



SPORTS BAR & GRILL



Prices are in U.S. dollars
General Consumption Tax included
GRATUITIES NOT INCLUDED



Breakfast

(Complimentary for In-House Guests)
8am to 10am

Served with Porridge, Home Fries, Toast, Coffee/Tea, Juice
& choice of Bacon, Sausage or Chicken

Two Eggs	\$12
Cheese Omelet	\$12
Spanish Omelet	\$12
Pancakes or French Toast	\$12
Extra side-order Bacon, Sausage or Chicken	\$4

*Not included in complimentary breakfast.

Jamaican Breakfast, ask server for details.



Coco Bread Pizza

Served with our chef's gourmet sauce and loads of Mozzarella and Cheddar cheese

Cheese	\$5	Pepperoni	\$10
Chicken	\$10	Pepperoni with sweet pepper onion and tomato	
Chicken with sweet pepper, onion and tomato		Seafood	\$15
Vegetable	\$7	Lobster and shrimp w/ sweet pepper, onion, tomato	
Sweet pepper, onion and tomato			



Sandwiches & Wraps

All Sandwiches/Burgers are served on Coco Bread with Coleslaw and a choice of Soup, Salad or Fries

Lobster Sandwich \$15

Lobster mixed with mayonnaise, tomato, lettuce, and onion

Fish Sandwich \$8

A lightly breaded pan fried Snapper fillet served with lettuce, tomato, onion and tartar sauce.

Seastar Burger \$9

½ lb flame grilled and served with onions, cheese, tomato, lettuce, mustard, ketchup, relish & mayo.



Chicken Club \$11

Club style sandwich served with chicken, bacon, lettuce, tomato, onion, cheese and mayo.

Fried Chicken Sandwich \$8

A tasty chicken sandwich served with lettuce, onion, tomato, cheese and mayo.

Tuna Salad Sandwich \$7

Tuna mixed with mayo and topped with onion, tomato and lettuce.

Wraps \$9

Choice of chicken, beef, pork or fish with onions, sweet pepper, tomato, lettuce and cheese.



Vegetable Sandwich \$6

Tomato, Lettuce, Cucumber, Onion and Mayo

BLT Sandwich \$9

Bacon, lettuce, tomato and mayo.

Roast Beef Dip Sandwich \$9

Tender pieces of beef piled high between coco Bread With a savoury beef sauce for dipping.

Fried Egg Sandwich \$6

Served with onions, tomato, lettuce and cheese.

Grilled Cheese \$6

On brown or white bread.

Jerk Sausage Sandwich \$8

Spicy jumbo sausage served with onions, tomato, lettuce, cheese, relish, mustard, ketchup and mayo.



Appetizers & Salads

Fish Fingers

\$8

Country fried fish strips served with tartar sauce and limes.

Chicken Fingers

\$7

Country fried chicken strips.



Poutine

\$6

A Canadian favourite. Fries topped with cheddar cheese and beef gravy.

Shrimp Cocktail

\$12

Large jumbo shrimp served with cocktail sauce.



Coconut Shrimp

\$12

Coconut breaded and country fried, served with tartar sauce and limes.

Chicken Wings

\$8

Eight country fried or jerk chicken wings.

Grilled Chicken Salad

\$10

Tasty grilled chicken strips served with lettuce, tomato, cucumber, sweet pepper & carrots.



Chicken Quesadilla

\$8

Grilled Chicken with Mozzarella and Cheddar Cheese between two flour tortillas . Served with sour cream and salsa.



Fruit Plate

Banana, papaya, pineapple and seasonal fruits.

Small

\$5

Large

\$9

Fries

\$4

Onion Rings

\$4

Garlic Bread

\$4

Soup

\$4

A bowl of hearty soup with roll.

House Salad

Lettuce, tomato, cucumber, carrots, sweet pepper.

Small

\$3

Large

\$6

Entrees

All Entrees are served with Soup or Salad, Dinner Roll, Vegetables and choice of Rice, Fries or Mashed/Baked Potatoes

Garlic Lobster \$26

Sautéed in garlic butter, white wine with onions, sweet pepper and herbs.

Curried Lobster \$26

Sautéed in a coconut curry sauce with onions, sweet pepper, garlic and carrots.

Garlic Shrimp \$22

Sautéed shrimp in garlic butter with onions, sweet pepper and herbs.

Whole Red Snapper \$17

Brown stewed, escovitch or steamed.



Grilled Lobster \$26

Flame grilled and served with garlic butter.



Curried Shrimp \$22

Sautéed in a coconut curry sauce with onions, sweet pepper, garlic and carrots.

Curried Conch \$17

Sautéed in a coconut curry sauce with onions, sweet pepper, garlic and carrots.

Red Snapper Fillet \$17

Grilled, steamed or pan fried with onions, sweet pepper, garlic and herbs.

Stuffed Chicken Breasts \$16

Stuffed with callaloo and cheese lightly battered, fried golden brown served with cream sauce.



Tenderloin Steak \$27

Tenderloin steak flame grilled to your specifications.

Rib Eye Steak \$26

Rib Eye steak flame grilled to your specifications.

NY Steak \$25

NY steak flame grilled to your specifications.



Entrees Continued ...

Pot Roast Beef \$16

Slowly cooked slices of roast beef served with gravy , onions and sweet pepper.

Jerk Chicken \$14

Boneless chicken breasts grilled and served with onions and sweet pepper

Fried Chicken \$14

Three pieces of succulent chicken, deep fried golden brown

Steamed Vegetables \$10

Seasonal vegetables prepared in a coconut cream sauce.

Curried Chicken \$14

Boneless chicken breasts sautéed in a coconut curry sauce with onions, sweet pepper and carrots.

Jerk Pork \$16

Flame grilled and served with onions and sweet pepper.



For The Sweet Tooth

Ice Cream \$3

Cheese Cake \$6

Fruit Cocktail \$4

Chocolate Cake \$4



Pasta

Served with Roll, Garlic Bread and choice of Soup or Salad

Shrimp Pasta Alfredo \$24

Spaghetti , shrimp, sweet pepper, garlic, onions, tomato and white wine in an Alfredo sauce.

Spaghetti Marinara \$11

Tomato sauce with onion, sweet pepper, tomato and garlic

Chicken Pasta Alfredo \$14

Spaghetti with grilled chicken, onion, sweet pepper and garlic served in an Alfredo sauce.

Rasta Pasta \$14

Spaghetti with onion, sweet pepper, garlic, carrots, green beans, zucchini in an Alfredo sauce.

Spaghetti Bolognese \$14

Tomato sauce with ground beef, onion, tomato, sweet pepper, garlic and herbs.



Frozen Cocktails

Margaritas

\$8

Tequila, Triple Sec, fresh squeezed lime and clear syrup. Available in banana, pineapple, Papaya or Strawberry

Piña Colada

\$6

Coconut Rum, Myers Rum, Apricot Brandy, Milk, Simple sugar & pineapple

Dirty Banana

\$6

Coffee liqueur, Cacao Brown, Myers Rum, banana and clear Syrup.

Humming Bird

\$6

Rum Cream, coffee liqueur, grenadine and banana.

Purple Rain

\$6

Vodka, Blue Curacao, Grenadine, pineapple and lime juice.

Mudslide

\$6

Rum Cream, Coffee Liqueur and vodka, banana and simple syrup.

Rum Runner

\$6

Rum, Blackberry brandy, Grenadine, orange juice and pineapple juice.

Fresh Fruit Daiquiri

\$5

Light rum, lime juice and simple sugar. Available in Banana, Pineapple, Papaya or Strawberry!

Milkshake

\$4

Banana, Chocolate or Strawberry.

Fruit Punch

\$4

All fresh fruits: banana, papaya and pineapple. Natural or Strawberry Flavoured.



Cocktails

Caribbean Cruise

\$6

Vodka, Coconut Rum, Appleton Rum, orange Juice, Grenadine

Rum Punch

\$4

Over proof Rum, Appleton, Fruit Juice.

No Problem

\$5

Coconut rum, Cherry Brandy, pineapple juice orange juice, lime juice, splash of Grenadine

White Russian

\$5

Coffee Liqueur, Vodka, Milk

Jamaica Delight

\$5

Appleton Rum, Apricot Brandy, pineapple Juice, simple sugar and lime juice .

Tequila Sunrise

\$6

Tequila orange juice splash of Grenadine

Caesar

\$5

Vodka, clamato juice, spiced with Francine's Pepper Sauce, Worcestershire

Martini

\$6

Vodka or Gin, Vermouth and olives.

Bay Breeze

\$4

Vodka, Cranberry Juice, Pineapple Juice

Cosmopolitan

\$5

Vodka, Lime Juice, Triple Sec and Cranberry Juice.

Quench Your Thirst

Bottled Water	\$1
Coffee or Tea	\$1
Fruit Juices	\$2
Soda	\$2
Red Bull	\$4
Red Stripe	\$3
Red Stripe light	\$4
Red Stripe Bucket Deal (6)	\$15
Heineken	\$4
Guinness/Dragon	\$4
Smirnoff Ice	\$4
Rum/Gin/Vodka	\$3
Liqueurs	\$4
Appleton VX/Bacardi	\$5
Imported Liquor	\$6
Premium Imported Liquor	\$7
Rum/Vodka Quarter Bottle	\$9
House Wine	\$5
Bottle House Wine	\$20
Bottle Premium Wine	(Ask Server)



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