



Sample Menus

Breakfast:

- Assorted fruits and juices
- Pancakes, waffles
- Bacon, sausage, jerk sausage, ham
- Eggs any style/omelet
- Ackee & saltfish or bacon
- Festival, dumpling, plantain

Lunch:

- Lobster salad with corn fritters
- Shrimp salad with chips
- Tuna salad with bread
- Grilled chicken breast salad
- Spicy chicken w/chickpeas salad
- Callaloo soufflé and salad
- Hamburgers with fries
- Soup (hot or cold) and sandwich

Hors D'Oeuvres:

- Spicy cheese puffs
- Coconut chips
- Conch fritters
- Stamp & Go
- Cheese plate
- Chicken kabob with honey glaze
- Spicy shrimp kabob
- Bacon wrapped plantain
- Coconut shrimp

Soups:

- Pumpkin Soup with Crostini
- Ginger Pumpkin soup
- Carrot Soup with garlic bread
- Vegetable Soup with toast
- Pepper Pot Soup
- Broccoli Soup

Salads:

- Waldorf Pecan Salad
- Salad Nicoise

- Chef salad
- Caribbean Salad
- Tropical salad with lime dressing
- Corn and Red Pepper Salad

Entrees:

- Grilled Lobster, mashed potatoes, broccoli with almonds
- Grilled Shrimp, pasta, cauliflower and cherry tomatoes
- Grilled Snapper, pumpkin rice, steamed pakchoy, carrots
- Braised pork chops, rice & peas, steamed callaloo and plantain
- Sweet and sour chicken, reggae rice and candy carrots
- Escovitch fish, herb potatoes and steamed cho-cho
- Curried Shrimp, rice and garlic beans
- Garlic chicken, steamed rice and green beans
- Roast chicken with honey glaze, garlic mash potatoes and steamed vegetables
- Jerk chicken, rice and peas, mixed vegetables, fried plantain

Dessert

- Key Lime pie
- Crème caramel with orange and pear
- Coconut cream pie
- Crepes with filling
- Lemon or chocolate soufflé
- Lemon or chocolate cake
- Banana Flambé
- Irish Cream Cake
- Bread pudding
- Chocolate mousse