

# the grill

## *Cold appetizers*

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Artisan bread slice with artichoke, fresh callaloo and tomatoes

Traditional, black olive and herb humus with pita bread and extra virgin olive oil

## *Hot appetizers*

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Provoleta cheese with roasted bell peppers, garlic and oregano

🌿 Jerk chicken turnover with plantain, mixed leaves and chilli vinaigrette

## *Salads*

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🍏 Mozzarella cheese salad served with arugula, green sauce and fresh coriander

🌿 Jerk chicken salad with romaine lettuce, corn, black beans, tomatoes and chayote

## *Soups and creams*

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Fish soup with “au gratin” mussels and shrimps

Mushroom cream with spiced bread crumble

## *Hamburgers*

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Our 7 oz hamburgers are “homemade”

• BEEF

🌿 • SPICY BEEF

• CHICKEN

## *From the Grill*

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### *BEEF*

Strip loin | 🍷 Argentinian mixed grill | 🍷 Beef tenderloin | 🍷 New York

🍷 Rib eye | 🍷 Ribs

### *PORK*

🍷🌶️ Jerk style pork ribs

### *CHICKEN*

🍷 Chicken skewer with vegetables and Parmesan cheese

🍷 Yogurt, turmeric, lemon grass marinated charcoal grilled chicken breast

### *FISH*

🍏 Grilled salmon and vegetable in “beurre blanc” sauce

## *Sauces*

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🍷 Green or red chimichurri | Three peppers | Blue cheese  
Mushrooms | Béarnaise | BBQ | 🌶️ Jerk

## *Side dishes*

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🍷🍏 Baked potato with sour sauce, bacon and chives

🍷🌿 Rustic mashed potatoes with garlic

🍷🌿 French fries

🍷🍏🌿 Grilled Corn

🍷🍏🌿 Roasted vegetables

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🍏 These are healthy dishes which help in maintaining a balanced diet

🍷 These are gluten free dishes | 🌶️ These are spicy dishes | 🌿 Whole Food Plant-Based option

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

## *Desserts*

- 🍷 “Affogato” Vanilla ice cream with espresso and crunchy cinnamon brandy snapp
  - 🍷 Cheesecake with banana and caramel sauce
  - 🍷 Double chocolate brownie
  - 🍷🍏🌿 Fruit salad in Grand Marnier syrup
  - 🍷 Chocolate coulant with cream and gianduja ice cream
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🍷 These are gluten free dishes | 🌿 Whole Food Plant-Based option

# WHOLE FOOD PLANT-BASED MENU

## *Hot Appetizers*

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- 🍏 🍏 "Provoleta" cheese with roasted bell peppers, garlic and oregano
- 🌱 Vegetable Jamaican pattie with mesclum salad and mustard vinaigrette

## *Salad*

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- 🌱 🌱 Spinach and tofu salad with mushrooms and onions in blue cheese dressing

## *Soup*

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- 🌱 Mushroom cream with spiced bread crumble

## *Burger*

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- 🌱 Peas and vegetables burger with onion, grilled mushrooms, Gorgonzola cheese and chimichurri mayonnaise

## *Main Courses*

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Taglioni in carbonara sauce with hot provolone cheese

Tagliatelle with fresh tomato in creamy pesto sauce

*GLUTEN FREE PASTA AND BREAD AVAILABLE*

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- 🍏 These are healthy dishes which help in maintaining a balanced diet
  - 🌱 These are gluten free dishes | 🌱 This dish contains dairy and /or milk



EXCELLENCE

OYSTER BAY, JAMAICA