

DINNER MENU

6:30PM - 9:00PM



FIRST soups & salads

Pot of the Day

Ask your server about today's fresh island-inspired soup

Island Garden Salad (GF)

Fresh romaine lettuce with tomato, onion, shredded carrots and cucumbers

Mediterranean Bowl (GF)

Fresh romaine lettuce with Kalamata olives, red onions, tomatoes, cucumbers, feta cheese and Greek dressing

Ms. J's Speyside Caesar

Fresh romaine lettuce topped with croutons & Ms. J's Famous Homemade Caesar dressing

with: **Chicken**

with: **Shrimp**

SECOND appetizers

Bucco Breeze Shrimp

Golden coconut-crust shrimp served with sweet 'n sour orange sauce

Castara Calamari

Served with Pepperoncini peppers and a zesty sauce

Bloody Bay Bruschetta

Tomato & basil served on a toasted ciabatta bread

Black Rock Beef Bites

Marinated beef tips served on a bed of fresh lettuce and tomatoes

REGULAR entrées

Cove Cordon Bleu

Deep-fried, breaded chicken stuffed with Grand Cru cheese and ham

Man-o-War Alfredo

with:

**Chicken
Shrimp/Mixed**

Tossed in a creamy alfredo sauce with protein choice, garnished with parmesan cheese and garlic bread

Calypso Sizzlers

with:

Beef | Chicken

Sizzling fajitas with your choice of protein. Served with three tortillas, calypso rice and peas, sour cream and guacamole. Jalapeños on request.

(GF): ask to remove tortillas

Fisherman's Catch

(GF)

Grilled, blackened, creole or sautéed catch of the day finished with a passionfruit citrus sauce

Bon Accord Bang Bang

Deep-fried chicken breast, in a sweet bang bang sauce, served over dual wontons with assorted vegetables and a choice of one side.

Store Bay Penne

with:

**Chicken
Shrimp
Vegetarian**

Tossed in a tomato sauce, served with garlic bread

Tobago's Sunday Pot

Chef's special - a true taste of the island: tender curry goat slow-cooked with local herbs and spices or rich, hearty stew pork simmered to perfection. Served with all the fixings!

The High Tide Burger

Soz grilled angus burger smeared with garlic spread and tossed with lettuce, tomato, red onion, pickles and cheese on a Kaiser roll.

(GF): ask to remove Kaiser roll

Guests on MAP or FAP or AI meal plans are entitled to: soup or one appetizer or one salad plus an entree (regular or premium) and one dessert.

DINNER MENU

6:30PM - 9:00PM



PREMIUM entrées

Rock Lobster Tail - Medium



Broiled rock lobster with lemon herb butter
(*)

Rock Lobster Tail - Large



Broiled rock lobster with lemon herb butter
(*)

BWI Land & Sea



Grilled 6oz filet mignon with cognac peppercorn sauce and a small broiled Caribbean rock lobster tail with lemon herb butter
(*)

Arnos Vale Ahi



Sesame crusted Ahi tuna served over seaweed salad, finished with a wasabi and teriyaki sauce

Cedar Plank Salmon



Fresh Atlantic salmon broiled on an aromatic cedar plank, topped with corn and black bean salsa. Finished with wasabi aioli

Argyle Ribs

1/2 | Full

Succulent, juicy barbeque pork ribs served with chef's choice of vegetables and a side of your choosing
(*)

Fort King George Filet Mignon

Au Poivre - peppercorn crusted 8oz filet mignon served with cognac cream sauce - without sauce
(*)

Parlatuvier Steak, 8oz



Flat iron or striploin grilled to perfection topped with truffle butter and crispy onions
(based on availability)

Englishman's Lamb



Grilled to your choice of wellness, served with mint sauce
(*)

Stonehaven Chops

Grilled pork chops finished with a cognac peppercorn sauce

sides

French fries

Home-style mashed potatoes

Mixed vegetables

Cassava fries

Wild mushroom truffle risotto

Calypso rice

All entrées are served with a side of chef's choice vegetables and your choice of one additional side.

If you have a food allergy or special dietary requirements please advise a member of staff.

(*) **ADDITIONAL COST ON MEAL PLANS AND ALL-INCLUSIVE PLANS**

Vegetarian options - ask your waiter

- Gluten Free

Guests on MAP or FAP or AI meal plans are entitled to: soup or one appetizer or one salad plus an entree (regular or premium) and one dessert.