

Sencillo

- Suggested Dishes -

Breakfast

Juice

Choice: *Blue Mountain Coffee* *Jamaican Chocolate* *Breakfast Tea*

Selection of Fresh Sliced Tropical Fruit

Choice of Jamaican, English or Continental breakfasts

*Jamaican Option**

Ackee, Saltfish, Callaloo with Johnny Cakes

Callaloo with Johnny Cakes

Eskovitch Fish and roasted breadfruit and plantain

Liver and boiled bananas and dumplings

Mackerel Run Down

Porridge (Cornmeal, Oats, Hominy corn, Banana)

English Breakfast

*Eggs – Fried, boiled, poached, scrambled, omelette with a selection of fillings.
Bacon, Sausages, tomatoes, beans*

Continental Breakfast

Cereals, bread rolls, French toast.

Dinner**

1. A choice of side dishes:

Plain rice Rice and peas Fries Dumplings, potato and Yams
Vegetables Salad

2. Meat or Vegetarian dishes

Chicken is always available - curried, jerked, roasted, stewed, fried

Soy/Tofu – curried, peppered, seasoned

Pork – roasted, jerked

Shrimp – peppered, curried

Fish subject to availability, and catch of the day – Fried, Steamed

Lobster subject to availability and season, curried, peppered

Vegetable main – curried, peppered, seasoned

Seasoned rice

3. Dessert – ice cream, mousse, sorbet selection

4. Coffee or Tea

Meals are geared to guests' preferences.

**The Jamaican menu is changed each day – there is one Jamaican option available each day.*

***Dinner is provided to guests on the Dinner Plan. Dinner preferences are taken 24 hours in advance we aim to accommodate guest preferences.*

Times

Breakfast	08:00 -	09:30	to end by 10:00
Dinner	18:00 -	20:00	to end by 20:30