



17 FRONY STREE, HAMILTON HM 11
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Take Out Menu

1. **Traditional Bermuda Fish Chowder & Soup of the Day** \$6
Enhanced with Optional Traditional Black Rum and Sherry Pepper
2. **Efit Soup** \$6
A Lifestyle Creation
3. **Fresh Assorted Garden Greens**
Tossed with Avocado, Carrot, Cucumber, Tomato, Mandarin Orange, Toasted Almonds, Cranberries & Muse Lemon Vinaigrette
Regular: \$7
With Marinated Grilled Chicken: \$12
With Garlic Sautéed Shrimp: \$15
4. **Muse Caesar Salad**
Crisp Romaine Lettuce, Tossed with Grated Parmesan, Garlic Croutons & Homemade Dressing.
Regular: \$7
With Marinated Grilled Chicken: \$12
With Garlic Sautéed Shrimp: \$15
5. **Codfish Cake with Caramelized Banana and Avocado** \$12
Served on Raisin Bread, Spread with Tartar Sauce with Fries or Salad
6. **Caribbean Conch Fritters** \$12
Served with Green Salad and Mango Marmalade and Mary Rose Sauce
7. **Zesty Lemon Pepper Calamari** \$12
Served with House Salad, Spicy Tomato Sauce, Fruit Chutney
8. **Boston Bay Jerk Chicken Sauté** \$12
Island Flavors Enhanced Chicken Skewers, Served with House Salad
9. **Cajun Fish Sandwich** \$12
Cajun Seasoned Flaky Fish Fillet on Toasty Soft Bun with Tartar Spread, Lettuce and Tomato, Accompanied by Fries or House Salad



- 10. Marinated Grilled Chicken Salad Wrap** \$12
Accompanied by House Salad or Fries
- 11. Jerked Chicken Panini** \$12
Marinated Chicken with Melted Cheese, Lettuce and Tomato, Served with House Salad or Fries
- 12. Muse Ciabatta Club Sandwich** \$14
Thinly Sliced Turkey, Ham, Bacon, Avocado, Fresh Mozzarella, Lettuce and Tomato on Ciabatta Bread, Spread with Sundried Tomato Pesto Mayo, Served with House Fries or Garden Salad
- 13. Caprese Flatbread Pizza** Small \$10 Large \$14)
Optional Toppings, \$1.00 each: Mushroom, Onion, Tomato, Bell Pepper, Spinach, Chicken, Bacon, Ham, Sausage, Pineapple, Olive
- 14. Gombey BBQ Pulled Pork Sandwich** \$14
Stocked with BBQ Pulled Pork, Monterey Pepper Jack Cheese, Pineapple Sliver, Lettuce and Tomato on Baguette, Served with Fries or Salad
- 15. Balsamic, Basil and Garlic Grilled Vegetable Wrap** \$12
Balsamic, Basil and Garlic Marinated Vegetables Grilled in Whole Wheat Wrap with Fresh Mozzarella, Olives, Avocado, Tomato and Baby Spinach
- 16. Grilled Beef Burger or Turkey Burger or Garden Burger** \$14
Served with Melted Havarti Cheese, Sautéed Onions, Mushroom, Lettuce and Tomato on Sesame Bun, Served with House Salad or Fries
- 17. Blacken Atlantic Salmon** \$25
Served with Fresh Greens, Tossed with Avocado, Cucumber, Roma Tomato, Toasted Almonds and Cranberries, Orange and Lemon Vinaigrette
- 18. Rockfish, Salmon or Catch of the Day** \$25
Fresh Fish Seared, Grilled or Blackened, Served with Sautéed Vegetables, Rice Pilaf or Roasted Potato and Lemon Butter Sauce
- 19. Black Seal and Pineapple BBQ Beef Short Ribs** \$21
Slow Cooked Beef Rib, Enhanced with Black Rum and Pineapple BBQ Sauce, Served with Coleslaw and a Choice of Mac & Cheese Fries or House Salad



20. **10 oz Charbroiled Angus Steak Frites** \$25
Served with Peppercorn Mushroom Sauce, Fries and a House Salad
21. **Mildly Spiced Jerk Chicken Breast** \$21
Arranged with Seasonal Vegetables, Fried Plantain and Mac & Cheese
22. **Pasta Primavera (Penne or Fettuccini)** \$12
Choice of Tomato Marinara Sauce or Creamy Mushroom Alfredo, Served with Garlic Toast
Add: Grilled Chicken: \$6 Sautéed Shrimp: \$8

Dessert

- Warm Apple & Peach Crumble Tarts** \$6
Accompanied by Vanilla Ice Cream
- Bread and Butter Pudding** \$6
With Irish Spirit & Vanilla Custard Sauce
- New York Style Cheese Cake** \$6
Served with Fruit Coulis