

Meal Itinerary

ARRIVAL DAY

APPETIZER: Anegada Conch Fritters with Mango Habanero Sauce

DINNER: Caesar Salad, Caribbean Feast- Blackened Grouper/ Snapper, Red Beans and Rice, Fried Plantain, Mango Slaw

DESSERT: Banana Flambe



DAY 1

BREAKFAST: Tropical Fruit Salad- Mango, Papaya, Pineapple
Lox- Homemade Bagels, Cured Salmon, Whipped Cream Cheese, Red Onions, Capers

APPETIZER: Chacuarie Board- Variety of Cheeses and Dry Meat, Focaccia Bread, Olive Oil Herbs Dip, Olives

DINNER: French Braised Short Ribs- Homemade Creamy Baked Mac and Cheese with Mixed Grilled Vegetables

DESSERT: Classic Chocolate Mousse



DAY 2

BREAKFAST: Avocado Toast- Over Easy Eggs, Bacon, Freshly Squeezed Orange Juice

LUNCH: Mediterranean Pasta - Grilled Chicken, Cherry Tomatoes, Kalamata Olives, Feta Cheese, Bowtie Pasta

DINNER: Salmon Bowl- Grilled Salmon, Broccolini, Roasted Potatoes, Cashew Cream

DESSERT: Vanilla Bean Cheesecake



DAY 3

- BREAKFAST:** Parfait- Granola, Yogurt, Fresh Fruit (Banana & Kiwi), Caramelised Banana Bread
- LUNCH:** Smoked Pull Pork Sandwich- Pull Pork with Smokey Bbq Sauce, Slaw, Potato Buns
- DINNER:** Lamb Shank- Braised Lamb Shank Red Wine, Carrots, Thyme, Rosemary, Potatoes
- DESSERT:** Local Vanilla Ice-Cream and Coconut Tart



DAY 4

- BREAKFAST:** Homemade Plain Waffles, Bacon, Egg, Passionfruit Juice
- APPETIZER:** Trio Hummus- Hummus, Pesto Hummus, Roasted Pepper Hummus , Pita Chips
- DINNER:** Caesar Salad, Caribbean Spiced Curry Goat- Caribbean Curry Goat, Basmati Rice, Mango Chutney, Toss Salad
- DESSERT:** Passionfruit Cheesecake



DAY 5

- BREAKFAST:** Sunrise Wrap- Soft Scrambled Eggs with Sautéed Kielbasa Turkey Sausage, Tomatoes, Bell Peppers, Cheddar Cheese Burrito
- APPETIZER:** Black Bean Corn Salsa, Corn Tortilla Chips
- DINNER:** Classic Lasagna Roll Ups- Roasted Tomato Sauce, Chuck Meat, Pesto, Béchamel Sauce , Gruyere Cheese and a Side of Toss Salad
- DESSERT:** Local Mango Sorbet



DAY 6

BREAKFAST: Quiche- Lorraine and Florentine

LUNCH: Gourmet Burger- Ready To Grill Chuck, Cheddar Cheese, Caramelized Onions Aioli, Pickles, Potato Buns

APPETIZER: Chacuatarie Board- Variety of Cheeses and Dry Meat, Focaccia Bread, Olive Oil Herbs Dip, Olives

DINNER: Sweet Potato Taco- Grilled Sweet Potatoes, Bean and Corn Salad, Guacamole, Garlic Parsley Shell

DESSERT: Chocolate Chip Blondie



DAY 7

BREAKFAST: English Muffin, Homemade Jams, Butter, Strawberry Banana Smoothie

