

APPETIZERS

Soup of the day \$25 (V)

Vegetable Flatbread \$34 (V)

Artichokes, Goat Cheese, Spinach, Red Onion, Roasted Peppers

Crispy Calamari \$31

Spicy Sun Dried Tomato Aioli

Vegetable Spring Roll \$25 (V)

Sweet Chilli Sauce

Bajan Fish Cakes

Spicy Dip \$25

Hummus \$25 (DF) (V)

Served with Pita Chips and Marinated Olives

Tomato and Mozzarella Bruschetta \$30 (DF) (V)

topped with Arugula, Chili Vinaigrette and Shaved Parmesan

Yellow Fin Tuna Tartar Tacos \$34 (DF)

Two Crispy Tacos topped with Avocado and served with a Spicy Dip

Sliders \$32

Three miniature Angus Beef Burgers each topped with a different topping: Gorgonzola, Aged Cheddar and Caramelized Onion

Chicken Liver Pate \$26

Tomato Relish and Toast

SALADS

Colony Green \$34 (N) (V) (GF) (DF)

Arugula, Kale and Mixed Greens tossed with Cucumber and Pine Nuts and a Fresh Mint and Zesty Citrus Dressing

Chicken \$13 Mahi Mahi \$15 Shrimp \$22

Greek Salad \$31 (GF)

Kalamata Olives, Feta Cheese, Cucumber, Cherry Tomatoes, Red Onions tossed with Salad Leaves

Chicken \$13 Mahi Mahi \$15 Shrimp \$22

Cesar \$30

Focaccia Croutons and Reggiano Parmesan.

Chicken \$13 Mahi Mahi \$15 Shrimp \$22

Mediterranean \$44 (V) (GF) (N)

Olives, Goat and Feta Cheese, Caramelized Walnuts, Apple and Grilled Vegetables French Mustard and Balsamic Vinaigrette

Seared Yellow Fin Tuna Salad \$49 (GF) (DF) (V) (N)

Selection of Fresh Fruits, Vegetables, Marinated Olives, Pine Nuts and Avocado with Lemon Vinaigrette

Local Flying Fish \$45 (GF) (DF) (V)

Grilled Plantain, Pineapple and Mango served with a Tomato Salsa

Oak Smoked Salmon \$42 (GF)

Rocket leaves, Red Onions and a Lemon and Natural Yogurt Dressing

Colony Cobb \$48 (GF)

Smoked Chicken, Blue Cheese, Avocado, Olives, Tomato, Egg, Bacon and a Ranch Dressing

Sliced Steak \$42 (N) (GF)

Mixed Greens. Cherry Tomatoes, Gorgonzola Cheese, Caramelized Walnuts and Creamy Horseradish Dressing and a Balsamic Glaze

Mediterranean Quinoa Bowl \$44 (V) (V)

Feta Cheese, Avocado, Hummus, Kalamata Olives, Cherry Tomatoes, Purple Onion and Cucumber with a Roasted Pepper Vinaigrette

SANDWICHES & WRAPS

Steak Sandwich \$42

Char-Grilled Sirloin Steak with English Mustard,
Caramelized Onions and Fries

Certified Angus Beef Burger \$41

A Choice of Gorgonzola or Aged Cheddar Cheese with Fries

Wild Salmon Burger \$41

Sun Dried Tomato Bun with Roasted Peppers, Arugula,
Goat Cheese and a Green Salad

Traditional Bajan Flying Fish \$41

Salt Bread with Coleslaw and Fries

Blackened Mahi-Mahi Sandwich \$35

Grilled Ciabatta Bread with Garden Salad

Char-Grilled Chicken Breast Sandwich \$36

Served in a home made Salt Bread with Fries

Laguna Traditional Club \$37

Bacon, Ham, Chicken and Cheese, served with Fries
(Available in **GF** - Add \$2)

Caribbean Curried Chicken Roti Mango Chutney \$29

Spicy Chicken Tortilla Wrap \$40

Guacamole, Tomato Salsa, Sour Cream and Taco Chips

Blackened Mahi Mahi Taco (Soft Shell) \$41

Pineapple Salsa, fresh Avocado and fresh Cilantro leaves
Served with Sweet Potato fries. (Served open faced)

BLT Wrap \$33

Bacon, Lettuce and Tomato in a soft tortilla wrap served with Fries

Vegetable Wholewheat Wrap \$38 **V**

Goat Cheese, Mixed Greens and Vegetables in a Whole
Wheat Wrap with a Green Salad

Grilled Vegetables and Mozzarella Pannini \$38 **V**

with a Green Salad

HOT ITEMS

Pan Seared Chicken Breast \$65 **N**

Mint Quinoa Tabbouleh, Tomato Raisin Chutney &
Mustard Leek vinaigrette

Tempura Shrimp \$56

French Fries Sweet Chilli and Soy Sauce

Catch of the Day \$55 **DF GF**

Grilled, served with Basmati Rice or Organic Brown Rice
with Fresh Asparagus and a Tomato Salsa
(For **♥** - ask for no butter in Salsa)

Shrimp Penne \$56

Tossed with Shrimp and a Spicy Tomato Cream Sauce
with Freshly chopped Herbs and Shaved Parmesan
(This is available **GF** - Add \$2)

Pappadelle Pasta \$42

Bolognese Sauce with fresh Parmesan

Pizza \$34

A choice of any two toppings:
Pepperoni, Ham, Bacon, Pineapple, Peppers or Chicken

Sunset Sampler \$59

Tempura Shrimp, Humus with Pita Chips, Cajun Sushi Tuna
with Soya Dip and Vegetable Spring Roll

SIDES

French Fries, Vegetables, Mash Potatoes, Onion Rings, Garden Salad, Cole Slaw \$13

Organic Brown Rice or Avocado \$14

DESSERTS

"Smilie's" Homemade Ice Cream \$26

Choice of Coffee, Pecan Praline, Chocolate, Honey Vanilla, Coconut, Strawberry, Rum and Raisin or Passion Fruit

Tropical Sorbet Trio \$26

Guava, Passion Fruit and Mango

Apple Tart Tatin \$22

Vanilla Ice Cream and Caramel

Tropical Fruit Plate \$32

served with a Mango Coulis

Carmalized Banana Sundae \$26

Chocolate Sauce

Farm House Cheese Plate \$33

Assortment of European Cheese served with Crackers & Grape Chutney

Toasted Decadent Chocolate Brownie \$28

Carmalized Banana, French Vanilla Ice Cream & Chocolate Fudge Sauce

ORGANIC TEA

Organic Peppermint Pure Invigoration \$16

Origin: Oregon, USA

Tea Type: Tisane

Organic Green Tea with Citrus and Ginkgo \$16

Origin: Japan

Tea Type: Green with natural flavours

Organic Bangkok \$16

Black tea with coconut, lemongrass, ginger and vanilla

Origin: China

Tea Type: Black with natural flavours

Organic Assam \$16

A traditional blend of handpicked Black Teas

It is rich with a sweet honey flavor

Origin: India

Tea Type: Black

Organic Rooibos Chai \$16

Earthy South African Red Bush with Sweet Indian Spices

Origin: South Africa

Tea Type: Tisane (Caffeine Free)

COFFEE

Espresso - sgl/dbl \$10/14

Cappuccino \$11

Latte \$11

POTS

Coffee (French Press) \$17/23

Tea \$14

(Breakfast, Chamomile, Mint, Green Tea, Earl Grey)

 = Vegetarian Dish,  = Dairy Free Dish,  = Gluten Free Dish,  = Dish has Nuts,
 = Healthy Dish prepared that has lower fat and sugar content

All Prices are quoted in Barbados Dollars and are inclusive of VAT and subject to a 10% Service Charge.