

*Sea Grape*

RESTAURANT

**DAILY  
BUFFET LUNCH MENU**

**WEEK 1**  
**SUNDAY LUNCH MENU**

**Soup & Salads**

Local Chicken Soup

Bread Rolls

Local Greens with Condiments

Selection of Cold Cuts and Cheese

Selection of Salads

**Entrees**

Roasted top round of Beef with Condiments

Catch of the Day

w/ Three Bean-Olive Salsa

**Pasta Station**

Two Pastas

w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Curried Goat

w/ Potatoes, Carrots and Thyme

**Hot Sandwich Special**

Tuna Melt

**Sides**

Sauteed Vegetables

Rice with Peas

Roasted potatoes

French Fries

Vegetarian Special

**Selection of Desserts**

**WEEK 1**  
**MONDAY LUNCH MENU**

**Soup & Salads**

Cream of Mushrooms  
Local Greens with Condiments  
Selection of Cold Cuts and Cheese  
Selection of Salads  
Bread Rolls

**Entrees**

Grilled Flank Steak  
Catch of the Day  
w/Onion, Olive and Caper Sauce  
Chicken in Tamarind Sauce

**Pasta Station**

Two Pastas  
w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Seasoned Rice with Pork

**Hot Sandwich Special**

Roast Beef & Cheese

**Sides**

Vegetable Medley  
Rice with Peas  
Curry vegetables  
French Fries  
Vegetarian Special

**Selection of Desserts**

**WEEK 1**  
**TUESDAY LUNCH MENU**

**Soup & Salads**

Corn Chowder

Local Greens with Condiments

Selection of Cold Cuts and Cheese

Selection of Salads

Bread Rolls

**Entrees**

Grilled Jerk Pork Chops

Catch of the Day

W/ Cajun Vegetable Ratatouille

Roasted Chicken In Mushroom Sauce

**Pasta Station**

Two Pastas

w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Pepperpot with Dumpling

**Hot Sandwich Special**

Grilled Ham and Cheese

**Sides**

Rice Pilaf with Peas

Vegetable Medley

French Fries

Scallop Potatoes

Eggplant Parmigiana

**Selection of Desserts**

**WEEK 1**  
**WEDNESDAY LUNCH MENU**

**Soup & Salads**

Spicy Red Bean

w/ Ham & Dumpling

Local Greens with Condiments

Selection of Cold Cuts and Cheese

Selection of Salads

Bread Rolls

**Entrees**

Tamarind BBQ Grilled Chicken Legs

Grilled Catch of the Day

w/ Creole Sauce

**Pasta Station**

Two Pastas

w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Beef Stew with Plantain Fritters

**Hot Sandwich Special**

Barbecued Pork

**Sides**

Spinach Rice

Vegetable Medley

French Fries

Cauliflower Gratin

Roasted Potatoes

Vegetarian Special

**Selection of Desserts**

**WEEK 1**  
**THURSDAY LUNCH MENU**

**Soup & Salads**

Seafood Water

Local Greens with Condiments

Selection of Cold Cuts and Cheese

Selection of Salads

Bread Rolls

**Entrees**

Grilled Jerk Pork Ribs

Catch of the Day

w/ Spicy Curried Vegetables

**Pasta Station**

Two Pastas

w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Conch Stew with Johnny Cakes

**Hot Sandwich Special**

Jerk Chicken and Cheese

**Sides**

French Fries

Rice with Carrots

Vegetable Medley

Corn on the Cob

Vegetarian Lasagna

**Selection of Desserts**

**WEEK 1**  
**FRIDAY LUNCH MENU**

**Soup & Salads**

Cream of Pumpkin

Local Greens with Condiments

Selection of Cold Cuts and Cheese

Selection of Salads

Bread Rolls

**Entrees**

Grilled Chicken Thighs, Jerk Sauce

Fried Catch of the Day

w/ Garlic, Bell Pepper Butter Sauce

**Pasta Station**

Two Pastas

w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Pork Stew

**Hot Sandwich Special**

Turkey, Onion & Swiss Cheese

**Sides**

Rice with Lentil Peas

Vegetable Medley

French Fries

Broccoli Gratin

Vegetarian Special

**Selection of Desserts**

**WEEK 1**  
**SATURDAY LUNCH MENU**

**Soup & Salads**

Callaloo Soup  
Local Greens w/ Condiments  
Selection of Cold Cuts and Cheeses  
Selection of Salads  
Bread rolls

**Entrees**

Honey Roasted Ham  
Grilled Catch of the Day  
w/ Corn and Tomato Salsa

**Pasta Station**

Two Pastas  
w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Curry Lamb  
w/ Potatoes & Carrots

**Hot Sandwich Special**

Roasted Beef and Cheese

**Sides**

Steamed Rice with Sautéed Vegetables  
Vegetable Medley  
Vegetarian Chow Mein Noodles  
French Fries  
Vegetarian Special

**Selection of Desserts**

**WEEK 2**  
**SUNDAY LUNCH MENU**

**Soup & Salads**

Cream of Vegetables  
Local Greens w/ Condiments  
Selection of Cold Cuts and Cheeses  
Selection of Salads  
Bread rolls

**Entrees**

Roasted turkey and condiments  
Catch of the Day  
w/ Stewed Tomatoes and Onion

**Pasta Station**

Two Pastas  
w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Chicken Seasoned Rice

**Hot Sandwich Special**

Ham and Cheese Sandwich

**Sides**

Macaroni Pie  
Scallop Potatoes  
Vegetable Medley  
French Fries  
Sweet & Sour Vegetable Noodles

**Selection of Desserts**

**WEEK 2**  
**MONDAY LUNCH MENU**

**Soup & Salads**

Fish Water

Local Greens w/ Condiments

Selection of Cold Cuts and Cheeses

Selection of Salads

Bread rolls

**Entrees**

Grilled Flank steak

Catch of the Day

W/ Corn and Tomato Salsa

**Pasta Station**

Two Pastas

w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Chicken Soup

w/ Pumpkin, Green Bananas & Potatoes

**Hot Sandwich Special**

BBQ Pull pork

**Sides**

Vegetable Fried Rice

Vegetarian lasagna

Ground provision

French Fries

**Selection of Desserts**

**WEEK 2**  
**TUESDAY LUNCH MENU**

**Soup & Salads**

Lentil Soup with Vegetables  
Local Greens w/ Condiments  
Selection of Cold Cuts and Cheeses  
Selection of Salads  
Bread rolls

**Entrees**

Grilled Pork Chops  
Catch of the Day  
with fruit Salsa

**Pasta Station**

Two Pastas  
w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Chicken Soup  
w/Pumpkin, Green Bananas & Potatoes

**Hot Sandwich Special**

BBQ Pull Pork

**Sides**

Vegetable Fried Rice  
Vegetarian lasagna  
Ground provision  
French Fries

**Selection of Desserts**

**WEEK 2**  
**WEDNESDAY LUNCH MENU**

*Caribbean Menu*

**Soup & Salads**

Chicken Soup & Bread Rolls  
Local Greens w/ Condiments  
Green Banana and Bacon Salad  
Selection of Cold Cuts and Cheeses  
Curried Pumpkin  
Rasta Pasta Salad  
Cole Slaw

**Entrees**

Grilled Pork Ribs with Jerk Sauce  
Catch of the Day  
w/ Creole Sauce

**Pasta Station**

Two Pastas  
w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Stew Goat  
w/ Potatoes, Carrots & Cloves

**Hot Sandwich Special**

BBQ Chicken

**Sides**

Spanish Rice  
Vegetable Medley  
Vegetable Stir fried noodles  
French Fries  
Vegetarian Special

**Selection of Desserts**

**WEEK 2**  
**THURSDAY LUNCH MENU**

**Soup & Salads**

Plantain and Conch Chowder  
Local Greens w/ Condiments  
Selection of Cold Cuts and Cheeses  
Selection of Salads  
Bread rolls

**Entrees**

Jerk Chicken  
Catch of the Day  
W/ Olive, Tomato and Caper Relish

**Pasta Station**

Two Pastas  
w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Chicken Soup  
w/Pumpkin, Green Bananas & Potatoes

**Hot Sandwich Special**

Steak, Mushroom & Cheese

**Sides**

Spinach Rice  
Zucchini and Eggplant Gratin  
Vegetable Medley  
French Fries  
Vegetarian Special (Curried Chickpeas)

**Selection of Desserts**

**WEEK 2**  
**FRIDAY LUNCH MENU**

**Soup & Salads**

Plantain and Conch Chowder  
Local Greens w/ Condiments  
Selection of Cold Cuts and Cheeses  
Selection of Salads  
Bread rolls

**Entrees**

Jerk Chicken  
Catch of the Day  
W/ Olive, Tomato and Caper Relish

**Pasta Station**

Two Pastas  
w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Chicken Soup  
w/Pumpkin, Green Bananas & Potatoes

**Hot Sandwich Special**

Steak, Mushroom & Cheese

**Sides**

Spinach Rice  
Zucchini and Eggplant Gratin  
Vegetable Medley  
French Fries  
Vegetarian Special (Curried Chickpeas)

**Selection of Desserts**

**WEEK 2**  
**SATURDAY LUNCH MENU**

**Soup & Salads**

Chicken Noodle Soup  
Local Greens w/ Condiments  
Selection of Cold Cuts and Cheeses  
Selection of Salads  
Bread rolls

**Entrees**

Grilled Pork Loin with Jerk Sauce  
Catch of the Day  
W/ Grilled Vegetables

**Pasta Station**

Two Pastas  
w/ a Choice of Two Tossed Sauces Per Order

**Local Special**

Curried Chicken Roti

**Hot Sandwich Special**

Chicken Breast and Mozzarella

**Sides**

French Fries  
Mac and cheese  
Vegetable Medley  
Rice with Black Eye Peas  
Curry Vegetable and peas  
Vegetarian Special

**Selection of Desserts**