

# today

## starter

fried shrimp  
served with plum sauce

♥ fantasy of fresh tropical fruit and berries  
arranged on mango sauce

american navy bean soup  
simmered with root vegetables

old fashioned chicken noodle soup

mango cream  
iced mango cream soup, spiced with fresh ginger

♥ assorted garden and field greens  
choice of blue cheese, thousand island, ranch,  
balsamic vinaigrette, or french dressing

didja (as in did you ever ...)  
food you always wanted to try, but did not dare

♥ cured salmon and candied tomato  
stewed apples and grapes in lemon dressing

## main

grilled chicken breast  
served over fettuccine, tossed in mushroom cream  
freshly grated parmesan cheese (also available as a starter)

♥ broiled fillet of corvina  
yam and pumpkin hash, green beans

oven roasted tom turkey  
sage and onion stuffing, mashed yam and scallion hash,  
panko crusted green beans, homemade cranberry relish

jerked pork loin  
slowly roasted center cut pork loin, marinated in island spices and herbs  
fried rice, crisp green beans and plantain chip

chili rellenos  
vegetarian entrée; corn & potatoes stuffed peppers, served with tomato pilaf rice-

## comfort food

food that makes you feel good.....

shrimp & fries

breaded, deep-fried shrimps and french fries  
tomato ketchup

♥ denotes healthy options which are low in fat, cholesterol and sodium