

Parrot Bay Beach Club Menu

Available 12:00 – 17:00

Appetisers & Light Bites

Grilled tomato bruschetta with parmesan
Snapper Ceviche with red onion and coriander
Lobster and mango skewers
Chicken breast goujons with chilli mayonnaise
Salt snapper balls with garlic mayonnaise
Tempura local cheese with sun dried tomato pesto

Salads

(available as a starter or main course)

Add: Lobster tail or chicken breast

Classic Caesar

Cos lettuce, croutons, parmesan, classic Caesar dressing

Quinoa

Tomato quinoa, roasted peppers, toasted seeds, crumbled white cheese

Panzanella

Tomato, mozzarella, basil, capers, confit onion, anchovy, crouton

Main Courses

Courgette Linguini

Creamed courgette, parsley, lemon

Pork Saltimbocca

Pork tenderloin cooked on Parma ham, aubergine caponata

Caribbean Chicken

Caribbean glazed chicken skewer with coleslaw, rice and beans

Rice Noodle Stir Fry

Mixed Vegetables, sesame, soy sauce and ginger

Add: Chicken or prawn

Club Sandwich

Grilled chicken, ham, tomato, lettuce, mayonnaise, triple cooked fries

Beef burger

6oz USDA Prime Angus beef burger, sesame bun, sweet pepper relish, triple cooked fries

Add: Cheese and bacon

Lobster Burger

Grilled Lobster tail, brioche bun, chili mayonnaise, triple cooked fries

Chicken Burger

Grilled chicken, sesame bun, chili mayonnaise, triple cooked fries

Desserts

Carrot Cake

Island made carrot cake with cream cheese frosting

Brownie

Island made dark chocolate brownie

Sundae

The ultimate chocolate Sundae. Guaranteed 1,000 calories!

Ice Cream Selection

Vanilla or vanilla & chocolate chip ice cream

Sorbets

Island-made mango, watermelon or coconut sorbet

If there is anything you crave but don't find on our menu, if we have the ingredients & you have the time – we will gladly make it for you!