

Tracey's Menu's

BREAKFAST

Breakfast normally begins with a large plate of local fresh fruit. This is followed by eggs (any way you like them) and bacon and/or toast and pancakes (banana, plain or chocolate chip). Cereals also available

A traditional Jamaican breakfast - Ackee and Salt Fish, Mackerel Rundown, Johnny Cakes, Green Bananas can also be organized.

SOUPS

Tracey makes all sorts of delicious soups – pumpkin, black bean, vegetable, split pea, gazpacho are just some of the soups she can make. You could have these as a light lunch or you could have a soup as a starter for dinner.

LUNCH

Fish Cakes with Coleslaw

Lasagna with salad

Baked chicken with onions, garlic and rosemary, salad with pine nuts and raisins;

Escoveitch Fish, Festival & Vegetable Salad

Grilled Vegetable Roll Ups, Black Bean, Corn & Tomato salad

Slow Baked Salmon with Asparagus & Corn Risotto

Grilled Open Steak Sandwich with Pickled Onions, French Fries

Chicken Fajitas with Sour Cream & Guacamole

Chicken Caesar Salad

Shrimp Salad

Lobster Salad with Avocado Bread

Tuna Salad

Authentic Jamaican Jerk Chicken with Garlic Bread & a Tossed Salad

Cheese Soufflé with a Garden Salad

Homemade Burgers with French Fries

DINNER

Baked Fish in Red Stripe Beer, Scallop Potatoes, Stuffed Chocho
Garlic Lobster, Mashed Potatoes & String Beans
Curry Shrimp with White Rice, Carrots & Chocho
Spaghetti with meatballs
Jamaican Curry Goat
Tracey's Fried Chicken or BBQ Pork Ribs
Escoveitch Fish with Baked Potato & Pacho
Curry Lamb with White Rice
Authentic Jamaican Jerk chicken, Rice & Peas, Callaloo, Plantain
Authentic Jamaican Jerk Pork with Rice, Broccoli & Cauliflower
Baked Chicken with Creamed Potatoes, Eggplant Salad
Pineapple Chicken with Rice & Peas, Grilled Zucchini, Garden Salad
Snapper stuffed with Spinach
Pineapple Tamarind Glazed Baby Pork Ribs with Coconut Rice & Summer Vegetables
Cinnamon Roasted Pork, Mashed Potatoes
Herb Spiced Roasted Duck with Wild Rice
Broiled Salmon with Tomatoes, Basil & Mint & Italian Rice
Lamb Chops with Roasted Garlic, Cognac & Prunes, Scallop Potatoes
Mixed Shellfish in a Tomato Sauce, Garlic Bread and Salad
Hoisin-Glazed Steak with Scallion & Ginger Slaw. Thai Coconut Rice & Stir Fried Vegetables
Sauté Pork Tenderloin Medallions with Roasted Potatoes, Beets & Onion Vinaigrette, Salad
Garlic Crusted Snapper in a cream and lemon sauce with Roasted Vegetables, Hash brown Potatoes

VEGETARIAN OPTIONS

Jerk veggie patties
Black Bean or Vegetable stew
Grilled Vegetable Roll Ups with Salsa & Cheese
Spinach or Cheese Soufflé

Vegetarian Lasagna

Eggplant Parmesan

Vegetable Curry

DESSERT

Blueberry Pie

Lime Peach Pie

Strawberry Cobbler

Banana Bread

Key Lime Pie

Lime Custard Pudding

Homemade Sherbet

Orange Soufflé Pudding

Coffee Mousse

Coconut Cake

Chocolate Mousse

Coconut Cream Pie

Glazed Bananas

Banana Cream Pie

Yogurt Cake

Ginger Crème Brulee

Pecan Pie

Lemon Custard Pudding