



BREAKFAST

All meals, local fresh fruit juices, coffee and teas are included on Jungle Bay's meal plans

Buffet / Full Breakfast

US\$ 28.75 / EC\$ 77.05

BASICS

Mini pastry plate Assortment of fried bakes, toast & muffin or other freshly baked goods	US\$ 15.00 EC\$ 40.20
Oatmeal Old fashion, whole grain*	US\$ 10.00 EC\$ 26.80
Cream of wheat*	US\$ 10.00 EC\$ 26.80
Assorted Seasonal Fruit Plate	US\$ 10.00 EC\$ 26.80

EGGS

Served with crispy potatoes

Eggs Your Way Two eggs any style (over-easy, poached, scrambled), bacon or ham & toast	US\$ 22.00 EC\$ 58.96
Eggs Benedict Poached eggs, ham, on an english muffin topped with hollandaise sauce <i>Available without ham on request</i>	US\$ 22.00 EC\$ 58.96
Two Egg Omelettes (Egg White on request) Vegetables & Mushrooms Cheese (Cheddar or Goat) Smoked Herring & Vegetables Ham or Bacon & Vegetables	US\$ 20.00 EC\$ 53.60

OUR SPECIALITIES

Dominican Breakfast Egg, tomato, cucumber salad, salt fish boiled green bananas, grilled plantains & bakes	US\$ 22.00 EC\$ 58.96
French Toast Home-made bread dipped in egg, milk & cinnamon. With syrup or guava jelly	US\$ 18.00 EC\$ 48.24
Toloma Dominican arrowroot*	US\$ 10.00 EC\$ 26.80
Coco Farina Cassava root*	US\$ 10.00 EC\$ 26.80
Cold Cereals Corn flakes, bran flakes & granola	US\$ 8.00 EC\$ 21.44
<i>*With your choice of: milk, almond milk, coconut milk, honey, raisins & grated coconut</i>	
Jungle Bay's Fish Florentine Grilled fish, sautéed spinach, poached eggs on a whole wheat bun* topped with hollandaise sauce. (*English Muffin if available)	US\$ 22.00 EC\$ 58.96
Pancakes With your choice of bananas, syrup or guava jelly	US\$ 18.00 EC\$ 48.24
Vegan Pancakes With your choice of bananas, syrup or guava jelly	US\$ 18.00 EC\$ 48.24
Crepes With your choice of bananas, Nutella, syrup or guava jelly	US\$ 16.00 EC\$ 42.88

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SANDWICHES

Served with crispy potatoes

Monte Cristo US\$ 22.00
French toast, sliced turkey ham & cheese EC\$ 58.96
melted to perfection

Breakfast Burrito US\$ 18.00

Tomatoes, jalapeño peppers, scrambled eggs & cheese in a wrap with a sides of pico de gallo and refried beans EC\$ 48.24

Breakfast Sandwich US\$ 18.00

Egg, ham and cheese on a whole wheat bun. English Muffin if available. EC\$ 48.24

SIDES

Smoked bacon	US\$ 8.00 / EC\$ 21.44
Crispy potatoes	US\$ 6.00 / EC\$ 16.08
Grilled seasoned tomatoes	US\$ 6.00 / EC\$ 16.08

BEVERAGES

Fresh local juice US\$ 4.00
Ask for today's freshly made juices EC\$ 10.72

Smoothie US\$ 8.00
Create your own blend with seasonal fruits and greens EC\$ 21.44

Dominican locally grown coffee US\$ 4.00
EC\$ 10.72

Teas US\$ 4.00
Black, ginger or "herbal bush tea" EC\$ 10.72

Cocoa tea US\$ 4.00
Our version of local hot chocolate with bay, cinnamon and nutmeg. A "must try" in Dominica! EC\$ 10.72

Milk US\$ 4.00
Soy, almond, coconut or regular EC\$ 10.72

BRUNCH COCKTAILS

Mimosa Dominican style US\$ 8.00
Sparkling wine & passionfruit juice EC\$ 21.44

Sparkeling wine US\$ 8.00
EC\$ 21.44

Bloody Mary or Bloody Caesar US\$ 8.00
EC\$ 21.44

Coffee with a kick US\$ 10.00
Local Coffee and 1 oz of Coconut punch, Coffee punch or Irish Cream Baileys EC\$ 26.80

Jungle Bay's power drink US\$ 10.00
Guinness, egg, lime rind & condensed milk EC\$ 26.80



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Calabash

RESTAURANT

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✓ **Jungle Bay Green Salad** US\$ 14 / EC\$ 37.52
Fresh mixed greens, cabbage and grated carrots from nearby farms make the base for this salad. Topped with tomatoes, cucumbers and your choice of protein. Vinaigrette dressing and garlic bread are served on the side.

- Add grilled chicken, fish or tofu + US\$ 5 / EC\$ 13.40
- Add sautéed shrimp + US\$ 8 / EC\$ 21.44

✓ **Tofu Mix** US\$ 18 / EC\$ 48.24
Mixture of tofu, sautéed beans, onions, garlic & celery slowly stewed in a creole sauce and served with brown rice, root vegetable, fried plantain and salad.

✓ **Curry Roti Wrap**
Savory curry stew consisting of carrots, potatoes, celery, garbanzo beans (chickpeas) & Caribbean seasoning is wrapped in a roti shell then topped with pineapple & raisin chutney. Served with fries or fried plantain and salad.

- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
- With shrimp US\$ 28 / EC\$ 75.04

Country Style Pork with Potato & Carrot US\$ 23 / EC\$ 61.64
Pork is stewed with potato & carrot. A sampler of sides includes coleslaw, pink beans, rice, salad & fried plantain.

✓ **Dominica Delight** US\$ 23 / EC\$ 61.64
This signature Dominican dish features a choice of grilled **fish, chicken or tofu** served with a sampler of several sides including lentils or beans of the day, fried plantain, brown rice, root vegetable and salad.

✓ **Vegetarian Patties** US\$ 20 / EC\$ 53.60
This traditional Caribbean pastry is folded over and filled with lentils and vegetables. Served with salad.

JB Chicken Wings US\$ 20 / EC\$ 53.60
Our tasty, breaded chicken wings are cooked to golden brown. Take your choice of BBQ, honey mustard or sweet chili sauce. Served with french fries and salad.

Desserts US\$ 12 / EC\$ 32.16
Request today's desserts from your server which may include a selection of ice-cream, fruit salad, tarts, cakes or mousse.

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MONDAY

All meals, local fresh fruit juices, coffee and teas are included in the Adventure Wellness Package

D N E M W E N E D H O N D L U N C H

MONDAY

Jungle Bay Green Salad

US\$ 29 / EC\$ 77.72

Fresh mixed greens from nearby farms make the base for this salad. Its then topped with tomatoes and your choice of protein. Vinaigrette dressing and garlic bread are served on the side.

- Add grilled chicken + US\$ 29 / EC\$ 77.72
- Add grilled fish + US\$ 29 / EC\$ 77.72
- Add sautéed shrimp + US\$ 29 / EC\$ 77.72

Ginger Chicken Wrap

US\$ 29 / EC\$ 77.72

Shredded chicken drizzled in tangy ginger sauce, onions, carrots and lettuce are wrapped in a roti shell then served with fried plantains or a side salad.

Curry Roti Wrap

Savory curry stew consisting of carrots, potatoes, celery, chickpeas & Caribbean seasoning is wrapped in a roti shell then topped with house-made fruit chutney. Served with fries or plantain and salad.

Fish	US\$ 29 / EC\$ 77.72	Chicken	US\$ 29 / EC\$ 77.72
Tofu	US\$ 29 / EC\$ 77.72	Shrimp	US\$ 29 / EC\$ 77.72

Veggie Deluxe

US\$ 29 / EC\$ 77.72

These tasty patties are made from chickpeas, carrots and local green seasoning then cooked to a light crispy texture. They are served with coconut curry dip, brown rice, fried plantain & salad on the side.

Hummus and Roasted Pepper Wrap

US\$ 29 / EC\$ 77.72

Hummus (chickpeas, sesame seeds, garlic, salt & lime juice) accented with tomato, lettuce and cucumber wrapped in a roti shell. Served with fried plantains or a side salad.

Pork Riblets

US\$ 29 / EC\$ 77.72

Our tender pork riblets are smothered in BBQ sauce then served with french fries and a side salad.

Desserts

US\$ 29 / EC\$ 77.72

Request today's desserts from your server which may include a selection of ice-cream, fruit salad, tarts, cakes or mousse.

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D O M I N I C A M E N U H O N O U R I N G

TUESDAY

- ✓ **Jungle Bay Green Salad** US\$ 14 / EC\$ 37.52
 Fresh mixed greens, cabbage and grated carrots from nearby farms make the base for this salad. Topped with tomatoes, cucumbers and your choice of protein. Vinaigrette dressing and garlic bread are served on the side.
- Add grilled chicken, fish or tofu + US\$ 5 / EC\$ 13.40
 - Add sautéed shrimp + US\$ 8 / EC\$ 21.44

Grilled Chicken Sandwich US\$ 22 / EC\$ 58.96
 Chicken breast, homemade whole wheat or white bread, lettuce, tomato, cucumber, mustard, mayonnaise and ketchup. Served with fries or fried plantain and salad.

- ✓ **Curry Roti Wrap**
 Savory curry stew consisting of carrots, potatoes, celery, garbanzo beans (chickpeas) & Caribbean seasoning is wrapped in a roti shell then topped with pineapple & raisin chutney. Served with fries or fried plantain and salad.
- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
 - With shrimp US\$ 28 / EC\$ 75.04

Escovich Fish US\$ 23 / EC\$ 61.64
 We start with julienne vegetables and seasonings, they are sautéed with local lime juice, garlic, paprika and turmeric; this tops off your pan-seared (gluten-free) or fried catch of the day. Served with root vegetable, beans, seasoned rice and salad.

- ✓ **Dominica Delight** US\$ 23 / EC\$ 61.64
 This signature Dominican dish features a choice of **grilled fish, chicken or tofu** served with a sampler of several sides including lentils or beans of the day, fried plantain, brown rice, root vegetable and salad.

- ✓ **Crispy Vegan Quinoa Cake** US\$ 20 / EC\$ 53.60
 Our delicious crispy quinoa cakes are eggless and gluten-free, they are topped with pineapple garbanzo beans (chickpea) relish and served with a fresh salad.

Roasted Boneless Chicken US\$ 23 / EC\$ 61.64
 Oven-roasted boneless chicken with Jungle Bay's blend of seasonings. Served with tomato sauce, tossed salad, savory green banana pie, lentils and rice.

Desserts US\$ 12 / EC\$ 32.16
 Request today's desserts from your server which may include a selection of ice-cream, fruit salad, tarts, cakes or mousse.

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Calabash

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- ✓ **Jungle Bay Green Salad** US\$ 14 / EC\$ 37.52
Fresh mixed greens, cabbage and grated carrots from nearby farms make the base for this salad. Topped with tomatoes, cucumbers and your choice of protein. Vinaigrette dressing and garlic bread are served on the side.
- Add grilled chicken, fish or tofu + US\$ 5 / EC\$ 13.40
 - Add sautéed shrimp + US\$ 8 / EC\$ 21.44
- ✓ **Buddha Bowl**
A medley of steamed carrots, beets, garbanzo beans (chickpeas), spinach, kale, sautéed bell peppers in a Thai curry sauce and poured over rice then topped with sesame seeds.
- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
 - With shrimp US\$ 28 / EC\$ 75.04
- ✓ **Curry Roti Wrap**
Savory curry stew consisting of carrots, potatoes, celery, garbanzo beans (chickpeas) & Caribbean seasoning is wrapped in a roti shell then topped with pineapple & raisin chutney. Served with fries or fried plantain and salad.
- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
 - With shrimp US\$ 28 / EC\$ 75.04
- ✓ **Dominica Delight** US\$ 23 / EC\$ 61.64
This signature Dominican dish features a choice of **grilled fish, chicken or tofu** served with a sampler of several sides including lentils or beans of the day, fried plantain, brown rice, root vegetable and salad.
- Tuna Melt Sandwich** US\$ 18 / EC\$ 48.24
Flaked tuna on whole wheat or white bread with tomato, lettuce, cucumber and melted cheese. Served with fries or fried plantain and salad.
- ✓ **Hummus and Roasted Pepper Wrap** US\$ 18 / EC\$ 48.24
Hummus (garbanzo beans/chickpeas, sesame seeds, garlic, salt and lime juice) accented with tomato, lettuce and cucumber in a wrap. Served with fried plantain and salad.
- Alfredo Pasta**
Pasta in a cream alfredo sauce with garlic and parmesan cheese.
- With chicken or tofu US\$ 18 / EC\$ 48.24
 - With shrimp US\$ 20 / EC\$ 53.60
- Desserts** US\$ 12 / EC\$ 32.16
Request today's desserts from your server which may include a selection of ice-cream, fruit salad, tarts, cakes or mousse.

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WEDNESDAY

Calabash

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THURSDAY

- ✓ **Jungle Bay Green Salad** US\$ 14 / EC\$ 37.52
Fresh mixed greens, cabbage and grated carrots from nearby farms make the base for this salad. Topped with tomatoes, cucumbers and your choice of protein. Vinaigrette dressing and garlic bread are served on the side.
- Add grilled chicken, fish or tofu + US\$ 5 / EC\$ 13.40
 - Add sautéed shrimp + US\$ 8 / EC\$ 21.44
- Crispy Fish Sandwich** US\$ 22 / EC\$ 58.96
A fresh caught fish fillet with a crispy coating over a homemade bread bun with lettuce, tomato, onions and mayonnaise. Served with fries or fried plantain and salad.
- ✓ **Curry Roti Wrap**
Savory curry stew consisting of carrots, potatoes, celery, garbanzo beans (chickpeas) & Caribbean seasoning is wrapped in a roti shell then topped with pineapple & raisin chutney. Served with fries or fried plantain and salad.
- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
 - With shrimp US\$ 28 / EC\$ 75.04
- ✓ **Dominica Delight** US\$ 23 / EC\$ 61.64
This signature Dominican dish features a choice of **grilled fish, chicken or tofu** served with a sampler of several sides including lentils or beans of the day, fried plantain, brown rice, root vegetable and salad.
- Jerk Pork** US\$ 25 / EC\$ 67.00
Savory pork in our homemade jerk seasoning sauce. Served with salad, root vegetable medley, beans, seasoned rice, and breaded plantain.
- ✓ **Ginger Tofu Wrap** US\$ 18 / EC\$ 48.24
Shredded tofu drizzled in tangy ginger sauce, onions, carrots and lettuce in a wrap. Served with fried plantain or salad.
- Boneless Jerk Chicken** US\$ 23 / EC\$ 61.64
Chicken is marinated in jerk seasonings. Served with mixed greens, mashed root vegetable and homemade BBQ sauce.
- Desserts** US\$ 12 / EC\$ 32.16
Request today's desserts from your server which may include a selection of ice-cream, fruit salad, tarts, cakes or mousse.

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FRIDAY

- ✓ **Jungle Bay Green Salad** US\$ 14 / EC\$ 37.52
Fresh mixed greens, cabbage and grated carrots from nearby farms make the base for this salad. Topped with tomatoes, cucumbers and your choice of protein. Vinaigrette dressing and garlic bread are served on the side.
- Add grilled chicken, fish or tofu + US\$ 5 / EC\$ 13.40
 - Add sautéed shrimp + US\$ 8 / EC\$ 21.44
- ✓ **Buddha Bowl**
A medley of steamed carrots, beets, garbanzo beans (chickpeas), spinach, kale, bell peppers sautéed in a Thai curry sauce and poured over rice then topped with sesame seeds.
- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
 - With shrimp US\$ 28 / EC\$ 75.04
- ✓ **Curry Roti Wrap**
Savory curry stew consisting of carrots, potatoes, celery, garbanzo beans (chickpeas) & Caribbean seasoning is wrapped in a roti shell then topped with pineapple & raisin chutney. Served with fries or fried plantain and salad.
- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
 - With shrimp US\$ 28 / EC\$ 75.04
- ✓ **Black Pepper Tofu with Braised Cabbage Stir-Fry** US\$ 23 / EC\$ 61.64
A simple, tasty vegan stir-fry with braised cabbage, carrot and black pepper tofu served over rice.
- ✓ **Dominica Delight** US\$ 23 / EC\$ 61.64
This signature Dominican dish features a choice of **grilled fish, chicken or tofu** served with a sampler of several sides including lentils or beans of the day, fried plantain, brown rice, root vegetable and salad.
- JB Chicken Wings** US\$ 20 / EC\$ 53.60
Our tasty, breaded chicken wings are cooked to golden brown. Take your choice of BBQ, honey mustard or sweet chili sauce. Served with french fries, fried plantain and salad.
- Codfish Sancoche** US\$ 20 / EC\$ 53.60
A savory stew of dried and salted fish, papaya and coconut milk. A Dominican "must taste"! Served with rice, root vegetable, beans and salad.
- Desserts** US\$ 12 / EC\$ 32.16
Request today's desserts from your server which may include a selection of ice-cream, fruit salad, tarts, cakes or mousse.

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SATURDAY

✓ Jungle Bay Green Salad US\$ 14 / EC\$ 37.52

Fresh mixed greens, cabbage and grated carrots from nearby farms make the base for this salad. Topped with tomatoes, cucumbers and your choice of protein. Vinaigrette dressing and garlic bread are served on the side.

- Add grilled chicken, fish or tofu + US\$ 5 / EC\$ 13.40
- Add sautéed shrimp + US\$ 8 / EC\$ 21.44

Ginger Chicken Wrap US\$ 18 / EC\$ 48.24

Shredded chicken drizzled in tangy ginger sauce, onions, carrots and lettuce are wrapped in a wrap. Served with fried plantain or salad.

✓ Buddha Bowl

A medley of steamed carrots, beets garbanzo beans (chickpeas), spinach, kale, bell peppers sautéed in a Thai curry sauce and poured over rice then topped with sesame seeds.

- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
- With shrimp US\$ 28 / EC\$ 75.04

✓ Curry Roti Wrap

Savory curry stew consisting of carrots, potatoes, celery, garbanzo beans (chickpeas) & Caribbean seasoning is wrapped in a roti shell then topped with pineapple & raisin chutney. Served with fries or fried plantain and salad.

- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
- With shrimp US\$ 28 / EC\$ 75.04

✓ Veggie Deluxe US\$ 23 / EC\$ 61.64

These tasty patties are made from garbanzo beans (chickpeas), carrots and local green seasoning then cooked to a light crispy texture. They are served with coconut curry dip, brown rice, fried plantain and salad.

✓ Jungle Roll US\$ 18 / EC\$ 48.24

Tofu, beans, caramelized onions, lettuce and cucumbers in a wrap. Served with fried plantain and salad.

Pork Riblets US\$ 29 / EC\$ 77.72

Tender pork riblets smothered in BBQ sauce. Served with french fries, fried plantain and salad.

Desserts US\$ 12 / EC\$ 32.16

Request today's desserts from your server which may include a selection of ice-cream, fruit salad, tarts, cakes or mousse.

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SUNDAY

- ✓ **Jungle Bay Green Salad** US\$ 14 / EC\$ 37.52
Fresh mixed greens, cabbage and grated carrots from nearby farms make the base for this salad. Topped with tomatoes, cucumbers and your choice of protein. Vinaigrette dressing and garlic bread are served on the side.
- Add grilled chicken, fish or tofu + US\$ 5 / EC\$ 13.40
 - Add sautéed shrimp + US\$ 8 / EC\$ 21.44
- ✓ **Buddha Bowl**
A medley of steamed carrots, beets, garbanzo beans (chickpeas), spinach, kale, sautéed bell peppers in a Thai curry sauce and poured over rice then topped with sesame seeds.
- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
 - With shrimp US\$ 28 / EC\$ 75.04
- ✓ **Curry Roti Wrap**
Savory curry stew consisting of carrots, potatoes, celery, garbanzo beans (chickpeas) & Caribbean seasoning is wrapped in a roti shell then topped with pineapple & raisin chutney. Served with fries or fried plantain and salad.
- With chicken, fish or tofu US\$ 23 / EC\$ 61.64
 - With shrimp US\$ 28 / EC\$ 75.04
- ✓ **Dominica Delight** US\$ 23 / EC\$ 61.64
This signature Dominican dish features a choice of **grilled fish, chicken or tofu** served with a sampler of several sides including lentils or beans of the day, fried plantain, brown rice, root vegetable and salad.
- Chicken Casserole** US\$ 22 / EC\$ 58.96
Stewed chicken with fresh salad, spinach rice, root vegetable puffs and fried plantain.
- ✓ **Hummus and Roasted Pepper Wrap** US\$ 18 / EC\$ 48.24
Hummus (garbanzo beans/chickpeas, sesame seeds, garlic, salt and lime juice) accented with tomato, lettuce and cucumber in a wrap. Served with fried plantain or salad.
- Curried Goat** US\$ 29 / EC\$ 77.72
Goat braised in a delicious curry sauce and served with sides of salad, root vegetable pie, black beans and rice.
- Desserts** US\$ 12 / EC\$ 32.16
Request today's desserts from your server which may include a selection of ice-cream, fruit salad, tarts, cakes or mousse.

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DINNER MENU 1

~ Our dinner menu rotates throughout the week ~

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APPETIZERS

✓ Chickpea Patties

US\$ 11 / EC\$ 29.48

A blend of garbanzo beans (chickpeas) with shredded carrots & fresh herbs, served with a curry sauce

Codfish Accra

US\$ 11 / EC\$ 29.48

Codfish fritters with roasted garlic aioli dip

SOUPS

✓ Christophene & Celery Soup

US\$ 10 / EC\$ 26.80

This tasty broth is made with christophene puree & celery stock. Christophene is a local gourd-like vegetable & is also known in other regions as chayote, mirliton or choko.

Shrimp Bisque

US\$ 13 / EC\$ 34.84

A thick creamy soup made of shrimps, coconut milk & local fresh seasoning

SALADS

✓ Jungle Bay House Salad

US\$ 10 / EC\$ 26.80

Local greens, honey thyme vinaigrette, mélange of seasonal fruit

Carrot & Feta Cheese Salad

US\$ 14 / EC\$ 37.52

On a bed of lettuce with lime vinaigrette

MAIN COURSES

Jungle Bay Curry Chicken

US\$ 29 / EC\$ 77.72

This chicken dish is a guest favorite & is served with a Jungle Love coconut curry sauce

Provence Rabbit

US\$ 40 / EC\$ 107.20

Rabbit, stewed with sweet pepper, tomatoes, thyme & black olives in an aromatic fresh thyme flavored broth

Blackened "Catch of the Day"

US\$ 32 / EC\$ 85.76

Fresh, line-caught local fish, fruit salsa & sautéed vegetables

✓ Grilled, oven-roasted vegetables

US\$ 25 / EC\$ 67.00

Herb & olive oil roasted vegetables, sautéed spinach, honey & balsamic reduction served over rice

Pizza

Ask your server for the Pizza Menu

Desserts

US\$ 12 / EC\$ 32.16

Request this evening's desserts from your server which may include a selection of sorbet, ice-cream, fruit salad, tarts, cakes or mousse.

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Calabash

R E S T A U R A N T

DINNER MENU 2

~ Our dinner menu rotates throughout the week ~

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APPETIZERS

- ✓ **Spicy Lentil Crepe** US\$ 11 / EC\$ 29.48
Seasoned lentils, cayenne pepper in a homemade herb crepe

- Jungle Bay Shrimp Cocktail** US\$ 13 / EC\$ 34.84
Poached shrimp in a coconut cocktail sauce on a bed of greens

SOUPS

- ✓ **Tomato & Black Bean Soup** US\$ 10 / EC\$ 26.80
Dominican tomato puree & black beans

- ✓ **Sweet Potato Soup** US\$ 9 / EC\$ 24.12
Puree of organic sweet potato, flavored with onion & garlic

SALADS

- Garden Fresh & Cheese Salad** US\$ 12 / EC\$ 32.16
Local greens, carrot, sweet onions, raisins, topped with Cheddar cheese; drizzled with a balsamic vinaigrette

- Greek Salad** US\$ 13 / EC\$ 34.84
Tomatoes, cucumbers, red onion, bell pepper, olives, garden greens, crumbled feta cheese. Tossed in lime & red wine vinaigrette

MAIN COURSES

- Spicy Chicken Creole** US\$ 29 / EC\$ 77.72
Braised chicken, homemade spicy tomato sauce, root vegetable croquettes and sautéed vegetable

- Fresh "Catch of the Day"** US\$ 32 / EC\$ 85.76
Freshly caught local fish, root vegetable croquettes and sautéed vegetable

- Stewed Goat** US\$ 46 / EC\$ 123.28
Herb infused local goat, slow cooked in a tomato and pepper base, served with seasonal and root vegetables

- ✓ **Eggplant & Tofu Curry** US\$ 29 / EC\$ 77.72
Grilled eggplant and tofu in a curry coconut sauce, served over spinach and brown rice

Pizza

Ask your server for the Pizza Menu

Desserts

- US\$ 12 / EC\$ 32.16
Request this evening's desserts from your server which may include a selection of sorbet, ice-cream, fruit salad, tarts, cakes or mousse.

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R E S T A U R A N T

DINNER MENU 3

~ Our dinner menu rotates throughout the week ~

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APPETIZERS

Dominican Heritage Sampler Platter
US\$ 14 / EC\$ 37.52
Codfish, smoked herring & grilled plantain.
A taste from many villages of the Nature Island

SOUPS

✓ **Green Papaya Soup**
US\$ 10 / EC\$ 26.80
Puree of green Papaya fresh from our garden,
onion, garlic, homemade broth

Fish Soup
US\$ 12 / EC\$ 32.16
Local fish, vegetables, homemade broth.
A 'must try'

SALADS

✓ **Jungle Bay House Salad**
US\$ 10 / EC\$ 26.80
Local greens, honey thyme vinaigrette, mélange
of seasonal fruits

Caesar Salad
US\$ 13 / EC\$ 34.84
Fresh lettuce, fresh croutons, lime wedge &
homemade Caesar dressing

MAIN COURSES

BBQ Jerk Chicken
US\$ 29 / EC\$ 77.72
Grilled Jerk chicken in a homemade fruit/BBQ
sauce, served with seasonal and root vegetables

Nut Crusted Fish
US\$ 33 / EC\$ 88.44
Line caught local fish, coated with peanuts, fried
and served with seasonal and root vegetables

Pasta alla Rum with chicken US\$ 32 / EC\$ 85.76
with shrimps US\$ 38 / EC\$ 101.84
Pasta infused with homemade tomato & BB
Rum sauce and parmesan cheese

✓ **Rasta-Man Ital**
US\$ 25 / EC\$ 67.00
Stewed pumpkin, okras, local spinach in a
coconut sauce

Pizza
Ask your server for the Pizza Menu

Desserts
US\$ 12 / EC\$ 32.16
Request this evening's desserts from your
server which may include a selection of sorbet,
ice-cream, fruit salad, tarts, cakes or mousse.

*** Menu subject to change without notice. Prices are inclusive of 15% Government Taxes (VAT) ***

DINNER MENU 4

~ Our dinner menu rotates throughout the week ~

All meals, local fresh fruit juices, coffee and teas are included on Jungle Bay's meal plans

APPETIZERS

Bruschetta

US\$ 13 / EC\$ 34.84

Local tomatoes, garlic & basil, freshly toasted bread, homemade ricotta cheese and balsamic glaze

SOUPS

✓ Hearty Vegetable Soup

US\$ 10 / EC\$ 26.80

Local vegetables, homemade broth

Seafood Chowder Soup

US\$ 13 / EC\$ 34.84

Local fish, shrimp, scallop, vegetables, garlic & herbs

SALADS

✓ Jungle Bay House Salad

US\$ 10 / EC\$ 26.80

Local greens, honey thyme vinaigrette, mélange of seasonal fruits

✓ Green Garden Veg & Chickpea Salad

US\$ 11 / EC\$ 29.48

Watercress, lettuce, kale, crispy chickpeas, soy & lime vinaigrette

MAIN COURSES

Oven Roasted Chicken Supreme

US\$ 29 / EC\$ 77.72

Roasted chicken breast, with a Jungle Love cream sauce, rice, seasonal and root vegetables

Ginger Marinated Shrimp

US\$ 40 / EC\$ 107.20

Sautéed shrimp, herb chutney, served with seasonal and root vegetables

Rabbit Cacciatore

US\$ 40 / EC\$ 107.20

Rabbit browned in olive oil & onion, braised with garlic, bell peppers, mushrooms, tomatoes & herbs, served with seasonal and root vegetables

✓ Vegetable Loaf

US\$ 25 / EC\$ 67.00

Baked eggplant & barley, mushroom sauce, garnished with feta cheese (optional), served with with seasonal and root vegetables

Pizza

Ask your server for the Pizza Menu

Desserts

US\$ 12 / EC\$ 32.16

Request this evening's desserts from your server which may include a selection of sorbet, ice-cream, fruit salad, tarts, cakes or mousse.

*** Menu subject to change without notice. Prices are inclusive of 15% Government Taxes (VAT) ***

DINNER MENU 5

~ Our dinner menu rotates throughout the week ~

All meals, local fresh fruit juices, coffee and teas are included on Jungle Bay's meal plans

APPETIZERS

Fish Balls

US\$ 15 / EC\$ 40.20

Fresh grilled tuna, shredded with fresh herbs and served with a roasted garlic aioli

SOUPS

✓ Pumpkin Ginger Soup

US\$ 10 / EC\$ 26.80

Homemade pumpkin puree and fresh local ginger

✓ Lentil Soup

US\$ 10 / EC\$ 26.80

Stewed lentils, coconut milk & fresh thyme

SALADS

✓ Jungle Bay House Salad

US\$ 10 / EC\$ 26.80

Local greens, honey thyme vinaigrette, mélange of seasonal fruits

✓ Coconut & Watercress Salad

US\$ 11 / EC\$ 29.48

Toasted coconut, watercress and kale with a lime dressing

MAIN COURSES

Breaded Breast of Chicken

US\$ 29 / EC\$ 77.72

Chicken breast coated in seasoned bread crumbs, pineapple & ginger soy glaze, served with seasonal and root vegetables

Grilled "Catch of The Day"

US\$ 32 / EC\$ 85.76

Line caught local fish, topped with coconut rum sauce, served with seasonal and root vegetables

Coconut Stirfry

Marinated jerk chicken *or* US\$ 29 / EC\$ 77.72

✓ Marinated jerk tofu

With local vegetables, seasonal herb & coconut sauce, served over rice then topped with toasted coconut

✓ Perdu Temps Ital

US\$ 25 / EC\$ 67.00

Colorful root vegetables, christophene, carrot, in a ginger coconut sauce. This is inspired by Pumps family on the Perdu Temps Trail

Pizza

Ask your server for the Pizza Menu

Desserts

US\$ 12 / EC\$ 32.16

Request this evening's desserts from your server which may include a selection of sorbet, ice-cream, fruit salad, tarts, cakes or mousse.

*** Menu subject to change without notice. Prices are inclusive of 15% Government Taxes (VAT) ***

Calabash

R E S T A U R A N T

DINNER MENU 6

~ Our dinner menu rotates throughout the week ~

All meals, local fresh fruit juices, coffee and teas are included on Jungle Bay's meal plans

APPETIZERS

Green Banana & Smoked Herring Salad

US\$ 14 / EC\$ 37.52

Smoked herring with green bananas (locally known as fig) from our Jungle Bay garden with fresh seasonings, served on a bed of greens

SOUPS

✓ Onion Soup

US\$ 10 / EC\$ 26.80

Sliced onions cooked to a beautiful golden brown with red wine, pureed and topped with toasted bread

✓ Callaloo Soup

US\$ 9 / EC\$ 24.12

*Callaloo/spinach leaves pureed with coconut milk (ingredients vary depending on the availability of local leafy vegetables). *Callaloo is the young leave of the root vegetable Dasheen.

SALADS

✓ Jungle Bay House Salad

US\$ 10 / EC\$ 26.80

Local greens, honey thyme vinaigrette, mélange of seasonal fruits

Greek Salad

US\$ 13 / EC\$ 34.84

Tomatoes, cucumbers, red onion, bell pepper, olives, garden greens, crumbled feta cheese, lime and red wine vinaigrette

MAIN COURSES

Spinach and Carrot Stuffed Chicken

US\$ 29 / EC\$ 77.72

Slightly grilled, stuffed chicken breast, finished in a coconut cream sauce, served with seasonal and root vegetables

Pan Seared "Catch of the Day"

US\$ 32 / EC\$ 85.76

Fresh line-caught local fish, drizzled with a homemade lemon sauce, served with seasonal and root vegetables

Stewed Goat

US\$ 46 / EC\$ 123.28

Herb infused local goat, slow cooked in a tomato and pepper base, served with seasonal and root vegetables

✓ Plantain Lasagne

US\$ 25 / EC\$ 67.00

Mouthwatering lasagne with sautéed pumpkin, carrot, tomato, local spinach as the fillings, thinly sliced grilled plantains are used in place of pasta, served with vegetables. Topped with cheese or can be served vegan

Pizza

Ask your server for the Pizza Menu

Desserts

US\$ 12 / EC\$ 32.16

Request this evening's desserts from your server which may include a selection of sorbet, ice-cream, fruit salad, tarts, cakes or mousse.

*** Menu subject to change without notice. Prices are inclusive of 15% Government Taxes (VAT) ***

Calabash

R E S T A U R A N T

DINNER MENU 4

~ Our dinner menu rotates throughout the week ~

All meals, local fresh fruit juices, coffee and teas are included on Jungle Bay's meal plans

APPETIZERS

Bruschetta

US\$ 13 / EC\$ 34.84

Local tomatoes, garlic & basil, freshly toasted bread, homemade ricotta cheese and balsamic glaze

SOUPS

✓ Hearty Vegetable Soup

US\$ 10 / EC\$ 26.80

Local vegetables, homemade broth

Seafood Chowder Soup

US\$ 13 / EC\$ 34.84

Local fish, shrimp, scallop, vegetables, garlic & herbs

SALADS

✓ Jungle Bay House Salad

US\$ 10 / EC\$ 26.80

Local greens, honey thyme vinaigrette, mélange of seasonal fruits

✓ Green Garden Veg & Chickpea Salad

US\$ 11 / EC\$ 29.48

Watercress, lettuce, kale, crispy chickpeas, soy & lime vinaigrette

MAIN COURSES

Oven Roasted Chicken Supreme

US\$ 29 / EC\$ 77.72

Roasted chicken breast, with a Jungle Love cream sauce, rice, seasonal and root vegetables

Ginger Marinated Shrimp

US\$ 40 / EC\$ 107.20

Sautéed shrimp, herb chutney, served with seasonal and root vegetables

Rabbit Cacciatore

US\$ 40 / EC\$ 107.20

Rabbit browned in olive oil & onion, braised with garlic, bell peppers, mushrooms, tomatoes & herbs, served with seasonal and root vegetables

✓ Vegetable Loaf

US\$ 25 / EC\$ 67.00

Baked eggplant & barley, mushroom sauce, garnished with feta cheese (optional), served with with seasonal and root vegetables

Pizza

Ask your server for the Pizza Menu

Desserts

US\$ 12 / EC\$ 32.16

Request this evening's desserts from your server which may include a selection of sorbet, ice-cream, fruit salad, tarts, cakes or mousse.

*** Menu subject to change without notice. Prices are inclusive of 15% Government Taxes (VAT) ***

DINNER MENU 7

~ Our dinner menu rotates throughout the week ~

All meals, local fresh fruit juices, coffee and teas are included on Jungle Bay's meal plans

APPETIZERS

- ✓ **Dominican Falafel** US\$ 13 / EC\$ 34.84
Seasonal provision (root vegetable) fritters & coconut dipping sauce
- ✓ **Caribbean Cabbage Roll** US\$ 15 / EC\$ 40.20
Lightly curried vegetable filling, served with a pumpkin coconut sauce & honey drizzle
-

SOUPS

- ✓ **Green Split Pea Soup** US\$ 10 / EC\$ 26.80
Green pea puree with herb garnish
- ✓ **J Garden Pot Soup** US\$ 10 / EC\$ 26.80
Puree of carrot, pumpkin, ginger, spinach in coconut milk
-

SALADS

- ✓ **Honey Thyme Garden Salad** US\$ 10 / EC\$ 26.80
Local greens, honey thyme vinaigrette and a mélange of seasonal fruit
- ✓ **Carrot & Beet Salad** US\$ 11 / EC\$ 29.48
Fresh carrots, quick pickled beets, on a bed of greens with a lime vinaigrette

MAIN COURSES

- Pan Seared Chicken** US\$ 29 / EC\$ 77.72
Seared chicken breast served with a roasted papaya sauce, served with seasonal and root vegetables
- Fresh "Catch of the Day"** US\$ 32 / EC\$ 85.76
Freshly line-caught local fish, the chef's choice of sauce using seasonal ingredients, served with seasonal and root vegetables
- Garlic Buttered Shrimp** US\$ 40 / EC\$ 107.20
Sautéed in a freshly made garlic butter sauce with local herbs served with rice, served with seasonal and root vegetables
- ✓ **Blackened Tofu Steak** US\$ 29 / EC\$ 77.72
Tofu Steak marinated in citrus & black pepper, topped with a ginger & balsamic reduction, choice of seasonal and root vegetables.

Pizza

Ask your server for the Pizza Menu

Desserts

US\$ 12 / EC\$ 32.16
Request this evening's desserts from your server which may include a selection of sorbet, ice-cream, fruit salad, tarts, cakes or mousse.

*** Menu subject to change without notice. Prices are inclusive of 15% Government Taxes (VAT) ***

Calabash

RESTAURANT

PIZZA MENU

6 INCH (Small)
\$12 US / \$32.16 EC

12 INCH (Large)
\$23 US / \$61.64 EC

Margarita

Fresh sliced tomato, topped with mozzarella & basil

Vegetarian Hawaiian

Vegetables & pineapple, topped with shredded mozzarella

6 INCH (Small)
\$14 US / \$37.52 EC

12 INCH (Large)
\$26 US / \$69.68 EC

Veggie Deluxe

Tomato, red onion, bell peppers, mushroom & olives, topped with mozzarella

Florentina

Spinach, red onions, shredded mozzarella & goat cheese, topped with a sunny-side-up egg

Hawaiian

Ham & pineapple, topped with shredded mozzarella

Pizza Tonno

Fresh tuna & onions, topped with shredded mozzarella

Chicken Nut-Thai

Peanut sauce, chicken, red onion, scallions & chili flakes, topped with shredded mozzarella

Pepperoni

Pepperoni, topped with shredded mozzarella

Extra Toppings

**6 Inch
(Small)**

**12 Inch
(Large)**

Fresh tomato, bell peppers, onion, spinach, olives, mushrooms,
pineapple, jalapenos

\$1.25 US / \$3.35 EC **\$2 US / \$5.36 EC**

Chicken, Ham, Pepperoni or Fish

\$2 US / \$5.36 EC **\$ 3.25 US / \$8.71 EC**

Shrimp

\$ 3.25 US / \$8.71 EC **\$5 US / \$13.40 EC**

Our home-made pizza crusts are topped with a tomato sauce (except Pizza Chicken Nut-Thai)

Gluten-free crusts are usually available – the preparation may take longer than for regular pizzas

*** Prices are inclusive of 15% Government Taxes (VAT) ***