

# Bajan Blue Lunch

## Salads

### Caprese

Vine Ripened Tomatoes, Olive Oil, Basil and Buffalo Mozzarella 55

### Caesar

Romaine Hearts, White Anchovies, Croutons, Egg, Parmesan Vinaigrette 30/55 Shrimp 85 / Chicken 75

### Niçoise

Yellow Fin Tuna, Fingerling Potatoes, Tomatoes, Cucumber, Olives, Haricot Vert, Egg, Mix Leaves, Parmigiano Reggiano 55/75

## Fruits de Mer

### Cold Water Oysters

½ doz 75 1 doz 130

### Florida Jumbo Stone Crab Claws \*

Crushed Ice, Joe Mustard Sauce, Lemon 240

### Poached Prawns

Cocktail Sauce 80

## Sushi

Served with Pickled Ginger, Wakame, Soy Sauce & Wasabi

### Combinations

Sushi and Sashimi Combination Plate 95

Nigiri and Sashimi Combination Plate 95

Assorted Sashimi of Salmon, Tuna, Hamachi and King Fish 110

Traditional Sushi Roll Combination Plate 95

### Norimaki

California Roll, Vegetable, Spicy Tuna   
Tempura Shrimp, Unagi, Sandy Lane 55

### Nigiri

Ebi, Tuna, Unagi, Salmon 55  
Hamachi 70

### Sashimi

Yellow Fin Tuna, Scottish Salmon 65  
Hamachi 70

## Appetizers

### Antipasti Table

Selection of Marinated Vegetables, Artichokes, Mushrooms, Peppers, Aubergines, Saffron Onions, Selection of Mixed Leaves and Crudites & Lebanese Corner 110

### Grilled Artichokes

Grilled Artichokes, Garlic Aioli 70

### Scottish Smoked Salmon

Fennel and Arugula Salad, Horseradish Cream 85

### Yellow Fin Tuna Tartar

Ponzu & Tobiko, Apple and Cilantro 65

### Caramelized Onion Tart

Vine Ripened Tomatoes, Goat's Cheese Mesclun Leaves 70

### Assiette de Charcuterie

Ham, Salami, Parma Ham, Focaccia Bread, Pickles, Dijon Mustard 75

### Cantaloupe Melon with Prosciutto Di Parma

Arugula and Virgin Olive Oil 80

## Soups

### Gazpacho

Cucumber, Mint, Croutons, Virgin Olive Oil 40

### Sandy Lane Soup of the Day 40

## Flatbread Pizzas

*Gluten free pizza is available upon request*

### Margherita

Tomato Sauce, Fresh Tomato, Basil, Buffalo Mozzarella, Olive Oil 60

### Capricciosa

Tomato Sauce, Buffalo Mozzarella, Fresh Tomato, Mushroom, Artichoke, Prosciutto di Parma, Black Olives, Olive Oil 70

### Florentine

Spinach, Roasted Garlic, Ricotta, Egg, Parmigiano Reggiano 70

### Parma

Tomato Sauce, Prosciutto di Parma, Fresh Tomatoes, Arugula, Mozzarella, Parmigiano Reggiano, Olive Oil 70

### Pepperoni

Pepperoni, Tomato Sauce, Mozzarella, Black Pepper 70

## Sandwiches

*Served with French Fries, Mesclun Greens or Potato Chips*

### Flying Fish Cutter

Breadcrumbs Fried Flying Fish, Tomatoes, Lettuce, Lemon Mayonnaise, Sesame Bun 55

### Classic Turkey Club

Bacon, Egg, Lettuce, Tomato, Choice of White or Brown Bread 65

### Char-Grilled Beef Burger

8 oz grilled Black Angus Beef Burger, Lettuce, Tomato, Tomato Relish, Onion, Sweet Pickle Your choice of cheese: Cheddar, Roquefort, Mozzarella 75

### Mediterranean Vegetable Wrap

Marinated Grilled Vegetables Hummus, Spinach, Buffalo Mozzarella, Pesto, Tomato, Mayonnaise 55

### Kosher Hot Dog

Pickled Cucumber, Sauerkraut, Mustard, Grilled Onions 55

## Entrées

### Fish & Chips

Banks Beer Battered Cod, House Fries, Crushed Green Peas, Tartar Sauce, Malt Vinegar 95

### Curried Chicken Roti

Basmati Rice, Mango Chutney, Roti Skin, Bajan Pepper Sauce 75

### Moules Frites

Mussels cooked in White Wine, Herbs and Garlic, French Fries 110

### Tagliatelle Carbonara

Prosciutto, Parmigiano Reggiano, Olive Oil, Poached Egg 70

### Fish of the Day

Served with Warm Grilled Mediterranean Vegetables & Tomato Caper Relish

Yellow Fin Tuna	105
Catch of the Day	105
Giant Tiger Prawn	195

### Steak Frites

8 oz Choice Certified Black Angus Strip Loin, French Fries, Sautéed Spinach, Caramelized Onions 170

### Linguini with Artichokes & Spinach

Wild Mushrooms, Spinach, Rosemary Cream Sauce 80

### The Barbeque Hut

Grilled Meats, Chicken, Locally Caught Fish, Grilled Vegetables, Roasted Potatoes, Baked Potatoes 145

## Desserts

### Nougat Glace <sup>N</sup>

Egg White Mousse, Mix Nuts, Fresh Berries, Raspberry Sauce 40

### Artisan Cheese Plate

A selection of five international hard and soft cheeses 60

### Classic Apple Tart Tatin

Puff Pastry, Vanilla Ice Cream, Apple Chips, Calvados Caramel Sauce 40

### Chocolate Mango

Madagascar Chocolate Mousse, Fresh Mango Compote, Mango Sorbet, Caramelized Arlette 40

### Citrus

French Meringue, Lemon Curd, Mandarin Segments, Yoghurt Sorbet 40


### Marbled Blueberry Cheese Cake

Blueberry Filling, Vanilla Ice Cream 40

### Sandy Lane Sorbets and Ice Creams

Sablé Cookies, Fresh Berries 40

<sup>N</sup>Contains Nuts  Spicy

\* Supplement Charge (Family Fun & Spa Escape Packages)  
 Vegetarian Selection or can be prepared as Vegetarian

All prices are listed in Barbados Dollars, inclusive of 7.5 % Value Added Tax and are subject to 10% Service Charge

.... Italian ....




APPETIZERS

Antipasti Table & Seafood Corner \$125

Prosciutto di Parma & Pineapple \$80  
Compressed Pickled Pineapple,  
Cold Pressed Olive Oil, Organic Leaves

SALADS

Caprese  \$55  
Vine Ripened Tomatoes, Basil, Buffalo Mozzarella,  
Olive Oil, Aged Balsamic Jelly

STONE BAKED FLATBREAD PIZZAS

Gluten free pizza is available upon request

Margherita  \$60  
Fresh Tomato, Basil, Buffalo Mozzarella,  
Tomato Sauce

Capricciosa \$70  
Buffalo Mozzarella, Fresh Tomato, Mushroom,  
Artichoke, Prosciutto di Parma, Black Olives,  
Tomato Sauce

Parma \$70  
Prosciutto di Parma, Fresh Tomato, Arugula,  
Parmigiano Reggiano, Mozzarella, Tomato Sauce


Pepperoni \$70  
Tomato Sauce, Mozzarella, Pepperoni

PASTAS

Paccheri with Black Angus Bolognese \$95  
Flat Parsley, Parmigiano Reggiano

Linguine Vongole  \$100  
Littleneck Clams, Durum Wheat Linguine,  
Chilli Flakes, Parsley, White Wine

Gnocchi alla Sorrentina  \$80  
Tomato Sauce, Buffalo Mozzarella, Basil

Homemade Mushroom Ravioli  \$80  
Sauce Quattro Formaggi, Cherry Tomatoes

Bajan Blue Classics

APPETIZERS

Poached Lobster & Avocado \$95  
Marie Rose Sauce, Wonton Chips,  
Salmon Roe

Chilled Poached Prawns \$80  
Lemon Wrap, Cocktail Sauce

RAW SEAFOOD

Florida Jumbo Stone Crab Claws \$240  
Joe Mustard Sauce

Fresh Loch Fyne Rock Oyster (6) \$75  
Sauce Mignonette, Horseradish Cream, Cocktail Sauce,  
Tabasco, Crackers


SOUPS

Soup of the Day  \$40

Bajan Chicken Soup \$40  
Dumplings, Fresh Herbs

SALADS

Organic  \$45  
Mixed Organic Leaves, Local Cherry Tomatoes, Carrots,  
Onion, Cucumber, Fennel, Lime Cane Sugar Vinaigrette

Caesar  \$55  
Romaine Hearts, White Anchovies, Boiled Egg,  
Croutons, Parmesan Vinaigrette  
With Prawns \$85  
With Chicken \$75

MAINS

The Barbeque Hut \$145  
Lamb, Chicken, Beef, Selection of Fresh Local Fish

Fish & Chips \$95  
Banks Beer Battered Cod, French Fries,  
Tartar Sauce, Crushed Green Peas, Malt Vinegar

Slow Cooked Angus Short Rib \$175  
Asparagus, Roasted Sweet Potato, Red Wine Jus

.... Asian ....



SUSHI

Served with Pickled Ginger, Wakame, Soy Sauce & Wasabi

Combinations

Sushi & Sashimi \$95  
Nigiri & Sashimi \$95  
Sashimi \$110

Norimaki

California Roll | Vegetable  | Spicy Tuna  \$55  
Tempura Shrimp | Unagi | Sandy Lane \$65

Nigiri

Ebi | Tuna | Salmon \$55  
Hamachi | Unagi \$70

Sashimi

Yellow Fin Tuna, Scottish Salmon \$55  
Hamachi \$70

APPETIZERS

Grilled Thai Beef Salad  \$65  
Cucumber, Onion, Tomatoes, Mint, Cilantro,  
Cashew Nuts

Yellow Fin Tuna Tataki \$80  
Wasabi Mayo, Tomato & Chilli Salsa

Prawn Tempura \$95  
Seaweed Salad, Sweet Chilli Dip

MAINS

Thai Vegetable Green Curry   \$80  
Galangal, Kaffir Lime Leaves,  
Lemon Grass, Coconut Milk, Steamed Rice

Soya Glazed Steamed Salmon \$115  
Steamed Rice, Sautéed Spinach

Mee Goreng \$70  
Egg Noodle, Fried Egg,  
Vegetables, Stir-fry Sauce  
With Chicken \$90  
With Prawns \$100

.... Flamed Char-grill ....

All dishes are served with a choice of two sides

FISH

Served with Tomato Caper  
Relish

Local Spiny Lobster \$175

Yellow Fin Tuna \$105

Local Catch \$105

MEATS

Served with Roasted Red Onion, Sweet  
Potato, Red Wine Jus & Béarnaise Sauce

10oz Choice Certified \$170  
Black Angus Strip Loin

8oz Choice Certified \$180  
Black Angus Tenderloin

Free Range Breast of Chicken \$115

Colorado Lamb Chops \$195

Char-Grilled Beef Burger \$75

SIDES

\$25 each

Organic Salad  
Caesar Salad

Steamed Garden Vegetables

Minted Green Peas

Sautéed Spinach

Steamed Rice

Balsamic Glazed Mushrooms

Bajan Macaroni & Cheese

Mashed Potatoes

Ripped Potatoes

Loaded Baked Potato

French Fries

