



# BREAKFAST MENU

Built & Designed by Andrew Michelin

Our Resort has distinct Caribbean warmth that is sure to captivate you with rich flavor as you walk through our rustic gem.

## SMOKED SALMON

Cream Cheese, Onion Capers & Tomato

## FRUIT PARFAIT

Fresh Fruit Plate Seasonal Tropical Fruit

## LOCAL SMOOTHIE OF THE DAY

## BREAKFAST SPECIALS

### CLASSIC EGGS BENEDICT

Poached Egg with Canadian Bacon,  
Toasted English Muffin and Hollandaise  
Sauce

### ENGLISH BREAKFAST

Two free range eggs—Prepared at your  
request accompanied with your choice of  
Bacon, Sausage, Mushroom, Roasted  
Tomato, Baked Beans and Potato

## ANTIGUAN DAILY SPECIAL

(Please ask your server what we have  
available)

Chop up & Salt Fish  
Ackee & Salt Fish  
Steamed Spinach  
(Fried Plantain, Fried Dumpling, Brown  
Stewed Fish, Fritter, Festival)

## EGGS YOUR WAY

Fried, Scrambled, Poached or Boiled

## ANTIGUAN BLACK PINEAPPLE CUSTARD FRENCH TOAST

## ANTIGUAN CINNAMON PANCAKE

Fresh Fruit Compote with Maple Syrup

## VEGETABLE WRAP

Fresh Market Vegetable, Egg Cheese,  
Tortilla Wrap

## OMELETS

Choose from the following:  
Onion, Sweet Pepper, Tomato, Cheese,  
Spinach, Mushroom, Ham, Bacon

Ask your server for the Omelet Special of  
the day (Shrimp, Jerk Chicken, Pineapple,  
Smoked Salmon)

## SIDE ORDER

Hash Brown Potato, Potato Wedges,  
Breakfast Sausages, Bacon, Baked Beans,  
Grilled Tomato, Lyonnais Potato

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Hensley Pryce



# LUNCH MENU

Built & Designed by Andrew Michelin

## APPETIZER

### SOUP OF THE DAY

Please ask your server

### LOCAL MUSSELS

Served with White Wine Cream Sauce

### FRESH LOCAL VEGETABLE FRITTERS SERVED WITH CODFISH

Accompanied with Spicy Mango Sauce

## ENTRÉE

### ISLAND JERK CHICKEN

Green Salad, Rice of the Day Served  
with Mild Jerk Sauce

### PUMPKIN CRUSTED TOFU

Served with Farm Fresh Vegetables and  
Coconut Sauce

### LOCAL FISH WITH CREOLE SAUCE

Ground Provision from Joseph's Farm,  
with Fresh Local Fish Served with  
Creole Sauce

### SHRIMP & BEEF DUET

Shrimp, Sweet Pepper, Onion, Local  
Herb Crusted Beef, Seasonal Vegetable,  
Croquette Potato with Red Wine Sauce

## SALAD

### COCOS GARDEN SALAD

Beet, Carrot, Cucumber, Tomato,  
Lettuce, Drizzled with Lemon - Mango  
Dressing

### TUNA NIÇOISE

Tomato, Black Olive, Green Bean, Boiled  
Egg, Lettuce Served with Balsamic  
Dressing

## SANDWICHES

### CHEF'S CURRIED VEGETABLE WRAP

With Spicy Curried Dip and Green Salad

## BURGERS

Beef or Veggie, Tomato, Lettuce,  
Cucumber, Onion, Cheese, Black Olives  
and Bacon

### COCOS GRILLED CHEESE

Triple Deck Tossed served with Onion  
Rings, Local Chips and Blue Cheese Dip  
and Farm Fresh Garden Greens

## SIDES

French Fries, Ground Provision, Green  
Salad, Rice of the Day

Please ask your server for the daily special.

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Hensley Pryce



# LUNCH MENU

Built & Designed by Andrew Michelin

## APPETIZER

### SOUP OF THE DAY

Please ask your server

### SPICY T.T SHRIMP

Served with Fresh Local Orange Slices,  
Local Peppers, Onion with Coconut  
Run Down Sauce

### CHEFS LUMP CRAB CAKE

Accompanied with Spicy Chili Sauce

## ENTRÉE

### ISLAND DRY RUB JERK CHICKEN

Market Vegetables, Mashed Pumpkin  
& Sweet Potato Served with Mild Jerk  
Sauce

### STUFFED VEGETABLE WITH HERB SMASHED POTATOES

Served with Farm Fresh Vegetables and  
Tomato, Butter Sauce

### CLASSIC PEPPER STEAK SANDWICHES

Beef Strips, Julienne Sweet Peppers,  
Onion Served with Yellow Cheddar  
Cheese, Mustard

### LEMON GRASS POACHED FISH

Fresh Local Catch Served with Vegetable  
Herb Stuffed Potato, Fresh Spinach,  
Tomato Served with Lemon Grass,  
Coconut, Tomato Reduction

## SALAD

### COCOS BEETS & CHEESE SALAD

Beet, Cheese, Cucumber, Tomato,  
Lettuce with Honey Toasted Nuts,  
Drizzled with Mango Citric Dressing

### TUNA NIÇOISE

Tomato, Black Olive, Green Bean, Boiled  
Egg, Lettuce Served with Balsamic Dressing

### COCOS GREEN SALAD

Local Lettuce, Carrot, Cucumber, Tomato  
Served with Fresh Mango Vinaigrette

## SANDWICHES

### CHEF'S CURRIED VEGETABLE WRAP

With Spicy Curried Dip and Green Salad

## BURGERS

Beef or Veggie, Tomato, Lettuce,  
Cucumber, Onion, Cheese, Black Olives  
and Bacon

### COCOS TUNA MELT

Triple Deck Toast, Tuna, Onion, Pepper,  
Tomato and Blue Cheese Dip and Farm  
Fresh Garden Greens

### GRILLED PORK WITH HONEY MUSTARD

Served with Bread Rolls, Onion, Peppers  
with Sweet Potato Fries

## SIDES

French Fries, Herb Stuffed Potato, Green  
Salad, Rice of the Day

Please ask your server for the daily special.

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Hensley Pryce



**COCKLE SHELL  
BEACH BAR  
MENU**

Built & Designed by Andrew Michelin

**SALADS**

**GREEN SALAD**

Local Lettuce, Cabbage White, Red Cabbage, Carrot, Sweet Peppers  
and Onion served with Pinapple Dressing

**PANINI GRILL**

**JERK CHICKEN PANINI**

Chicken Strips Tossed with Onions, Tomato, Cabbage, Sweet Peppers

**CHEFS VEGETABLE PANINI**

Roasted Local Vegetable, Lettuce, Cucumber, Tomato  
served with Pinapple Dressing

**HAM, VEGETABLE, CHEESE PANINI**

Local Lettuce, Scotch Bonnet Pepper, Pullman Ham served with  
Mild Cheddar Cheese with Assorted Dressing

**DESSERT**

**FRESH FRUIT PLATE**

Selection of Fresh Local Fruit

**ASSORTED CHEESE PLATE**

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.



# SUNSET GRILL MENU

Built & Designed by Andrew Michelin

## OFFERINGS

### GRILLED LOCAL CORN

**MILD GRILLED JERK CHICKEN**  
Served with Local Chips and Fresh Green Salad

**HOT DOG**  
Served with Local Chips and Assorted Condiments

**STEAMED FISH**  
Served with Local Chips

**GRILLED BEEF BURGER**  
Served with Tomato, Lettuce, Local Chips and Assorted Condiments

**CHEF'S SPECIAL OF THE DAY**  
Ask your Chef on the Grill about the Special of the Day

## DESSERT

**FRESH LOCAL PASTRY OF THE DAY**

**FRESH LOCAL FRUITS**

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.



# MONDAY DINNER MENU

Built & Designed by Andrew Michelin

## APPETIZER

### HONEY ROASTED PUMPKIN SOUP

Served with Basil Tomato Bruschetta

### CONCH VEGETABLE FRITTERS

Fresh Local Conch served with Local Tamarind Ginger Chile Paste, Herb  
Fresh Sour Cream with Lemon Wedges

### PAN SEARED TOMATO

Served with Spinach Risotto topped with Fresh Herb, Red Wine Demi Glaze

## ENTRÉE

### COUNTRY STYLE CURRIED LAMB WITH VEGETABLES

Local Lamb Curry with Market Vegetables, Steamed Basmati Rice with Fresh Mango Chutney

### COCONUT CRUSTED MAHI-MAHI

Mahi-Mahi served Roasted Pepper Coulis and Vegetable Couscous

### JERK CHICKEN PASTA

Smoked Jerk Chicken Breast tossed with Coconut Cream Run Down Sauce  
topped with Local Fresh Vegetables

### CURRIED VEGETABLES

Curried Market Vegetables served with Wild Rice accompanied with Spicy Fruit Salsa

Please ask your server for the nightly special.

## DESSERT

### COCONUT MOUSSE

Topped with Cinnamon Whipped Cream, Laced with Chocolate Syrup and Crispy Toasted Coconut

### PUMPKIN CHEESECAKE

Served with Lemon Wedges and Caramel Dressing

### LOCAL SORBET

Please ask your server for flavors available

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Maureen St. Jean



# TUESDAY DINNER MENU

Built & Designed by Andrew Michelin

## APPETIZER

### SEAFOOD CHOWDER

Seafood with Vegetable in its own Flavor

### FARMER JOSEPH MIXED GREEN LEAF

Lettuce, Tomato, Onion, Carrot, Cucumber, Corn, Horseradish, Caesar Dressing and Croutons

### EGGPLANT, TOMATO, LETTUCE AND CHEESE SALAD

Eggplant, Tomatoes, Mixed Greens with Balsamic and Passion Emulsion

## ENTRÉE

### ESCOVITCH SNAPPER

Served with Local Pumpkin Rice accompanied with Sautéed Local Vegetables

### GRILLED STRIPLOIN STEAK

Grilled Striploin Steak served with Sweet Potato and Herb Mash, Vegetables and Demi Glaze

### PAN SEARED CHICKEN BREAST

Chicken Piccata with Basil Pesto, Sautéed Vegetables and a Lemony Glossy Glaze & Capers

### CHEF LOCAL RUN DOWN VEGETABLE STEW

Ground Provision, Peppers, Corn, Carrot, Coconut Milk with Fresh Herbs

## DESSERT

### KEY LIME PIE

Served with Lemon Relish

### CHOCOLATE LAVA CAKE

Served with Chef Guava Mint Dressing

## SELECTION OF CHEESE WITH STARFRUIT JAM

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Maureen St. Jean



# WEDNESDAY DINNER MENU

Built & Designed by Andrew Michelin

## APPETIZER

### GRILLED PUMPKIN

Served with Goat Cheese and Basil Oil

### RED BEAN SOUP

Served with Homemade Garlic Bread & Fresh Thyme

### CHICKEN PINEAPPLE SALAD

Lettuce, Peppers, Chicken Breast, Bacon, Sweet Potato Chips, Carrot Strips,  
Sweet Pepper Strips served with Pineapple Dressing

## ENTRÉE

### GRILLED FISH

Served with Mac and Cheese, Corn on the Cob, Roasted Potato & Cole Slaw

### BBQ CHICKEN

Served with Mac and Cheese or Roasted Potato, Corn & Cole Slaw

### BBQ RIBS

Served with Mac and Cheese or Roasted Potato, Corn & Cole Slaw

### RASTA PASTA

Served with Vegetables in a Light Coconut Sauce topped with Parmesan Cheese

## DESSERT

### LOCAL BREAD PUDDING

Served with Island Balls

### ANTIGUAN RUM CAKE

Served with Local Ice Cream and Chocolate Dressing

### SELECTION OF CHEESE WITH STARFRUIT JAM

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Maureen St. Jean



# WEDNESDAY DINNER MENU

Built & Designed by Andrew Michelin

## APPETIZER

### GRILLED PUMPKIN

Served with Goat Cheese and Basil Oil

### RED BEAN SOUP

Served with Homemade Garlic Bread & Fresh Thyme

### CHICKEN PINEAPPLE SALAD

Lettuce, Peppers, Chicken Breast, Bacon, Sweet Potato Chips, Carrot Strips,  
Sweet Pepper Strips served with Pineapple Dressing

## ENTRÉE

### GRILLED FISH

Served with Mac and Cheese, Corn on the Cob, Roasted Potato & Cole Slaw

### BBQ CHICKEN

Served with Mac and Cheese or Roasted Potato, Corn & Cole Slaw

### BBQ RIBS

Served with Mac and Cheese or Roasted Potato, Corn & Cole Slaw

### RASTA PASTA

Served with Vegetables in a Light Coconut Sauce topped with Parmesan Cheese

## DESSERT

### LOCAL BREAD PUDDING

Served with Island Balls

### ANTIGUAN RUM CAKE

Served with Local Ice Cream and Chocolate Dressing

### SELECTION OF CHEESE WITH STARFRUIT JAM

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Maureen St. Jean



# THURSDAY DINNER MENU

Built & Designed by Andrew Michelin

## APPETIZER

### TOMATO, VEGETABLE SOUP

Served with Focaccia Bread

### AVOCADO AND CLAM SALAD

Avocado, Tomato, Onion, Scallion, Red Pepper, Yellow Pepper  
Served with Sugar Cane Lemon Dressing

### SPICED SWEET POTATO SALAD

Sweet Potato, Red Onion, Alfalfa Sprout, Celery, Caramelised Walnut with Lemon Vinaigrette

## ENTRÉE

### SHRIMP GNOCCHI PASTA

Shrimp, Gnocchi Pasta, Tomato, Onion, Garlic, Green Vegetables  
Served with Herb Cream Sauce and Garlic Bread

### BLACKENED TUNA

Vegetable Couscous served with Market Vegetable,  
Marinated with Lemon, Herb, Capers Butter Sauce

### PARMESAN CRUSTED CHICKEN BREAST

Herb Potato Served with Grilled Vegetables, Parmesan Chicken Breast  
with Mushroom Chicken Gravy

### PASTA PRIMAVERA

Carrots, Spring Bean, Red Pepper, Green Pepper, Onion, Tomato, Spinach, Pesto Sauce

### NIGHTLY SPECIAL

Please ask your server for tonight's special.

## DESSERT

### TIRAMISU

Served with Roasted Pumpkin Seed and Lady Fingers

### PASSION FRUIT PANNA COTTA

Served with Passion Mint Sauce

### SELECTION OF CHEESE WITH STARFRUIT JAM

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Maureen St. Jean



# FRIDAY DINNER MENU

Built & Designed by Andrew Michelin

## APPETIZER

SEAFOOD BISQUE WITH FRESH GARLIC BREAD

BEETS AND CHEESE SALAD

Farmer Joseph Lettuce, Local Beets, Shredded Carrots, Yellow Bell Pepper,  
Laced with Toasted Pine Nut, Goat Cheese and Local Passion Dressing

## ENTRÉE

COFFEE RUBBED CORNISH HEN

Jamaican Blue Mountain Coffee, Rubbed Cornish Hen, Sauteed Vegetable,  
Served with Green Peas Rice and Gravy

GRILLED HONEY MUSTARD PORK

Grilled Pork, Rustic Mashed Sweet Potato, Sautéed Vegetables with Pineapple Glaze

FISH OF THE DAY

Creole Local Fish Served with Smashed Pumpkin and Fresh Steamed Broccoli

VEGETARIAN SPECIAL

Vegetable Stuffed Butternut Squash Served with Zucchini Puree and Spicy Mango Salsa

NIGHTLY SPECIAL

Please ask your server for tonight's special.

## DESSERT

ECLAIRS WITH FRUIT FILLING AND GUAVA LEMON SAUCE

ASSORTED ICE CREAM SERVED  
WITH MANGO DRESSING AND WHIPPED CREAM

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Maureen St. Jean



# SATURDAY DINNER MENU

Built & Designed by Andrew Michelin

## APPETIZER

**LOCAL FISH OF THE DAY CEVICHE**  
with Tomato, Onion, Peppers and Fresh Fruits

**MUSHROOM CREAM SOUP**  
Mushroom, Onion, Garlic, Scallion, Thyme, Coconut Milk, served with Chefs Garlic Bread

**EGGPLANT VEGETABLE SALAD**  
Eggplant, Mixed Greens, Cherry Tomato, Cucumber, Herb Sour Cream  
served with Mango Dressing

## ENTRÉE

**LOCAL SEAFOOD PASTA**  
Local Seafood with Julienne Vegetables in a Cavalier Rum Cream Sauce

**PAN SEARED FISH**  
Wild Rice, Vegetables and Creole Sauce

**STUFFED CHICKEN BREAST**  
Chicken Breast Stuffed with Spinach and Cheese Served with Pumpkin Rice, Vegetables  
with White Wine Butter Sauce

**HERB GRILLED STEAK**  
Grilled Striploin Steak, Herb Roasted Potato, Market Vegetable,  
with Homemade Beef Sauce

**GNOCCHI PRIMAVERA**  
Tossed Herb Vegetables with Gnocchi Pasta in Pesto Sauce

## DESSERT

**CHEESECAKE**  
Passion Fruit Dressing & Fruit Salsa

**CHOCOLATE LAVA CAKE**  
Served with Assorted Ice Cream and Cherry/Chocolate Sauce

**COFFEE OR TEA AVAILABLE**  
Please ask your server.

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Maureen St. Jean



# SUNDAY DINNER MENU

Built & Designed by Andrew Michelin

## APPETIZER

### HERB VEGETABLE POTATO BALLS

Served with Pineapple Sauce

### SEAFOOD PATOFU

Shrimp, Mussels, Local Fish Simmered with Vegetables and Coconut Milk

### BEEF SALAD

Roasted Beef, Bell Pepper, Red Onion, Lemon and Ginger Dressing

## ENTRÉE

### PAN SEARED FISH

Grilled Vegetables, Sautéed Ground Provision with Brandy Mushroom Cream Sauce

### COUNTRY STYLE SWEET AND SOUR PORK

Served with Roasted Plum Tomato, Vegetables and Herb Mashed Potato

### CURRY CHICKEN

Chicken Strips, Ginger, Onion, Garlic, Basil, Red Chili, Green Curry Sauce with Rice and Sautéed Vegetables

### VEGETARIAN SPECIAL

Pasta served with Sautéed Vegetables and Herb Tomato Sauce

## DESSERT

### FRIED BANANA SPRING ROLL

Served with Fresh Pineapple Sauce

### CHEFS ROCKY ROAD ICE CREAM

Topped with Sesame Caramel Sauce

Please inform your server if you have any food allergies or special dietary requirements.

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illnesses.

Chef Maureen St. Jean