



MENU

LOCAL HOME COOK

Breakfast

Lunch

Dinner

BREAKFAST

Fresh Local Juice and Coffee or Tea included

Bacon & Eggs

2 Eggs (any style)
Ham or Bacon
Tropical Fruits
Toasted Bread

Lucian Local

Stewed Salt Fish
Deep Fried Bakes
Cucumber Salad

**Clubhouse
Sandwich**

1 Fried Egg
Ham and Bacon
Sliced Cheese
Toasted Bread

French Toast

Tropical Fruits
Canadian Maple
Syrup

Egg Omelet

2-Egg Omelet
Ham or Cheese
Fresh Tossed Salad
Toasted Bread

Pierre's Pancakes

Tropical Fruits
Canadian Maple
Syrup



LUNCH

Fresh Local Juice included

Chicken Wrap

Grilled Chicken
Lettuce
Fresh Tomatoes
Coleslaw

Chef Salad

Lettuce,
Cabbage
Fresh Tomatoes
Boiled Eggs
Crispy Bacon
Diced Ham
Cheddar Cheese

Homemade Burger

Beef or Chicken
Crystal Special
Sauce
Sautéed Potato
Wedges

Veg Wrap

Fried Tofu
Lettuce
Mushrooms
Fresh Tomatoes
Veggies Potatoes

Creamy Baked Mac & Cheese

(available for
lunch and dinner)
Rich and Goopy
Cheese Sauce
Macaroni Pasta

DINNER

All meals served with local fresh bread

Garlic Butter Sauce Chicken

Grilled Chicken
Breast
Garlic Mashed
Potatoes
Fried Plantains
Mixed Greens

Caribbean Beef Stew

Tender Beef
Chunks
Carrots
Rich Hearty Gravy
Lentil Rice
Fresh Salad

Creamy Vegan Coconut Curry

Medley of Veggies
Lightly spiced
Coconut Sauce
Caribbean Rice

Baked Chicken

Served with
Seasoned Rice
Fried Plantains
Fresh Green Salad

Alfredo Pasta

Penne Pasta
Creamy Cheesy
Sauce

Lucian Creole Fish

Catch of the day
Homemade Lucian
Sauce
Calypso Rice
Fried Plantain
Fresh Green Salad

Garlic Grilled Fish

Catch of the day
Mashed Potatoes
Fried Plantains
Sautéed Veggies

Dessert (optional)

Coconut or
Banana Cake \$12