

## **BREAKFAST SUGGESTIONS**

Eggs any style with Bacon, Sausage or Ham

Homemade Belgian Waffles

Egg-in-Hole French Toast

Pancakes

Traditional Jamaican breakfast of Ackee and Saltfish

Derval's homemade Granola and Yogurt

Oatmeal, Cornmeal Porridge or Cream of Wheat

Eggs Benedict with Callaloo and Plantain

\*\*\*All breakfasts are served with a Fresh Fruit platter\*\*\*

## **LUNCH SUGGESTIONS**

Black Bean and Lentil Wrap drizzled with a homemade Ranch Dressing  
and served with mixed Organic Greens

Marinated Jerk Chicken Breast with melted Gouda Cheese served on  
Cocoa Bread

Homemade Gazpacho served with a grilled Tomato and Cheese  
Sandwich

Allamanda Flatbread Pizza: toppings are Caramelized Onions, Roasted  
Red Peppers, Plantain, Callaloo, and roasted Tomatoes drizzled with a  
Balsamic Vinegar reduction

String Bean and Bacon Salad served with a soft boiled Egg and lightly  
tossed with a Bacon Vinaigrette

Nicoise Salad: Arugula, Egg, Tuna, Anchovies, Black Olives, and Red  
Onions

## **DINNER SUGGESTIONS**

### **First Course**

Green Pea soup topped with a Pumpkin stuffed Falafel  
Pumpkin Soup with a Coconut Milk drizzle  
Chicken Consommé with finely diced Vegetables  
Black Bean soup drizzled with Sour Cream  
Red Pea Soup  
Chef's Special Green Salads

### **Main Course**

Grilled Tenderloin, Rib-Eye & Sirloin served with Parmesan-Mashed Potatoes, Roasted Cherry Tomatoes and Wilted Spinach

Slow Roasted Pork Chops served with Roasted Sweet Potatoes and Sautéed Seasonal Vegetables

Steamed Snapper wrapped in Banana Leaves served with a Quinoa Pilaf

Roasted Chicken with a Honey Mustard marinade served with Jasmine Rice or Rice & Peas with Steamed Seasonal Vegetables

Vegetarian Lasagna

Jerk Marinated Shrimp Linguine with Roasted Tomatoes and Garlic

### **Dessert Course**

Key Lime Pie  
Poached Pears  
Coconut Cream Pie  
Derval's "Poison" Apple  
Banana Split topped with homemade Almond Brittle  
Chocolate Lava Cake  
Allamanda Caramel Pudding Cake

## **SNACKS AND APPETIZERS**

Jerk Chicken Wings  
Coconut Shrimp  
Variety of homemade Chips and Dips  
Chicken or Shrimp Skewers  
Bacon wrapped Plantain  
Bruschetta  
Vietnamese Spring Rolls; Rice Paper wrapped with Chicken or Shrimp  
Derval's homemade Chocolate Chip Cookies

## **DRINKS**

The Allamanda (Pineapple Juice, Ginger and Lime) can be served with  
Coconut Rum if desired

Mint Limeade (can be served frozen or on the rocks, White Rum can  
also be added)

Tropical Storm (Lime Juice, Passion Fruit Juice, Pineapple Juice,  
Orange Juice, White and Dark Rum, Grenadine)

Jamaican Margarita (Mango and Pineapple Puree put a Jamaican twist  
on this Mexican favorite)

Sour-tini (our own twist on a Vodka Martini--seasonal)

Great River Breeze (a cosmopolitan with a tropical twist)

Watermelon Mojitos

At Allamanda we strive to use the freshest ingredients possible.  
We work with a number of organic farmers and people who use  
sustainable methods for fishing and poultry farming.