

Breakfast

Fresh Ground Coffee

100% Jamaica Blue Mountain Coffee costs about USD 30/lb. Less expensive blends of Jamaican High Mountain and imported beans can be purchased for as little USD 5/lb. If you are doing your own shopping, be sure to buy beans as a grinder is available.

Your coffee can be prepared by drip filtration, a Bodum press or stove top espresso pot, please make your preference known to the staff.

Fresh squeezed orange juice or other fresh seasonal juice, as available.

Traditional Jamaican Breakfast

Callaloo and saltfish

Ackee and saltfish

Steamed fish, okra and boiled banana

Fried Johnny cake

Boiled banana dumplings

Coco bread or hard dough bread

Corn meal porridge

Fried plantain

Continental Breakfast

Fresh fruit and toast

Coffee and juice

Pancakes

French Toast

Muffins

Eggs and bacon

Poached Eggs and Callaloo on a bed of bammy

Omelette your way

Oatmeal

Cold cereals

Light Fare

Salads

Macaroni salad with tuna fish, eggs, cheese

Crab salad or sardines with excelsior crackers

Chicken salad

Lobster salad

Soups

Fish tea
Vegetable soup
Red pea soup
Pepper pot soup

Sandwiches

Ham and cheese
Chicken salad
Fried egg sandwich
Hot dogs, hamburgers
Beef patties and coco bread
Callaloo patties
Vegetable patties

Heavy Fare

Seafood (Closed Lobster Season April 1 – June 30th)

Lobster with garlic butter sauce
Curry lobster Stuffed sea crab in shells
Curried conch
Conch soup
Escoveitch fish (sauce made with Scotch bonnet peppers, vinegar and onions. Served with bammy, festival or rice)
Steamed fish with okra
Brown stewed fish
Baked fish

(Fillets, sliced or whole fish depending on availability)

Chicken

Jerk chicken on charcoal grill
Brown stew chicken
Curry chicken
Fried chicken
Chicken breast filets in mushroom sauce
Baked chicken
Turkey

Other Meats

Roast beef

Curry goat
Roast pork
Baked ham
Leg of lamb
Steak you way

Pasta

Spaghetti with meat or vegetable sauce
Fettucini
Bowtie pasta with shrimp or lobster
Macaroni and cheese

Vegetables

Garden salad
String bean salad
Steamed cabbage
Steamed Callaloo
Cho-cho (chayote) and carrot
Stuffed cho-cho

Starch

Rice and peas
Pumpkin rice
Boiled potatoes
Mashed potatoes

Desserts

Custard
Fresh fruits
Cookies and cakes
Ice cream