



Beef Bone Broth Soup Bowl \$18
With Veggies, Dumplings, and Barley.

Fisherman's Soup – Fish Broth Bowl \$20
A delicious broth of Swordfish, Vegetables, and Dumplings.

Grilled Chicken Breast Salad \$17
On a Bed of Spinach, Arugula, Cucumbers, and Sliced Avocado.

Grilled Salmon Salad \$18
On a Bed of Spinach, Arugula, Cucumbers, and Sliced Avocado.

Grilled Bahamas Shrimp Salad \$19
On a Bed of Spinach, Arugula, Cucumbers, and Sliced Avocado.

Grenadian Chicken Brown Stew \$24
Comes with Basmati Rice, Veggies and Salad.

Curry Chicken – Trinidadian Style \$26
Comes with Basmati Rice, Veggies and Salad.

*Roti must be pre-ordered in the morning
substitutes the rice.*

Stew Lamb \$26
Comes with Basmati Rice, Vegetables, and Salad.


Guyana Salmon Steamed in Coconut Milk & Shadow Benny \$29
Comes with Salad, Basmati Rice Stew Vegetables.


Jambalaya Rice with Bahamas Shrimp \$27
Comes with Salad.

Tobago Roast Chicken \$28
Comes with Vegetables, Basmati Rice and Salad.

Caribbean BBQ Jerk Chicken \$28
Comes with Vegetables, Basmati Rice and Salad.

Caribbean BBQ Jerk Shrimp \$29
Comes with Vegetables, Basmati Rice and Salad.

Pasta Bolanase \$27
Sauce made to perfection with beef then added to the top of fresh handmade spaghetti pasta from 

Bahamas Shrimp & Pasta \$29
Large Grilled Shrimp from the Bahamas with fresh handmade spaghetti pasta from 

Four Cheese Pasta \$21
Penne Pasta made with a variety of cheese.