



THE TRIDENT POOL BITES

SERVED AT POOL THE SIDE AND AT THE BAR

The Trident Beef Burger | \$24

Smoked Bacon & Cornichon Salsa

Ocean Burger | \$22

Cajun Fish, Breaded Shrimp, Cocktail Sauce

Smoked Ham N Cheese Smorgasbord | \$25

Sliced Olives, Shredded Cheddar, Over Easy Egg'

Jamaican Rum Flambé Pizza | \$20

Smoked Marlin, Scallops, Scallions

Jerk Fish Tacos | \$18

Salsa Verde

Beef Sambusa | \$18

Curried Mayo

Korean BBQ Wings | \$20

Buttermilk Tartare

Shrimp Tempura | \$28

Sweet Chili

Potato Fries | \$12

Charred Scotch Bonnet, Three Cheese Sauce

All menu items are quoted in US dollars and garner 10% government tax and a 10% service charge. We are committed to your health and well-being by preparing all cuisine without artificial trans-fat. Please inform to your server of any allergies.



LUNCH MENU

STARTERS

Spa Chicken Salad | \$20

Mango, Celery, Red Radish, Charred Pineapple, Dried Cranberry, Mixed Greens, Sunflower Seeds, and Grilled Chicken Breast with Lemon Mint Dressing

Our Version of Greek Salad | \$15

With Toasted Pita Squares, Chickpeas, White Vinaigrette

Grilled Octopus | \$18

Carrot Puree, Micro Greens, Sweet Chili Drizzle

ENTREE

Harvest Bowl | \$32

*Organic Chicken Breast, Marinated Tofu, Seasoned Vegetables
Red Peas Rice, Field Greens, Apples, Cherry Tomato, Sliced Almonds*

Jerk Seasoned Rib Eye Steak 8oz. | \$40

Mixed Green Salad and Fried Potato

Dover Sole | \$28

Cauliflower Puree, Mixed Green Salad and Fried Plantain

Local Catch | \$25

Tropical Salad and Fried potato

*Grilled Lobster | \$32

Wilted Callaloo and Saffron Risotto

DESSERTS

Ice Creams | \$8

Homemade Flavors Includes Vanilla, Chocolate or Coffee

Sorbets | \$6

Seasonal Fruit Flavors

Fresh fruits | \$5

Seasonal cut Fruit

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