

# LUNCH MENU

## SUCCULENT SNACK & SOUP

COLD MEZZE \$12

- Hummus
- Fattoush

Served with Pita Bread and Greek Yoghurt with chopped Olives

GRIDDLE SHRIMPS \$20

- Tandoori Spiced.
- Lemon, Cilantro and Garlic flavour.
- Jerk Spiced

Served with Fries and Sweet Chili Dip.

FRIED CHICKEN WINGS \$16

- Tossed in Indian Masala Spices.
- Tossed with Thai Sweet Chili and Garlic
- Fiery Buffalo Style

Served with Fries and Ranch Sauce.

MARKET VEGETABLE SOUP \$12

Local Market Vegetables, Red Beans, Callaloo, Thyme, Scallion, in plummy Tomato Broth.

## SALAD BOWLS

GREEK SALAD \$12

Organic Tomatoes, Red Onion, Cucumber, Bell Pepper, Feta Cheese, Marinated Olives, Oregano Dressing and Balsamic.

HARVEST VEGETABLE SALAD \$16

Romaine Lettuce, Red Apple, Seasonal Vegetable, Roasted Sweet Potato, Toasted Almonds, Salad Tomatoes, Olives, Rice & Peas, Tahini, Maple Syrup, Yoghurt and Lemon Sauce.

- W/Chicken Skewer \$6
- W/Shrimp Skewer \$12

THAI BEEF SALAD \$20

Grilled Beef, Organic Tomatoes, Lettuce Leaves, Red Onion, Cucumber, Escallion, Minted Spicy Dressing, Chopped Peanuts

## COMFORT FOOD

TRIDENT BEEF BURGER \$22

Aged Gouda Cheese, Tomato, Pickle, Onion, Lettuce, Cocktail Sauce

QUESIDILLAS

- Callaloo, Cheese and Bell Pepper \$20
- Cajun Chicken, Vegetables and aged Cheddar \$24
- Beef, Bell Pepper, Caramelized Onion, aged Cheddar \$26

Served with Sour Cream and Salsa

GRILLED SANDWICH \$15

- Ham, Cheddar Cheese, Lettuce, Onion, Tomato, Pickle
- Shredded Chicken, Curried Mayonnaise, Orange
- Cheddar Cheese, Lettuce, Pickle, Tomato

**All Comfort Food is Served with French fries**

## TASTE OF JAMAICA

TODAY'S WHOLE CATCH (Grilled or Fried) \$22

- Brown Stew, Stewed with Local Fresh Herbs and Vegetables
- Escovitch, A distinct Island Twist.

BRAISED OXTAIL \$28

Slow Braised Oxtail stew with Root Vegetables and Butter Beans.

CURRY GOAT \$20

Local Goat Meat cooked in Curried Spices with Thyme and Garlic.

LOBSTER (Grilled or Poached) \$32

Grilled or Poached with Jamaican spices, available only in season.

## ITALIANO

SPAGHETTI, PENNE OR LINGUINE PASTA \$16

- Creamy Alfredo
- Bolognese
- Tomato Basil

With Confit Tomato, Garlic Bread, Parmesan and Olive oil

- Add Grilled Chicken \$6
- Add Grilled Shrimps \$12

THIN BAKED MARGHERITA PIZZA \$20

- Veg.- Bell Pepper/ Onion/ Jalapeños \$4
- Non-veg- Chicken/ Ham/ Smoked Salmon \$10

## CURRY HOUSE

INDIAN CURRIES

- Snapper \$24
- Chicken \$22
- Lamb \$28
- Vegetable \$20

Served with Flour Tortilla and Mango Pickle.

SIDES \$6

Potato Fries, Baked Sweet Potato, Seasonal Vegetables  
Rice & Peas, Fried Plantain, Festivals, White Rice, Bammy

## DESSERTS

SORBET \$6

Ask your server for today's flavour

ICE-CREAM \$6

Ask your server for today's flavour

FRESH CUT FRUITS \$10

Seasonal cut Fruits