

Lunch

Food. Thoughtfully Sourced, Carefully Served...

Starters & Light Fare

Seasonal Soup	8
Please ask your server, about today's soup...	
Poached Fowl & Noodle Soup	8
Warm hearty soup, fresh vegetables and poached fowl...	
Burratta & Heirloom Tomatoes	13
Served with micro cress, (veg,gf) basil E.V.O.O., black currant and balsamic drizzle	
Baby Spinach and Fresh Strawberry Salad (veg,gf)	11
Soft goat cheese, nuts, seeds, olives, sweet onion and poppy seed vinaigrette	
Szechuan Chicken Lettuce Wraps	14
Sweet and spicy Szechuan glaze, heirloom tomato slaw, fried dumplings, Korean chili sauce, spicy yogurt	
Fire Grilled Calamari (gf)	14
Mini bell peppers, dill, Tzatziki, Chipotle aioli	
Organic Quinoa & Leafy Greens (veg,vg,gf)	13
Candy cane beets, pink grapefruit cells, avocado, heirloom tomatoes, dragon fruit vinaigrette	
Add Grilled Chicken Breast	7
Add Grilled Salmon	7
Freshly Pressed	8
Create your own healthy juice...	
Choose from kale, cucumber, carrots, beet root, parsley, ginger, apples, pineapple, blueberries, orange, bee pollen, acai berry.	

Mains

Ravioli & Prawn Trio	23
Butternut squash and sweet pea & asparagus ravioli, truffle butter sauce, sautéed prawns, toasted almonds	
7oz AAA Certified Angus Sirloin Steak	24
Water cress salad, crisp sweet potato fries, red chili butter (gf)	
Salmon Teriyaki(gf)	22
Pan seared Jail Island Salmon, with buttered mashed potatoes, black bean puree, and sautéed vegetables	
Caribbean Spicy Jerk Chicken (gf)	22
Grilled 10 spice marinated boneless leg meat, with wild rice pilaf, fried plantains, mango and mint slaw	
Selection of Artisanal Cheeses & Meats	22
Oka, Brie, Boursin, Cheddar, Parma Prosciutto, Genoa Salami, charred bread, E.V.O.O.	
Peppercorn Crusted AAA Certified Angus Short Rib (gf)	24
Slow braised rib, sautéed kale, French fries, red rum reduction	
Big Bang Club Sandwich	18
Toasted Challah bread, fire charred chicken breast, Guava jam, fried eggs, pickles, crisp iceberg, sweet yam fries	
Grilled Local Seasonal Fish Taco	19
Fire charred filled soft taco shell, shaved cabbage slaw, dill and caper tartar sauce	
Mediterranean Plate (veg)	18
Warm marinated olives, red pepper dip, hummus, grilled eggplant, bell peppers, fire charred pita bread	
Classical Indian Butter Chicken	24
Flagrant Basmati rice, buttered Naan, Pappadums, lime pickled vegetables	

{GF} gluten free {V} vegetarian

All prices are subject to applicable taxes

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness