



Dietary & Food Guide	WG Vegan	LD Local dish
NF Nut free	DF Dairy free	KA Kids approved
VG Vegetarian	GF Gluten free	MC My creation

BREAKFASTMENU

1. Eggs – a) Fried any style
b) Omelets any style
c) Boiled(soft or hard)
d) Poached(soft, medium or hard)
2. Sides – a) Steak, bacon, Hot dog ,Ham or Sausages
b) Pancakes(banana, berries or fresh coconut) or Waffles(plain or chocolate chip)
c) Crapes
l) Toast
j) Fruit platter(your choice of fruits)
k) Breakfast potatoes, potato and veggie cakes or hash browns
3. Breakfast sandwiches – a) Eggs Benedict(Scottish, regular or TFC).
b) FTS – (French toast ,bacon, cheese, scrambled eggs, home-made pineapple syrup.)
c) BLT .
4. Dishes :
 - Grits & corn beef(fire engine): simmered with bell peppers, onions, tomatoes in a mild light red sauce served with avocado slices.
 - Lightly steamed herbed tofu or Cajun style steamed cabbage: Served with grits.
 - T.C.I Coco lumps: sweet dumplings rolled into balls boiled in a rich and creamy chocolate sauce.
 - Fresh Caicos boil fish with peas & grits: freshly caught local grouper or snapper season to perfection boiled along with lemon juice, special spices and seasonings. Served with fresh Johnny cake.
5. Cereals & wheat's: (a choice of any of the following)
 - Cream of wheat: boiled together with or without milk and sugars.
 Oatmeal: boiled together with cinnamon, nutmeg, brown sugar and honey.
 - Porridges: Peanut butter and banana porridge or Corn meal



LUNCH & DINNER

Apps:

1. Skewers/kebabs :

- **Hawaiian chicken skewers:** Marinated in a sweet soy mix.
- **Steak:** With mushrooms & onions served with chimichurri sauce.
- **Veggie:** Served with chimichurri sauce.
- **Fresh fish or scallop:** Served with my mango sauce.

2. Spring rolls :

- **Chicken:** served with sweet & sour sauce.
- **Steak & mushroom:** served with my A1 dip.
- **Roasted veggies & turkey:** Served with a mushroom gravy dip.
- **Veggie :** Served with sweet & sour sauce.
- **Shrimp or lobster:** served with tartar sauce dip or sweet & sour sauce.

3. Dumplings :

- **Gyoza fried or steamed dumplings:** Shrimp, lobster or crab served with red soy dip.
- **Cabbage enchiladas:** Stuffed with veggies, herbs & spices Served with sweet chili and Sriracha sauce.
- **Greek wontons:** chicken, shrimp or pork served with red soy dip.

4. Soups, Stews and Chowders :

- **Dreamy and creamy conch or clam chowder:** small pieces of tender conch, diced veggies, herbs & spices simmered along with creams and served with garlic bread.
- **Veggie wonton soup or Two bean chili:** Served with garlic bread.
- **Caicos boil fish:** Fresh grouper or snapper slow cooked with herbs & spices, lemons and vinegar or Pork /Chicken souse: served with Johnny cake.
- **Pumpkin soup, slowly roasted cooked along with cream and spices:** Served with grilled bread.
- Served with fresh Johnny cake.
- **Caicos stewed conch:** slow cooked tender trips along with fresh veggies herbs & spices in a rich sauce, served with fresh Johnny cake.
- **Chef Ricks seafood jambalaya:** Sautéed veggies, suageges, bacon and a mix of seafood served with red beans & rice, corn and garlic spinach.



5. Salads :

- **Spinach:** with dried cranberries, pear, almonds tossed in a apple vinaigrette.
- **Avocado & cilantro:** with diced veggies drizzled with a lemon vinaigrette dressing.
- **Fruit salad:** Diced fruits in a refreshing citrus & mint juice.
- **Sweet corn and kale:** sautéed together with peppers and onions then tossed with white truffle oil.
- **Quinoa:** Cooked together with diced veggies, lemon juice and tomato paste. (Served warmed or chilled).
- **Chef ricks Conch salad:** Small chunks of diced conch mixed with diced pineapples and veggies in my spicy citrus juice.
- **Raw Veggie salad:** julienned cucumbers, carrots, bell pepper and tomatoes served with my Cesar or blue cheese dressing.
- Chips , guac and Salsa.
- **Chef Ricks or Green salad :** with your choice of what goes inside and the dressing.
- **Caesar:** served with fresh croutons & Parmesan cheese.
- **Macaroni and tuna:** Mixed with mayo, mustard, diced veggies and green peas.
- A sorted meats & cheese platter.
- **Lobster salad:** Lightly mixed together with lemon mayo sauce, diced tomatoes, artichokes, red onions, cucumbers and capers, served with grilled bread.
- **Crab salad:** mixed with mustard, mayo, diced veggies, garlic, butter and citrus juice.
- **Fresh tuna tartar:** lightly mixed with lemon mustard and roasted veggies. Served with grilled bread.
- **Fresh snapper ceviche:** In a spicy citrus or coconut juice along with diced tomatoes, scallions, and mangoes.
- **Chicken & Dill:** Dice grilled chicken breast along with bell peppers, cucumbers, tomatoes tossed in a citrus yogurt dressing.
- **Grilled octopus salad:** cooked in its own juice along with lemon, herbs & spices then grilled and place on top of a arugula, roasted pepper and fennel salad.
- **Chef Ricks blood red arugula salad:** beets, oranges, red onions, cherry tomatoes, and pines nuts tossed in my beet vinaigrette dressing.



6. Breaded and pan-seared :

- **Coconut shrimp or crack conch:** served with my Turks hot or tropical sauce.
- **Scallops in the sky:** Pan-seared Cajun scallops wrapped in bacon sitting on top of a cloud (CS).
- **Floured or breaded cheese sticks:** with my fettaniara sauce.
- **Stuffed Eggplants or mushrooms:** With sautéed spinach, garlic, tomato paste, mixed veggies and bread crumbs. Baked to perfection with or without cheese.
- **Breaded chicken or fish fingers:** (using local fish) Served with Turks hot or tartar sauce.

7. Sliders & sandwiches :

- **Home-made meat ball sliders:** sautéed in fresh tomato sauce and topped with provolone cheese and basil served in a French baguette.
- **Crispy wings:** served with home-made fries and spicy ketchup
- **Turkey sliders:** with sliced black olives, tomatoes, arugula, and feta cheese crumbles on a honey wheat bread: Served with sweet potato fries.
- **Jalapeno poppers:** oven roasted stuffed with mixed cheese and topped with sweet tomato jam.
- **Conchy conch fritters:** Served with Turks hot pink sauce or jerk mayo.
- **Home-made Potato and veggie cakes:** Served with spicy ketchup.
- **Fresh Veggie fritters:** Served with spicy ketchup.
- **Philly cheese steak sliders or Tuna & cheese melt:** Served with home-made fries.
- **PB & J sandwich** or Grilled cheese & fries.

8. Burgers & wraps:

- **Angus beef burgers:** stuffed with mushrooms, spinach, bell peppers, bacon, jalapeños and Swiss cheese: served with home-made fries or salad.
- **Fresh Fish** or conch burgers (fried or grilled) : Served with sautéed onions, fresh lettuces & tomatoes, pickles and chadder cheese on a freshly baked bun.
- **Home-made veggie burgers:** A mix of veggies, herbs, spices and staples: served with home-made fries.
- **Grilled chicken breast:** blackened, Sautéed mushrooms and bacon, topped with chadder cheese sliced jalapenos and drizzled with honey mustard: served with green salad or homemade fries.
- **Homemade veggie loaf:** Sautéed veggies, garlic, herbs & spices wrapped in my special fry bread.
- **Jerk chicken wrap:** with roasted veggies or shrimp with kale, onions, mushrooms and tomatoes.
- **Roasted veggie wrap:** or steak with mushrooms, kale, peppers & caramelized.



- Main courses:

9. Pastas :

- **Smoked salmon:** flambéed with capers, roasted peppers and spinach then tossed in my pink sauce along with penne pasta.
- **Creamy conch, lobster or Shrimp :** With linguine.
- **Creamy chadder steak:** Sautéed with onions, tomatoes and yellow squash.
- **3Cs:** sautéed with onions & tomatoes.
- **Veggie:** with tomato sauce or Ss & extra virgin olive oil.
- **Clams or mussels & linguine :** Flambéed with garlic and jalapeño purée in a light tomato sauce.
- **Spaghetti and veggie balls:** In a tomato sauce or Herbed spiced with spinach & mushrooms tossed in EVO.
- **Penne:** olive oil, butter, tomato or cream sauce.

10. Lasagnas :

- Ground beef & ricotta.
- **Veggies:** tomato sauce & mixed cheese.
- Eggplant
- Seafood

11. Pizzas (personal, family sized, deep dish or calzones):

- Pepperoni and cheese
- BBQ chicken & pineapples or BBQ fish & mangoes
- Meat lovers
- Four cheeses
- Veggie or **VVP or Vegan veggie pizza:** Thin crusted topped with tomato sauce and grilled veggies.
- Shrimp



12. Quesadillas:

- **Freshly blackened fish or scallop:** sautéed strips of fish or pan-seared scallops with bell peppers, onions, tomatoes, Monterey jack and cheddar cheese: Topped with mango salsa and sour cream on the side.
- **Plain or Veggie and black beans:** Topped with pico and guac on the side.
- **Ground beef or steak:** served with pico and sour cream on the side.

13. Tacos:

- **Blackened seafood tacos:** With either of or combination of fish, conch, shrimp or (lobster when in season) mixed cheese, Topped with mango salsa and served with home-made fries.
- **Veggie tacos:** Topped with mixed cheese, pico and served with home-made fries.
- **Chicken tacos:** Topped with lettuces, tomatoes, and served with home-made fries.
- **Pork tacos:** Spicy and topped with Cole slaw, served with home-made fries.

14. Burritos:

- **BBQ ribs or chicken burritos:** Served with salsa roja and sour cream on the side.
- **Shrimp, fish or lobster burritos:** Served with salsa roja and sour cream on the side.
- **Ground beef or steak burritos:** Served with salsa roja and sour cream on the side.
- **Veggie or black beans and kale burritos:** Served with salsa roja and sour cream on the side.

15. Nachos:

- **Grilled blackened shrimps nachos:** Topped with mango salsa and sour cream on the side.
- **Veggie or cheese nachos:** Topped with guac and sour cream on the side.
- **Ground beef or steak nachos:** Topped with pico and sour cream on the side.
- **Pork nachos:** Sauteed with bell peppers, tomatoes, pickled jalapeno, and caramelized onions Sour cream on the side.
- **BBQ chicken nachos:** Topped with pico and sour cream on the side.



16. Dishes & sides:

- **Fall off the bone BBQ Ribs:** Served with coleslaw and home-made fries.
- **Baked , BBQ, or Curry Chicken:** Served with buttery white or beans & rice a side choice of Cole slaw, sweet fried plantains, or green salad.
- **Local Snapper steamed in a savoury Cajun butter sauce or grilled:** Served with beans & rice a side choice of fresh avocados, bake Mac and cheese or sweet fried plantains.
- **Hashed Lobster:** simmered in a light tomato sauce along with bell peppers and onions served with buttery white rice a side choice of fresh avocados, sweet fried plantains or steamed corn.
- **Cajun or jerk veggies:** Served with Black beans & rice or buttery(margarine) white rice and pineapple Cole slaw.
- **Veggie fried rice:** Served with duck sauce or
- **Sweet and spicy tofu:** Served with beans & rice a choice side of sliced avocados, fried sweet plantains, or green salad.
- **Brown stew Chicken or Fish:** Sautéed with onions, tomatoes coconut milk and butter. Served with white rice, green salad or ground foods.
- **Steak and Fries:** Marinated grilled steak of your choice served with homemade fries and caramelized onions.
- **Escoveitch Fish:** Crispy fried snapper fillets Lightly sauteed with Carrots and onions in a sour & spicy juice served with buttery white rice.
- **Chicken or Fish teriyaki:** Sautéed with veggies and pineapple, Served with buttery white rice.
- **Grilled platter:** your favorite seafoods and meats grilled to perfection served with chimichurri sauce.
- **Local style Oxtail or Stew Beef:** Slow cooked with veggies, herbs and cajun spices served with buttery white or beans & rice a side choice of Cole slaw, sweet fried plantains or potato salad.
- **Herb marinated Pork/ lamb chops or pan-roasted stuffed Pork tenderloin:** Served with a choice of buttery white rice or garlic mashed potatoes and steamed veggies or potato salad.
- **A choice of either lemon and Herb roasted whole chicken/ turkey or honey glazed ham:** Served with garlic or sweet mashed potatoes along with steamed baby carrots, asparagus, and my sweet cornflower purée.
- **(Sleeping Fish) oven roasted whole Fish:** season just right stuffed with veggies, potatoes, and herbs on a bed of greens.
- **Lobster thurmidor:** Topped with sauce, sautéed mushrooms, onions and slowly baked. Served with garlic mashed potatoes and steamed veggies or green salad .
- **Slow cooked and grilled Octopus:** cooked in its own juice along with lemons, herbs and spices: served with a green salad and corn meal balls.



DESSERT MENU

- Chocolate chip cookies-(vvg)
- Lemon raspberry cheese cake-(vvg)
- Peanut butter caramel rice Krispies bars-(vvg)
- Key lime Pie-(vvg)
- Banana bread-(vvg)
- Sweet potato pie-(vvg)
- Fresh sorbets-(vvg)
- **Carrot cake:** Topped with orange cream cheese frosting.
- **Cheese cakes:** rum and raisin, chocolate chip, strawberry, mango, cherry or blue berries.
- Pineapple upside down cake.
- **Sweet fried bananas:** Served with vanilla ice-cream and chocolate sauce.
- **Fresh Banana bread:** Served with vanilla ice-cream.
- **Chocolate cake:** served with vanilla ice cream.
- **Classic tiramisu:** with cocoa powder(with or without rum).
- **Banana split trifle:** With whipped cream or vanilla ice cream.
- **Key lemon lime pie:** topped with whipped cream & Cherries.
- **Panna cotta:** Plain or with berry compote.
- Corn bread muffins.
- **Pumpkin pie:** topped with whipped cream.
- **Pecan pie:** with caramel sauce.
- **Apple pie:** served with vanilla ice cream
- **Christmas mousse:** topped with cinnamon and nutmeg
- **Ginger bread cookies:** served with vanilla ice cream
- Classic fruit cake