

# Restaurant & bar menu

## LOCAL

### **Creole Oxtail Soup**

*Pureed split peas with chunks of yam, cassava, pumpkin and Carrots.*

### **Creole Vegetable Soup**

### **Shark and Bake**

*Served with tamarind chutney and a choice of French fries or fresh tossed salad.*

### **Coconut Curried your choice of Boneless Chicken, Beef or Shrimp**

*Flavored with local herbs and spices, served with curried channa, Jasmine rice and kutchela*

### **Coconut Curried Tofu**

*Served with curried channa, Jasmine rice and kutchela.*

### **Country Style Beef Stew**

*Brown Sugar, Ginger and Pigeon Peas served in a Ring of Potato Mash or Rice.*

## SALADS

### **Fruit and Chicken Salad**

*Chicken Breast tenderloin with a mosaic of pineapple, melon, apples and mandarin orange segments with sour cream and toasted cashew nuts on a bed of romaine lettuce.*

### **Cobb Salad**

*An attractive display of bacon, chicken breast, blue cheese, Tomato and Guacamole on Romaine lettuce with a mustard Lemon juice vinaigrette.*

### **Line Caught Tuna Salad**

*Pan seared Tuna medallions on a bed of lettuce, tomato and Cucumbers, topped with roasted red and yellow peppers, Red onions and stuffed green olives.*

### **Smoked Salmon with Hearts of Palm and Artichoke**

*Red Onion, Lime Wedge, Capers on a bed of Romaine.*

PRICES QUOTED IN TT\$ PER PERSON EXCLUSIVE OF  
10% SERVICE CHARGE & 12.5% VAT

## BURGERS, PANINIS, WRAPS

### **Cara Classic Burger**

*Your choice of an 8 OZ beef, chicken or Atlantic Salmon. Additional toppings TT \$19.00 per items - blue cheese, cheddar cheese or bacon. Served with French fries or fresh tossed salad.*

### **Cara Double Burger**

*Double decker burger, your choice of beef, chicken or Atlantic Salmon. Additional toppings TT \$19.00 per items - blue cheese, cheddar cheese or bacon. Served with French fries or fresh tossed salad.*

### **Bayside Toasted Club Sandwich**

*Filled with lettuce, tomato, chicken, egg, bacon and ham. Served with French fries or fresh tossed salad.*

### **Grilled Steak Panini Sandwich**

*A 6 OZ Striploin Steak on French bread, topped with tomato chutney and sauteed onions rings. Served with French fries or fresh tossed salad.*

### **Panini Sandwich Selection**

*Selection of either ham, smoked turkey, tuna, jerk chicken or bacon. On your choice of croissant, French bread stick or sliced bread. Served with French fries or fresh tossed salad.*

### **BBQ Pulled Pork Sandwich**

*On a Sourdough Bun served with French fries and Coleslaw.*

### **Vegetarian Wrap**

*Wrap with onions, green peppers, mushrooms and Julienne carrots with a chipotle dip. Served with French fries or fresh tossed salad.*

### **Fajita Wrap**

*Goujons of beef or chicken breast rolled with onions and green peppers and served with a chipotle dip. Served with French fries or fresh tossed salad.*

### **Homemade Italian Style Pizza**

*Topped with onions, bell peppers, sliced tomatoes, cheddar and mozzarella cheese. Additional toppings TT \$19.00 per items—pepperoni, ham, bacon, tuna, chicken, pineapple, mushrooms, olives. (Est. Time 30-40min)*

## EXTRA SIDES

*Cole Slaw, Onion Rings, Loaded Potato, Baked Potato, Mashed Potatoes, Steak fries, Garlic bread, Corn on the Cob, Jasmine Rice and Cassava Sticks.*

[ KINDLY ALERT YOUR SERVER TO ANY FOOD  
ALLERGIES PRIOR TO ORDERING ]

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## SURF AND TURF

### **Shrimp and Atlantic Salmon on Fettuccine**

*With a shrimp bisque reduction, double cream and grated Parmesan cheese.*

*All items served with fresh garden vegetables and your Choice of steak fries, baked potato, mashed potatoes, rice or onion rings. With the following choice of steak sauces - beef gravy, red wine, mushroom, horseradish, peppercorn or bbq sauce.*

### **Blackened Mahi Mahi Fillet**

*Served with a red-pepper jelly.*

### **Chef's Seafood Platter**

*Coconut shrimp, breaded calamari rings, rock Salmon Goujons fried and served with a lime and Habanero Remoulade*

### **Sizzler:-Stir fried Sweet and Sour Shrimps**

*Served with Jasmine Rice.*

### **Gulf of Paria Shrimp "Fra Diavolo"**

*Hot Tomato and Red Pepper Flake Sauce. Served with Rice or Pasta.*

### **Grilled 6 OZ Beef Striploin with Shrimp Ajillo**

### **8 OZ Beef Tenderloin Steak**

*Grilled to choice of doneness.*

### **12 OZ T-Bone Steak**

*The best of both cuts of beef, part fillet and part Striploin.*

### **Cajun Mixed Grill**

*Petite Filet Mignon, Lamb Rack and a Pork Loin Cutlet. Served with a Demi-Glace Reduction and Cajun Spices.*

## FINGER BITES

### **Breaded Fish Fingers**

*Deep fried and served with French fries or fresh tossed salad.*

### **Smoked Chicken Wontons**

*Fried wontons with a choice of French fries or fresh tossed salad.*

### **Buffalo Chicken Wings**

*With a choice of buffalo, bbq or honey mustard sauce served with French fries or fresh tossed salad.*

## ON LAND

### **Boneless Half Chicken**

*Halved boneless chicken, pan fried or grilled with a thick glaze Barbecue sauce and a choice of mash potatoes, French fries or Fresh Tossed Salad.*

### **Signature Ribs**

*Deliciously juicy barbecue baby back pork ribs with an original orange-clove barbecue sauce served with a choice of mashed potatoes, French fries or tossed salad.*

### **Smoked Pork Tenderloin "Au Poivre"**

*With a creamy mustard green pepper sauce. Served with mashed potato and vegetables of the day.*

### **Breast of Chicken "Florentine"**

*Stuffed with spinach, served with a cream sauce with sautéed vegetables and potato mash.*

### **Grilled Center-Cut Lamb Chops**

*Topped with a duxelle of mushrooms, onions and parsley. Served with mint jelly and fried potato wedges and vegetables.*

### **Kebabs of Beef Tenderloin Cubes**

*With a Fresh Mushroom Duxelle, Served with Potato Wedges or Mashed Potato.*

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## HOT BEVERAGE

Americano

Café Au Lait

ESPRESSO

Black Coffee

Cappuccino

Choccocino

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