



LUNCH MENU

17% gratuities will be added for your convenience.

20% gratuities for split items will be added for your convenience.

20% gratuities for split cheques for parties of 8 or more will be added for your convenience.

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APPETIZERS

SHRIMPS COCKTAIL MARIA ROSE \$ 12.00
Traditional shrimp cocktail, served with lettuce and home made Maria Rose sauce

CHICKEN LOLLIPOP \$ 12.00
Chilli tomato vinaigrette

TEMPURA COTTAGE CHEESE \$10.00
Mint yogurt sauce

SMOKED SALMON DELIGHT \$ 12.00
Chopped onions, parsley and cream cheese

FRIED CALAMARI \$ 12.00
Golden fried calamari, spicy tomato dip

SOUPS

TRADITIONAL BERMUDA FISH CHOWDER \$ 6.50
Complimented with black rum and sherry pepper

SOUP OF THE DAY \$ 6.50
Ask your server for our daily creation

SALADS

CHEF SALAD \$ 14.95
Chef J's special creation

ITALIAN STYLE PASTA SALAD \$ 12.95
Vegetables, cheese and chicken

ORIENTAL NOODLE SALAD \$ 16.75
Garnished with shrimps

CLASSIC CAESAR SALAD ~ small \$ 7.00 large \$ 9.00
Herb croutons, home made dressing

CHICKEN CAESAR ~ small \$ 12.75 large \$ 16.75

SHRIMP CAESAR ~ small \$ 13.75 large \$ 18.75

CRISPY FISH CAESAR ~ small \$ 13.75 large \$ 18.75

ORGANIC GREENS ~ small \$ 7.00 large \$ 9.00
Tomatoes, cucumbers and peppers

CHICKEN GARDEN SALAD ~ small \$ 12.75 large \$ 16.75

SHRIMP GARDEN SALAD ~ small \$ 13.75 large \$ 18.75

CRISPY FISH GARDEN SALAD ~ small \$ 13.75 large \$ 18.75



THAI BEEF SALAD \$ 16.95
Certified Angus Beef® strips, Thai dressing

SIX WEST INDIAN SPICED SHRIMPS \$ 19.75
On tossed organic greens, sugar cane chili vinaigrette

WRAPS

- Oriental chicken** in a ginger wrap \$ 16.95
Jerk chicken with Bermuda onions and peppers in a herb garlic wrap \$ 16.95
Philly steak with fried onions, cheese and mushrooms \$ 16.95
Thai shrimp salad with lettuce and tomatoes in an Asian ginger wrap \$ 17.95
Tuna salad in a basil sun dried tomato wrap \$ 16.95
Tandoori chicken in a basil sun dried tomato wrap \$ 16.95
Chicken B.L.T. in a herb wrap \$ 16.95
Tandoori chicken with cucumber yogurt sauce in a whole wheat pita pocket \$ 16.95

ALL WRAPS SERVED WITH GARDEN SALAD AND FRENCH FRIES

OUR SIGNATURE BURGERS

- Classic Beef Burger** \$ 12.95
Lean Ostrich Burger \$ 13.95
Chicken Burger \$ 12.95
Vegetarian Burger \$ 12.95
Lamb Burger \$ 13.95

Add toppings for \$0.50 each: cheese, peppers, fried or raw onions, mushrooms, bacon

ALL BURGERS SERVED WITH GARDEN SALAD AND FRENCH FRIES

SUBS

PORTUGUESE PATTY \$ 13.95
With American cheese and peppers

TUNA MELT \$ 13.95
Tuna salad, Provolone cheese

SMOKED TURKEY \$ 13.95
Brie cheese, cranberry sauce

PHILLY CHEESE STEAK \$ 16.95
Fried onions

SMOKED SALMON BAGEL \$ 14.95
Philadelphia cheese and chive

ROCK FISH \$ 16.95
Lettuce, tomato and tartar sauce

LAMB \$ 14.95
Slices of lamb leg, Swiss cheese onions and mushrooms

CHICKEN BREAST \$ 16.95
Grilled, mozzarella and a touch of tomato sauce, Provolone cheese

 **CAJUN C.A.B.® STRIPS** \$ 17.95
Certified Angus Beef®, Cajun spices, American cheese and fried onions

HONEY ROASTED HAM \$ 14.95
Swiss cheese

ALL SUBS SERVED WITH GARDEN SALAD AND FRENCH FRIES

MAINS

MARYLAND CRAB CAKES \$ 19.95

Sweet and sour vinaigrette

SEAFOOD LINGUINE \$ 22.95

Crispy seafood, white wine sauce

CURRIED SHRIMPS OR CHICKEN \$19.95

Lemon rice

PEPPERED TUNA \$ 24.95

Sliced, balsamic mango vinaigrette

FISH OF THE DAY \$ 22.95

Complimented with a pickled ginger mango vinaigrette

ONION & GOAT CHEESE QUICHE \$ 18.95

Sun dried tomatoes

ORIENTAL CHICKEN BREAST \$ 18.95

Sweet spicy peanut vinaigrette

SELECTION OF SEAFOODS \$ 26.95

Chilli emulsion

CONCH FRITTERS \$ 18.95

Lemon rice and spicy vinaigrette

SPICED SHRIMPS \$19.95

Tomato dressing and rice

PENNE PASTA \$ 18.95

Chicken and mushrooms, pink sauce

CRISPY DUCK TENDERS \$ 22.95

Rice and sweet and sour sauce



LINGUINE WITH C.A.B.® BEEF \$ 19.95

Strips of Certified Angus Beef® in a spicy tomato sauce

VEGETABLE KABAB \$ 18.95

Served with fries and salad