



SANDROCK VILLA GUIDELINE MENU

THE MENU IS A GUIDELINE AND CAN ALWAYS BE DISCUSSED WITH MATTHEW

LUNCH

Tomatoes, Mozzarella and Basil with Balsamic Olive Oil

Salad Nicoise With Fresh Tuna

Chicken Salad on A Lettuce and Toast

Omelet Of Your Choice with Green Salad

Fried Chicken Nuggets or Chicken Drumsticks

Spaghetti Bolognese with Salad

Beef Burger on Lettuce, Tomatoes, Cucumber on A Bun with Fries

Roti – Chicken, Fish or Beef with Green Salad

Fish Broth – Local Fish Soup



DINNER

STARTERS AND SOUPS

Rich Callalou Soup with Coconut Milk

Sweet Pumpkin Soup, Tomatoes and Coconut Milk

Creamy Carrot and Ginger Soup

Tomatoes, Mozzarella and Basil served with an Olive Oi / Balsamic Dressing

Grilled Fish on green Salad with a Lemon Dressing

MAINS

Fish Creole with Rice & Peas, Macaroni Pie, Fried Plantain, Cole Slow

Grilled Fish with mashed Potatoes and steamed Vegetables

Baked Fish with rice and steamed vegetables

Pan-fried Fish and Potatoes with Yoghurt/Cucumber, & vegetables

Lobster – boiled or grilled to your choice

Beef Tenderloin with mashed Potatoes, steamed Carrots, green beans

Pork Chops in Jerk BBQ sauce with baked potatoes and vegetables

BBQ ribs with rosemary, eggplant and green, Salad with Passion

Baked lamb leg with couscous and vegetables

Curry chicken in coconut milk, white steam rice, steamed plantain and vegetables

Jerk Chicken with eddo pie or homemade fires and salad

VEGETARIAN MEALS ON REQUEST

DESSERTS

Chocolate Cake Lime Pie

Apple Cinnamon Pie

Cheesecake

Banana Bread

Banana Flambé

Fruit Salad

All can be served with Ice Cream and Whipped Cream

Variations of Cheese

Coffee and Tea