



## CALABASH RESTAURANT

### Breakfast Menu

*All meals and non-alcoholic beverages are included  
on our Adventure Wellness Package*

#### **Continental**

Selection of Fresh Tropical Juices, Sliced Seasonal Fresh Fruits, Assorted Mini Pastries

#### **Sunrise**

Two eggs any style with whole wheat toast

#### **Create your own omelette**

Begin with a fluffy two Egg Omelette with cheddar cheese and add any of your favourite ingredients: organic tomatoes – peppers – onions – spinach – smoked fish

#### **Pancakes and Classic French Toast**

Stacked Pancake or Classic French Toast topped with fresh fruits, local bush honey or maple syrup

### The Lighter side

*Light alternatives that will satisfy you without slowing you down.*

#### **Hot Oatmeal or Cream of Wheat**

Added flavours raisins, grated coconut, brown sugar & honey

#### **Cold Cereal**

Raisin Bran, Honey and Nut Flakes or Corn flakes with Regular, Soy or Skimmed Milk

#### **Muesli**

Toasted oats, local honey, raisins and fresh fruits

*All Breakfast served with Fresh Fruit Juices, Pure Dominican Mountain Grown Coffee,  
Local Cocoa and Herbal Teas, and Local Jam*

## Lunch Menu

*All meals and non-alcoholic beverages are included on our  
Adventure Wellness Package*

### Salads

#### Salad of the day

Ask your waiter for the salad of the day.

#### Jungle Salads

Lettuce, tomatoes, cucumbers, peppers, green onions, raisins, olives and toasted coconut, tossed in honey-thyme vinaigrette

With Marinated Grilled Chicken **or** with Spicy Grilled Shrimp **or** with Spicy Grilled Tofu

### Sandwiches (Burgers, Rotis)

#### Veggie Burger

Lentils and carrot seasoned with fresh herbs and breadcrumbs, formed into patties and baked until golden brown. Served on homemade burger bread with tomatoes, lettuce, cucumbers, mayonnaise, ketchup, mustard; served with a side of fried plantains or salad.

#### Jungle Bay Burger (with grilled fish or chicken)

Served on homemade burger bread with tomatoes, lettuce, cucumbers, mayonnaise, ketchup and mustard; served with a side of fried plantains or salad.

#### Curry Roti Wraps

Savoury curry stew consisting of carrots, potatoes, celery, chick peas, Caribbean seasonings and add your choice of: • chicken • fish • shrimp • tofu

#### Tuna Melt Sandwich

Tuna Salad on whole wheat/or white bread with tomato, lettuce, cucumber and melted cheese; served with salad on the side.

#### Green Goddess & Tomato Sandwich

Toasted homemade whole wheat/or white bread with roasted garlic mayonnaise topped with lettuce, tomatoes and cucumbers; served with salad on the side.

#### Marinated Grilled Chicken Sandwich

Seasoned butterfly style breast of chicken on homemade whole wheat/or white bread with mustard, mayonnaise and ketchup; served with salad on the side.

### Sandwiches (Wraps & Rolls)

#### Hummus and Roasted Pepper Wrap

Hummus (chick peas, sesame seeds, garlic, salt, lime juice & water), accented with tomato, lettuce, and cucumber wrapped in a chick pea shell.

#### Ginger Chicken Wrap

Shredded chicken breast seasoned in a ginger sauce with onions, carrots, lettuce and wrapped in a chick pea shell.

#### Jungle Roll

Tofu, beans, caramelized onions, lettuce and cucumbers wrapped in chick pea shell.

## **Main Course**

### **Chicken Strips** (a lighter meal)

Perfectly marinated grilled chicken breast strips, served with salad on the side and our own Jungle honey mustard.

### **Dominica Delight (grilled fish or chicken)**

Served with lentils, fried plantains, brown rice, provisions and salad.

### **Veggie Deluxe**

Fresh vegetable/bean patty with a coconut curry dip, served with brown rice, fried plantain & salad.

### **Tofu Mix**

Mixture of tofu, sautéed beans, onions, garlic and celery slowly stewed in a Creole sauce and served with brown rice, fried plantain and salad.

### **Tofu Delight**

Marinated grilled tofu steaks, served with lentils, fried plantains, brown rice and salad.

***All Lunch menus are served with Seasonal Root Vegetable Chips & Aioli-Dip  
(roasted garlic blended with mayonnaise and pepper)***

## **Desserts**

Assortment of locally-made ice-creams, home-made sorbets and fruit salad; please ask your server for our today's dessert selection

*Our culinary team and your hosts Glenda & Sam Raphael  
welcome you to our Pavilion Restaurant at Jungle Bay, Dominica*

*Our chef Joanne Hilaire and her team work closely with local farmers and fishermen  
to select the best ingredients for you.*

*Enjoy freshly caught fish, organically grown tropical fruits, and seasonal vegetables filled with  
the aromas of herbs and spices from our lovely Nature Island of Dominica.*

*If you have any special diet requests or you wish a kid's menu,  
please don't hesitate to ask your server.*

*Allow us to make your dining experience enjoyable!*

## Dinner Menu

*This is a sample of our dinner menu, which rotates every night*

*All meals and non-alcoholic beverages are included  
on our Adventure Wellness Package*

### Appetizer

#### **Dominican Heritage Sampler**

A taste of many cultural dishes from the villages of the Nature Island

#### **Teriyaki Marinated Tofu Kebabs**

### Soups

#### **Pumpkin-Ginger Soup**

#### **Tomato & Black Beans Soup**

### Salads

#### **Jungle Bay House Salad**

With honey thyme vinaigrette and a mélange of seasonal fruit

#### **Organic Tomato and Goat Cheese Salad**

Served on Organic Romaine Lettuce with Balsamic Dressing

#### **Toasted Coconut & Water Cress Salad**

With Lime Dressing

### Main Courses

#### **Chive Stuffed Breast of Chicken**

Poached in bouillon with lemon grass coconut cream

#### **Breaded Breast of Chicken**

Drizzled with Pineapple Ginger Soy Sauce

#### **Blackened "Catch of the Day" / fish with Mango Salsa**

Served with Herbed Yam & Vegetable

#### **Roasted Vegetables over Tender Spinach Leaves**

Drizzled with a Honey soy reduction

#### **Jungle Bay Pizza**

Please ask your server about tonight's toppings

### Desserts

Assortment of locally-made ice-creams, home-made sorbets & tarts & cakes

Please ask your server for our tonight's Specials