



Dinner

Starters

Fish pate

Crepes with various fillings

Stuffed mushrooms or in a pastry

Shrimp in a variety of preparations

Cold soups: cucumber, vichyssoise, gazpacho, fruit

Salads: Green, Caesar, Asparagus vinaigrette, Caprese, Greek

Hot soups: pumpkin, eddo, creamed, vegetable, tomato bisque, lentil

Smoked salmon with capers and toast, salmon mousse and many other preparations

Main Courses

Shepherd's pie

Beef or lamb stew

Grilled or roasted lamb chops

Ginger, Creole, roast or fried chicken

Spaghetti Bolognese or with meatballs

Grilled over coals meats, fish, lobster and vegetables

Green, red and yellow curries with fish, shrimp or chicken

Grilled, fried, baked and poached fish and shrimp with a variety of sauces



Dinner

Sides

Mac and cheese

Baked Barbados yams

Barbados sweet potatoes with pineapple

White potatoes in a variety of preparations

Baked christophene plain or in a cheese sauce

Roasted, stir fried or steamed vegetables in season

Rice and peas, carrot, plain white, jasmine or brown rice

Dessert

Parfaits

Banana foster

Steamed puddings

Pumpkin or apple fritters

Cold mousse: lime, lemon, coconut and chocolate

Hot soufflés : orange, chocolate and other flavours

Pavlova: a traditional dessert made of meringue layers filled with fruit and cream

Cakes and breaks including coconut, pumpkin, banana, chocolate, vanilla, spice, walnut, apple and other

Pies and tarts including apple, pumpkin, coconut custard, lemon meringue, banana cream and many others