

# LUNCH MENU

## SUCCULENT SNACK & SOUP

### COLD MEZZE

- Hummus • Fattoush
- Served With Pita Bread And Greek Yoghurt With Olives

\$12

### GRIDDLE SHRIMPS

- Tandoori Spiced.
  - Lemon, Cilantro And Garlic Flavored.
  - Jerk Spiced
- Served With Fries And Sweet Chili Dip.

\$20

### FRIED CHICKEN WINGS

- Tossed In Indian Masala Spices.
  - Tossed With Thai Sweet Chili And Garlic
  - Fiery Buffalo Style
- Served With Fries And Ranch Sauce.

\$16

### PORTLAND MARKET VEGETABLE SOUP

Local Market Vegetables, Red Beans, Callaloo, Thyme, Scallion In Plummie Tomato Broth.

\$12

## SALAD BOWLS

### GREEK SALAD

Organic Tomatoes, Red Onion, Cucumber, Bell Pepper, Feta Cheese, Marinated Olives, Oregano Dressing And Balsamic.

\$12

### HARVEST VEGETABLE SALAD

Romaine Lettuce, Red Apple, Seasonal Vegetable, Roasted Sweet Potato, Toasted Almonds, Salad Tomatoes, Olives, Rice N Peas, Tahini, Maple Syrup, Yoghurt And Lemon Sauce.

- W/Chicken Skewer \$6 • W/Shrimp Skewer \$12

\$16

### THAI BEEF SALAD

Grilled Beef, Organic Tomatoes, Lettuce Leaves, Red Onion, Cucumber, Escallion, Minted Spicy Dressing, Chopped Peanuts

\$20

## COMFORT FOOD

### TRIDENT BEEF BURGER

Aged Gouda Cheese, Tomato, Pickle, Onion, Lettuce, Cocktail Sauce

\$22

### QUESIDILLAS

- Callalo, Cheese And Bell Pepper \$12
  - Cajun Chicken, Vegetables And Aged Cheddar \$20
  - Beef, Bell Pepper, Caramelized Onion, Aged Cheddar \$24
- Served With Sour Cream And Salsa

\$12

\$20

\$24

\$26

### GRILLED SANDWICH

- Ham, Cheddar Cheese, Lettuce, Onion, Tomato, Pickle
  - Shredded Chicken, Curried mayonnaise, Orange Cheddar Cheese, Lettuce, Pickle, Tomato
- All Comfort food is Served with French fries

\$15

## TASTE OF JAMAICA

### TODAY'S WHOLE CATCH (Grilled Or Fried)

- Brown Stew, Stewed With Local Fresh Herbs & Vegetables
- Escovitch, A Distinct Island Twist

\$22

### BRAISED OXTAIL

Slow Braised Oxtail Stew With Root Vegetables And Butter Beans

\$28

### CURRY GOAT

Local Goat Meat Cooked In Curried Spices With Thyme And Garlic

\$20

### LOBSTER (Grilled Or Poached)

Grilled Or Poached With Jamaican Spices, Available Only In Season

\$32

## ITALIANO

### SPAGHETTI, PENNE OR LINGUINE PASTA

- Creamy Alfredo
  - Bolognese
  - Tomato Basil
- With Confit Tomato, Garlic Bread, Parmesan And Olive Oil
- Add Grilled Chicken \$6 • Add Grilled Shrimps \$12

\$16

### THIN BAKED MARGHERITA PIZZA

- Veg.- Bell Pepper/ Onion/ Jalapenos' \$4
- Non-Veg- Chicken/ Ham/ Smoked Salmon \$8

\$20

## CURRY HOUSE

### INDIAN CURRIES

- Snapper \$24
- Chicken \$22
- Lamb \$28
- Vegetable \$20

Served With Flour Tortilla And Mango Pickle.

### SIDES

Potato Fries, Baked Sweet Potato, Seasonal Vegetables

\$6

Rice & Peas, Fried Plantain, Festivals, White Rice, Bammy

## DESSERTS

### SORBET

Ask Your Server For Today's Flavour

\$6

### ICE- CREAM

Ask Your Server For Today's Flavour

\$6

### FRESH CUT FRUITS

Seasonal cut Fruits

\$10