

Dinner Menu



To Start or Share

\$13

Caribbean Conch Fritters: Crispy Fritters, Tropical Fruit Marmalade & Spiced Tartar
Lemon Pepper Calamari: Classic Twist with Tomato Sauce, and a Pineapple-Melon Jam
Homemade dips: (choose any 2) Sophisticated Hummus, Sy's Ethiopian Tomato Salad ✚fit
or Labne served with our Crispy Homemade Tortilla Chips or Warmed Pita

Soups to Savor

\$9

Luscious Leek: Velvety Leek & Celeriac Soup Garnished with Ground Pepper & Sprouts ✚fit
Soup of the day: Ask your server for today's Simmering Big Bowl Creation

Sensational Salads

Caesar Salad: Crisp Romaine Leaves Tossed with Dressing, Parmesan & Garlic Croutons \$13
Spinach Salad: Avocado, Almonds, Cranberries, Bacon, Egg, Mushrooms ✚fit \$12
Add to any Salad: Grilled Chicken, Fish or Garlic Sautéed Shrimp: \$10

The Main Meal

From the Ocean

Blackened Salmon: Delicate Moist Salmon enhanced with a Sancerre White Wine Sauce ✚fit \$29
Perfectly Seared Rockfish: Lemon & White Wine Sauce with Pilaf or Potato & Herbed Vegetable ✚fit \$29

From the Land

Muse Beef Burger or Turkey Burger: Havarti Cheese, Onions, Mushrooms ✚fit \$19
Grilled 10oz Striploin Steak: Contrasted with Bourbon, Black Pepper & Mushroom \$39
Angus Beef Tenderloin: Ravishing Red Wine Sauce, Caramelized Onions & Mushrooms ✚fit \$42
Beef Bolognese: Linguini served Al-Dente with Minced Beef & Parmesan Cheese \$19
Surf & Turf: 6oz Tenderloin or 10oz New York with Garlic Sautéed Shrimp \$48

From the Chef's Pantry

Homemade Béchamel Lasagna: Classic Beef Layered with Mozzarella & Béchamel Sauce
or choose **Vegetarian style:** Locally Grown Vegetables Broccoli, Zucchini, Mushrooms \$19
Quinoa Wild Rice Bowl: Fresh greens, Tomato, Onion, Pepper, Avocado, Candied Nuts
Tossed with our Chefs Lemon Vinaigrette. Choice of Chicken or Shrimp \$26

✚fit Ask about our Efit "Low Carbohydrate-Low Fat" Choices available on these dishes!

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"all you need is love, but a little chocolate now and then doesn't hurt"...ask about our decadent desserts!