



MENU

LOCAL HOME COOK

Breakfast

Lunch

Dinner

All the menus can be discussed with the cook to satisfy your taste.

BREAKFAST

Fresh Local Juice and Coffee or Tea included

Bacon & Eggs

2 Eggs (any style)
Ham or Bacon
Tropical Fruits
Toasted Bread

Lucian Local

Stewed Salt Fish
Deep Fried Bakes
Cucumber Salad

Clubhouse Sandwich

1 Fried Egg
Ham and Bacon
Sliced Cheese
Toasted Bread

French Toast

Tropical Fruits
Canadian Maple
Syrup

Egg Omelet

2-Egg Omelet
Ham or Cheese
Fresh Tossed Salad
Toasted Bread

Pierre's Pancakes

Tropical Fruits
Canadian Maple
Syrup



LUNCH

Fresh Local Juice included

Chicken Wrap

Grilled Chicken
Lettuce
Fresh Tomatoes
Coleslaw

Chef's Salad

Lettuce
Cabbage
Fresh Tomatoes
Boiled Eggs
Crispy Bacon
Diced Ham
Cheddar Cheese

Homemade Burger

Beef or Chicken
Crystal Special
Sauce
Sautéed Potato
Wedges

Veg Wrap

Fried Tofu
Lettuce
Mushrooms
Fresh Tomatoes
Veggies Potatoes

Creamy Baked Mac & Cheese

(available for
lunch and dinner)
Rich and Goopy
Cheese Sauce
Macaroni Pasta

DINNER

All meals served with local fresh bread

Garlic Butter Sauce Chicken

Grilled Breast
Garlic Mashed
Potatoes
Fried Plantains
Mixed Greens

Sticky BBQ Ribs

Potato Gratin
Fresh Green Salad
Seasoned Rice

Creamy Vegan Coconut Curry

Veggie Medley
Lightly Spiced
Coconut Sauce
Caribbean Rice

Jerk Chicken or Baked Chicken

Roasted Vegetables
Sweet Potato Mash
Red Bean Rice
Coleslaw

Create-Your-Own Gourmet Pasta

Your preferred pasta
with Cheesy Alfredo
or Garlic Herb Butter
or Marinara Sauce

Lucian Creole Fish

Catch of the day
Lucian Sauce
Fried Plantain
Fresh Green Salad
Calypso Rice

Garlic Grilled Fish

Catch of the day
Light Garlic Sauce
Creamy Pumpkin
Mash
Fried Plantains
Sautéed Veggies

Optional Add-Ons

Shrimps
Chicken
Dessert

Coconut or Banana
Cake (whole cake)