

APPETIZERS

SOUP OF THE DAY \$20 V

SALT & PEPPER CALAMARI \$26

Yuzu Aioli

**VEGETABLE SAMOSAS, LENTIL
& CHICK PEA DHAL \$28 V**

Cilantro and Tamarind Sauce

BAJAN FISH CAKES \$24

Spicy Dip

CAPRESE FLAT BREAD \$32 V

Tomatoes, Buffalo Mozzarella, Pesto, Basil and Olive Oil

PROSCIUTTO FLAT BREAD \$36

Prosciutto, Rocket, Red Onions,
Blistered Grapes and Crumbled Stilton

GRILLED STEAK TACO (Soft Shell)

Grilled Steak, Red Onion, Roasted Sweet Pepper, Romaine,
Two Cheese Blend and Chimichurri **\$40**

SALADS

THE COVE \$28 V

Candied Pecans, Roasted Beets, Rocket
and Mesclun Leaves with Balsamic Vinaigrette

Chicken \$10 Mahi Mahi \$12 Shrimp \$15

CAESAR \$29

Focaccia Croutons and Reggiano Parmesan
Chicken \$10 Mahi Mahi \$12 Shrimp \$15

ROASTED BUTTERNUT SQUASH & QUINOA \$30 V ♥

Dried Cranberries, Sweet Pepper, Black Olives
and Spinach with Honey Mustard Vinaigrette

SPINACH & MUSHROOM \$32

Spinach, Rocket, Fresh Mushrooms, Tomatoes, Hardboiled Egg,
Crumbled Stilton with Lemon and Green Tea Dressing

Chicken \$10 Mahi Mahi \$12 Shrimp \$15

SCOTTISH SMOKED SALMON \$38

Capers, Red Onions, Melba Toast, Grain Mustard,
Dill and Crème Fraîche

TAMARIND COBB \$32 GF

Blue Cheese, Avocado, Olives, Tomatoes,
Eggs, Bacon and Citrus Dressing

Chicken \$10 Mahi Mahi \$12 Shrimp \$15

BOWLS

Served with Quinoa or Brown Rice

JAMAICAN \$40 V

Mango, Black Beans, Plantain Grilled, Guacamole and Pickled Onions

Chicken \$10 Mahi Mahi \$12 Shrimp \$15

MEDITERRANEAN \$42 V

Kalamata Olives, Grilled Zucchini, Grilled Eggplant,
Grilled Peppers and Chickpeas

Chicken \$10 Mahi Mahi \$12 Shrimp \$15

SANDWICHES & WRAPS

ANGUS BEEF BURGER \$39

Angus Beef Burger, Aged Cheddar, Caramelized Onions,
Bacon, Lettuce, Tomato and Pickles

GRILLED VEGETABLE WRAP \$32

Whole Wheat Wrap, Grilled Vegetables, Greens and Feta Cheese

MAHI MAHI SANDWICH \$35

Grilled or Fried, Focaccia Bread, Mango Mayo, Lettuce,
Tomatoes and Pickled Onions

246 CLUB \$35

Bacon, Ham, Turkey and Boiled Egg with Fries

SANDWICHES & WRAPS

FLYING FISH WRAP \$33

Two Panko Crusted Flying Fish, Lettuce, Tomato, Cucumber and Homemade Tartar with Sweet Potato Fries

TUNA SALAD SANDWICH \$30

Cherry Tomatoes, Celery, Capers, Red Onion and Health Loaf with Salad

DELI HOT DOGS \$30

Brioche Bun, Caramelized Onions and Tomato with Fries

ROTIS

Caribbean Curried Roti served with Garden Salad

Chicken \$31 Vegetables \$29 Shrimp \$36

SIDES

FRENCH FRIES, VEGETABLES, MASHED POTATOES, ONION RINGS, GARDEN SALAD, COLESLAW, AVOCADO, ORGANIC BROWN RICE \$13

HOT ITEMS

PASTA

ASIAGO LINGUINE

Broccoli and Pesto Cream Sauce

Chicken \$38 Vegetables \$35 Shrimp \$42

PIZZA \$33

A Choice of Any Two Toppings.
Pepperoni, Ham, Pineapple, Peppers and Chicken

BANKS TEMPURA SHRIMP \$56

Tropical Salsa and Mesclun Leaves served with Sweet Potato Fries

CATCH OF THE DAY \$54 **GF DF**

Grilled or Blackened with Basmati or Brown Rice, served with Grilled Vegetables and a Grapefruit and Cilantro Salsa

DESSERTS

WARM STEWED APPLES PAVLOVA \$30

Passion Fruit Cream and Coconut Sorbet

CITRUS BERRY TERRINE \$30

Mango Coulis and Basil Chantilly Cream

MINT CHOCOLATE BROWNIE SUNDAE \$28

Toffee Ice-Cream and Peanut Brittle

FRESH SLICED FRUIT PLATTER \$26 **GF ♥**

Home-Made Lime Sorbet and Malibu Jelly

ASSORTED FARM HOUSE CHEESES \$30 **N**

with Apple Grape Chutney and Walnut Crisps

HOME-MADE ICE-CREAMS \$16

Choice of Chocolate, Honey Vanilla, Coconut, Strawberry, Rum & Raisin and Maple Almond

FRUIT SORBETS \$16 **GF DF ♥**

Tamarind, Mango, Strawberry, Passion Fruit, Lime and Guava

COFFEE

Espresso - sgl/dbl \$8/12

Americano \$8 Macchiato \$10

Cappuccino \$12 Latte \$12

TEA

Breakfast, Chamomile, Mint, Green Tea, Earl Grey \$7

V = Vegetarian Dish DF = Dairy Free Dish GF = Gluten Free Dish N = Dish has Nuts
♥ = Healthy Dish prepared that has lower fat and sugar content

All Prices are quoted in Barbados Dollars and are inclusive of VAT and subject to a 10% Service Charge.

WINE LIST

CHAMPAGNE & SPARKLING

	Glass	Bottle
101. Piper Heidsieck Brut N.V. (France)	\$31	\$160
102. Piper Heidsieck Brut N.V. Half Btl (France)		\$65
107. Cava Segura Brut, Torrelavit (Spain)	\$21	\$95
123. Perrier-Jouët Grand Brut N.V. (France)		\$215
125. Segura Viudas Cava Brut, Torrelavit (Spain)	\$19	\$85

WHITE WINES

	Glass	Bottle
LIGHT & ELEGANT		
108. 35 South Sauvignon Blanc, 2013 (Chile)	\$20	\$72
111. Mezzacorona Pinot Grigio, Dolomiti IGT-2014 (Italy)	\$19	\$73
112. Sanctuary Sauvignon Blanc, Marlborough, 2013 (New Zealand)	\$21	\$95
113. Santa Rita Reserva Chardonnay, 2012 (Chile)	\$18	\$70
114. Vermentino La Pettegola, Banfi, 2013 (Italy)		\$72

AROMATIC & FRAGRANT

117. Dr. Loosen Riesling, 2013 (Germany)		\$79
118. J. Lohr Estates Chardonnay, Los Osos, Paso Robles 2012 (USA)		\$90
119. Santiago Ruiz, Albarino, 2013, (Spain)		\$95
121. Wente Chardonnay, Morning Fog, 2013 (USA)		\$80

RED WINES

	Glass	Bottle
LIGHT & ELEGANT		
130. Robert Mondavi, Private Selection, Pinot Noir , 2013 (USA)	\$20	\$75
132. J. Lohr Estates Merlot, Los Osos, Paso Robles 2012 (USA)		\$90
134. Beaujolais-Villages, Louis Jadot, 2013 (France)		\$95

BIG & BOLD

139. Santa Rita Reserve Merlot, 2012 (Chile)	\$19	\$73
140. Nederburg Cabernet Savignon, 2012 (South Africa)	\$19	\$73

SPICY & EXPRESSIVE

144. Shiraz Cabernet Penfold Rawsons, Retreat, 2013 (Australia)		\$80
145. Doña Paula Estate, Malbec, 2011 (Argentina)	\$19	\$73

ROSÉ & BLUSH WINES

	Glass	Bottle
146. Château Minuty Rosé, Côtes de Provence, 2015 (France)	\$20	\$82
147. Beringer White Zinfandel, 2013 (USA)	\$18	\$70
149. Pinot Grigio Blush, Campagnola, 2013 (Italy)	\$19	\$73