweet potato
bun, Caribbean slaw
\$65

TNF Kobe burger double smoked bacon,
Caramelized onions
\$65

Piri-Piri roasted split lobster Giant couscous, fennel
**
\$125

Caribbean Seafood iced Tower ***
\$295

Garlic mushroom burgers, coarse grain mustard
\$40

Flash steak, prosciutto & salsa picante
\$65

Creole chicken roti, cucumber salad
\$60

CREOLE BBQ BOARDS

40 oz. Cow boy steak***
\$295

Jerk Pork cutlet
\$75

Cajun Shrimps*
\$95

Chicken kebab
\$75

6 oz. Fillet mignon**
\$125

8 oz. Striploin steak*
\$95

All served with perfectly grilled market vegetables

SIDES

Each \$25

Sweet potato fries

Macaroni & cheese

Mixed organic greens

Steamed market vegetables

Potato & spring onion salad

Regular fries

Grilled garlic sweet corn

MINI INDULGENCES

Each \$15



For guests on a meal plan please note that items marked with a * have a US\$15 Supplement, with two ** a US\$20 and three *** US\$35 supplement. All prices are in EC\$ and subject to 10% tax and 10% service charge

Authentic St Lucia Flavour

Saint Lucian cuisine is a combination of French, East Indian and British dishes. Before colonization, the Caribs and the Arawaks occupied the island, surviving on its various natural fruits and vegetables like mangoes, oranges, tangerines, avocados, and breadfruits. The island's British and Indian influences are seen in the variety of spices used in its cuisine, which include garlic, cinnamon, nutmeg, cocoa, parsley, cloves, and allspice.

Curried Creole fish stew

\$75

Locally known as "Fish Brof"

This food is for your soul and is such a healthy meal.

Caribbean men are fascinated by this one pot meal and demand it regularly as it is said to possess the secret elixir to reclaim energy and vitality.

The ingredients are extra local green banana, sweet corn, dasheen, okra, tomatoes, seasoning peppers & seafood which are caught in the surrounding waters.

All these fanatic ingredients are cooked in a locally made clay pot called a "Canawee"

Which just adds so much more flavor and character!

Salt fish dahls. Avocado salsa, chili piperade

\$30

St Lucian Favorite Salt fish Dahl,

Traditionally split peas or chick peas and Salt Fish wrapped in pastry type bread and shallow fried not fat free but absolutely

Lucian and delicious

Eaten for breakfast or lunch and perfect for the beach!

Combined with an Avocado Salsa the smooth flavor helps to add to the enjoyment of the Dahl's.