



CANOE COVE

JAMAICA

Menus Listed: Breakfast, Lunch, Dinner

Canoe Cove Breakfast Menus

BREAKFAST BEVERAGES

Fresh Tropical Juices

Fruit or Green Smoothie

Hot Mountain Coffee

Wide selection of Teas

BREAKFAST COLD FOODS

Fresh Seasonal Fruits

Assorted Yogurts

Cereals and Milk

BREAKFAST HOT FOODS

Chef's Choice Porridge

Eggs, Baked Island Sausages, Crispy Bacon Strips

Cinnamon/Plain Toast with Banana or Plain Maple Syrup

Traditional Ackee and Salt Fish with Fried Dumplings and Steamed Greens

Omelettes, Crispy Bacon, Chorizo Sausages, Golden Hash Browns and Baked Herb Tomatoes

Braised Callaloo and Carrots, Crispy Cod Fish, Fried Breadfruit (seasonal) or Fried Sweet Potato Wedges

Scrambled Eggs, Crispy Bacon, Jerk Sausages and Pancake with Papaya or Plain Maple Syrup

Ackee and Spinach Quiche, Sundried Tomato Coulis, Spice Potato Dices topped with Alfalfa sprouts

Baked Beans and Salted Cod, Boiled Green Bananas and Wilted Pak Choy

Grape Tomato Brown Stew Chicken, Dumpling Wheels Buttered String Beans

Marbled Waffles with Pineapple or Maple Syrup

Mozzarella Baked Herb Tomatoes, Pesto Plantains on Steamed Greens

Crispy Corned Pork, Roasted Baby Sweet Potatoes and Pickled Vegetables

Battered Escovitch Snapper, Coconut Soaked Bammy and Mixed Greens

Canoe Cove Lunch Menus

Soup

Street Chicken soup with Spinners

Sea Food Soup

Cream of Pumpkin Spiced soup with Jerk Croutons, Cream Verde

Cream of Sweet Potato and Escallion Soup

Canoe Cove Pepper pot soup

Canoe Cove Asian Style Shrimp/Chicken/Vegetable soup

Red Peas Chicken soup

Legume Soup with Crispy Tortilla Chips

Cauliflower Cream Soup

Salad

Mixed Organic Greens, Crumbled Blue Cheese, Crushed Cashews, Maraschino Cherry Vinaigrette

Baby Greens, Crumbled Feta Cheese, Diced Papaya, Cherry Tomatoes, Orange Pineapple Vinaigrette

Canoe Cove Tossed Organics, Parched Peanuts, Red Wine Balsamic Vinaigrette

Iceberg Lettuce, Sundried Fruit Slivers, Sliced Radishes, Pink Grapefruit Thousand Island Dressing

Marinated Artichokes, Baby Corn, Courgette and Chicken Salad

Torn Romaine Lettuce, Capers, Anchovies, Parmesan Cheese, Chicken (Optional), Cesar Dressing

Young Organic Greens, Sliced Pears, Crumbled Pepper jack, Bacon bits, Blue Cheese Dressing

Marinated Baby Corn, Palm Hearts, Slices Grapes, Cherry Tomatoes and Brussels sprouts Salad

Canoe Cove Greek Salad

Entre'

Canoe Cove Island Jerk Chicken, Canoe Cove Spiced Festival, Butter Brushed Charred Sweet Corn

Scotch Bonnet Coconut Steamed Snapper, Crispy Sorrel Bammy, Braised Broccoli

Four Cheese, Trio Meats, Duo Potato casserole

On Fire Roasted Pepper Puree

Creamed Spinach, String Beans and Broccoli Lasagna, Sundried Arrabbiata Sauce

Canoe Cove Peppered Teriyaki Shrimp Vegetable Pilaf Rice, Creamed Callaloo

Shrimp/Chicken/Vegetable Pad Thai

Canoe Cove Island Barbeque Drum Sticks, Seasoned Potato Wedge sand Sautéed Vegetable sticks

Appleton Shrimp/Chicken Kebabs, Thyme Duchess Potato, Ginger Glazed Vegetables

Canoe Cove Griddled Pork Chop, Pineapple Compote, Guava Ginger Jus, Callaloo Rice

Chicken Lychee Sate, Orange Cream Sauce, Pumpkin Mash Potato, Grilled Asparagus

Seared Mini Steak, Rosemary Jelly, beef jus, Baked Potatoes, Shocked Corn and Sweet Peas

Lobster Mac and Cheese with Grapes Tomatoes, On Chunky Sweet Pea Herb Cream Sauce

Pasta Marinara, (Vegetables, Chicken/Shrimp)

CHEF'S CHOICE LUNCH SWEETS

Fresh Seasonal Fruits, Fruit Tarts, Mousses, Flans, Trifles, Panna cottas, Assorted Cookies,

Cheese Cakes, Cup Cakes, Ice Creams, Bread Puddings, Pies

Cobblers, Donuts, Chocolate, Parfait

Canoe Cove Dinner Menus

Appetizer

Canoe Cove Three Heat Spicy Shrimp Crostini, Topped with Cilantro Oil and Micro Greens

Black Pepper Dusted Snapper on Mild Pickled Cucumbers, Grapefruit Salsa and Yellow Bell Pepper oil

Jerk Sausage, Tomato Bruschetta, Topped with Caramelized Red Onions And Pesto

Zesty Scallop Brochettes, Lime Salsa, Organic Pesto

Jerk Chicken Ball, Spinach Herb Polenta,

Ackee and Bacon Quiche on Pickled Green and Red Bell Pepper,

Topped with Tomato Mousse

Escellion Shrimp and Scallops in Baked Filo Cups, Spicy Cocktail Sauce and Herb Oil

Crack Pepper Crusted Beef and Mushroom Brochette, with Red Wine Reduction and Micro Greens

Bacon Wrapped Pork Bites with Papaya Ginger Glaze

Beef Carpaccio on Pickled Red Onions with Horseradish Aioli

Soup

Fire Roasted Tomato Bisque Crème Fraiche Crispy Croutons

Pumpkin Bisque Cinnamon Crème Fraiche, Spicy Croutons

Cream of Roasted Bell Pepper, Sour Cream and Sweet Potato Croutons

Cream of Broccoli, Sausage Slivers, Parsley Croutons

Chicken Pumpkin Soup

Carrot and Sweet Potato Soup Jerk Sausage Bits

Corn Chowder with Crispy Tortilla Sticks and Baked Sweet Basil

Spicy Chicken Coconut Soup

Tomato and Pumpkin Cappuccino with Cinnamon Crème Fraiche, Crispy Croutons

Chicken Cream Soup with Crème Fraiche and Pesto Croutons

Salad

Mixed Organic Greens, Crumbled Havarti Cheese, Crushed Pecans, Orange Vinaigrette

Mixed Organic Greens, Crumbled Blue Cheese, Crushed Pistachios, Bacon Vinaigrette

Baby Greens, Grated Parmesan Cheese, Smashed Almonds, Mango Slivers, Strawberry Vinaigrette

Sliced Iceberg and Romaine Lettuce, Capers, Diced Chicken, Toasted Peanut, Cesar Dressing

Mixed Organics, Marinated Tomato Wedges, Ripe Plantain Julienne Mango Vinaigrette

Young Organic Greens, Crumbled Pepper Jack Cheese, Honey Roasted Cashews,

Sorrel Ginger Vinaigrette

Local Garden Greens, Sundried Fruits, Smashed Pistachios,

Country Style Ranch Dressing

Mixed Organic Greens, Crumbled Blue Cheese, Crushed Cashews, Sour Sop Vinaigrette

Baby Greens, Crumbled Havarti Cheese, Parched Pecans, Grape Tomatoes,

Maraschino Cherry Vinaigrette

Entre'

Grilled Beef Tenderloin Rosemary Tomato Chutney, Merlot Beef Jus, Thyme Whipped Potato, Sautéed Leeks

Grilled Smoke Pork Chop, Pineapple Ginger Teriyaki Sauce, Sweet Pea Corn Rice, Crisp Pak Choy and Carrot

Seared Candied Cranberry and Cream Cheese Stuffed Pork Medallions, Tarragon Pork Jus Cajun Potato Logs, Sautéed Markets Greens

Grilled Rosemary Rack of Lamb, Ripe Plantain Cream Cheese, Mint Lamb Jus, Escallion Potato Crochets

Braised Oxtail with Broad Beans, Country Style Rice and Peas, Corn on the Cob, Thyme Buttered String Beans

Yard Style Curry Goat, Vegetable Rice, Market Greens

Chicken Cannelloni on Rose Blush Sauce

Garlic Shrimp Scampi, Organic Pesto With Steamed Wild Rice, Turned Seasonal Vegetables

Oven Baked Lobster Tail with Kiwi Salsa Garlic Buere Noir, Sour Cream Whipped Potatoes,

Grilled Rock Lobster, Pickled Granny Smith, Burnt Orange Buere Blanc, With Crochet Potato and Braised Greens, Red Onions and Leeks

Dessert

Baileys Panna Cotta on Strawberry Compote, Topped with Vanilla cream

Cherry Cheese Cake, Topped with Maraschino Cherry Drizzled with Dark Chocolate Sauce

Vanilla Merlot Grape Trifle, Topped with Black Forrest Crumble

Tropical Fruit Pie, Topped with Chef Inspired Ice Cream, Drizzled with Triplesec Infused Grenadine

Sweet Potato Pudding, Topped with Chef Inspired Ice Cream and Candied Raisins

Island Fruit Cake with Mixed Stewed Fruits, Drizzled

With Coconut Vanilla Rum Sauce

Double Chocolate Cheese Cake, with Shaved White Chocolate and Chocolate Syrup

Mustard Pineapple Compote, Cream Filled Cannoli with Raspberry Glaze

Chef Inspired Parfait with Broken Chocolate

Blueberry Filled Chocolate Vanilla Crepes, Topped with Ice Cream and Passion Fruit Sauce



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