

# Dinner Menu



## To Start

- Lemon Pepper Calamari: Perfectly seasoned, Spiced Tomato Sauce, Pineapple & Melon Jam \$13  
Caribbean Conch Fritters: Bed of Green Salad, Fruit Chutney & Tartar Sauce \$13  
Sambuca Shrimp & Escargot: Garlic Scented Mushroom A La Crème \$15

## Soups to Savour

- Savory Soup of the day: Ask your Server Small: \$6 Large: \$10  
Efit Soup: Vegetable (low Carbohydrate) Soup for the Diet Conscious Small: \$6 Large: \$10

## Seasonal Salads

- Green Salad: Greens, Cucumber, Tomato, Cranberries, Avocado, Sprouts & Almonds\* \$13  
Caesar Salad: Crisp Romaine, Herb Croutons & Parmesan, with Creamy Garlic Dressing \$15  
Muse Baby Spinach Salad: Almonds, Cranberries, Bacon, Egg, Mushroom\* \$14

\*Choice of homemade dressings

## The Main Meal

### From the Ocean

- Perfect Seared Rock fish: Complimented with Luscious Lemon Butter Sauce \$32  
Head Chef's Cajun Blackened Salmon: Enhanced with Sancerre White Wine Sauce \$32  
Fresh Mussels: Braised White Wine, Herb, Garlic & Cream. Grilled Baguette \$25  
Ask your server about our CATCH of the day: Market Price: \$

### From the Land

- Angus Beef Tenderloin Style: Ravishing Red Wine Sauce Caramelized Onions & Mushrooms \$42  
Grilled Strip Loin Steak: Contrasted With Bourbon, Black Pepper & Mushroom Sauce \$40

### Best of Land & Sea

- Surf & Turf: 6oz Black Angus Beef Tenderloin or 10oz New York Steak with Sautéed Shrimp \$48

## Chef's Pasta of The Day

- Choice: Penne or Fettuccini complemented with your savory protein choice & a delicate sauce \$29

"ASK FOR EFIT our lower carbohydrate diet-friendly versions of salmon, chicken or fish"

