



## LUNCH MENU

### SIGNATURE LUNCH BOWLS

*Our signature lunch bowls are made with farm to table vegetables and locally sourced meats, all infused with aromatics and medicinal herbs.*

#### Root Vegetable Bowl

*dasheen, sweet potato, green banana, sautéed tomato, plantain, lentils and chopped salad with the option of:  
Fish +\$3 / Chicken +\$3 / Shrimp +\$5*

**\$20**

#### Roti Bowl

*coconut curry vegetable stew with chickpeas, chadon beni, roti shell, chopped salad and lime with the option of:  
Fish +\$3 / Chicken +\$3 / Shrimp +\$5*

**\$22**

*add freshly sliced Avocado to your bowl for \$3  
(seasonal availability)*

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**Root vegetables** are truly natural, unadulterated sources of complex carbohydrates, antioxidants and important nutrients. They are low in calories and high in antioxidants, with a wide variety of vitamins and minerals. Root vegetables have a low glycemic index load, and cause less digestive and inflammatory issues that many grains do. They are wonderful sources of fibre and good carbs for a healthier diet, not to mention they taste delicious.

**Dasheen (also known as Taro)** is a local root vegetable. Its benefits come from its rich source of minerals and nutrients that include potassium, calcium, magnesium, phosphorus, folate and fibre. It contains antioxidants and vitamin C, B and E, with 30% less fat than its cousin the potato.

**Green Bananas** are high resistant starch that is low in sugar. They are also high in fibre, potassium, vitamin B6 and C. Green bananas serve as the perfect food for the 'good and friendly' bacteria in our bodies to help achieve a healthier stomach and digestive tract.

Our local **Sweet Potatoes** are packed with nutrients and sweet flavour. They are one of the most versatile and healthy vegetables available, with high levels of beta-carotene, vitamin C and magnesium that produce strong anti-inflammatory effects.



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### APPETIZERS

**Accra** \$10  
*fish fritters with curry mayo and fresh greens*

**Soup of the Day** \$12  
*served with garlic crositini*

**Grilled Kebab** \$15  
*grilled beef, chicken or fish with soy ginger glaze*

**Caesar** \$13  
*classic caesar salad with option of:  
Grilled Fish +\$3 / Jerk Chicken +\$3 /  
Garlic Shrimp +\$5*

**Organic Salad** \$13  
*farm to table lettuce with organic vegetables and mango-lime dressing*

### HANDHELDS & SANDWICHES

**Jerk Chicken & Pineapple Sandwich** \$18  
*served on homemade toast with pickled red onions and jerk mayo*

**Gros Piton Burger** \$20  
*beef patty served on a sesame bun with bacon, fried egg, cheddar and special sauce*

**Mango Tree Tacos** \$15  
*fresh slaw and seasonal salsa on plantain soft shell or breadfruit hard shell, with the option of:  
Sautéed Vegetables / Grilled Fish +\$3 / Jerk Chicken +\$3 / Garlic Shrimp +\$5*

**Stonefield Roti** \$14  
*Coconut curry with local vegetables, potatoes and chickpeas with the option of:  
Fish +\$3 / Chicken +\$3 / Shrimp +\$5*

### ENTREES

**Coconut Crusted Chicken** \$26  
*served with sweet potato mash and glaze chicken jus*

**Catch of the Day** \$28  
*served with green banana mash and caper beurre blanc*

**Garlic Steak Bites** \$34  
*served with chimichurri and sweet potato mash*

### DESSERT

**Nicky's Bounty Ice Cream** \$8  
*local artisanal ice cream in a variety of flavours*

**Miss Cecilia's Famous Slice** \$10  
*fresh baked daily and served with local ice cream*

**Homemade Bread Pudding** \$12  
*signature recipe served with local ice cream*