


SAMPLE OF MENU

NOTE THAT ALL MENUS (BREAKFAST, LUNCH & DINNER)
ROTATE THROUGHOUT THE WEEK

FRIDAY
BREAKFAST

Jungle Bay DOMINICA  Calabash RESTAURANT

Our breakfast menu rotates throughout the week

FULL BREAKFAST US\$28.75 / EC\$ 77.05

MONTE CRISTO US\$ 22.00
EC\$ 58.96

French toast, sliced turkey ham & cheese melted to perfection

EGGS BENEDICT US\$ 22.00
EC\$ 58.96

AVAILABLE WITHOUT HAM ON REQUEST

Poached eggs, ham, on an english muffin topped with hollandaise sauce

COCO FARINA US\$ 10.00
EC\$ 26.80

With your choice of milk or coconut milk, honey, raisins & grated coconut

Coco Farina is made out of Cassava root (also called Yuca or Manioc in some countries). It's starchy and has a bit of a nutty taste. It's rich in copper, zinc, magnesium, iron, and it's also a fairly good source of vitamins B-complex.

IN ADDITION, WE OFFER A
CONTINENTAL STYLE BREAKFAST
BUFFET INCLUDING 2 CHOICES OF
DAILY WARM ITEMS

FRIDAY
BREAKFAST

Jungle Bay DOMINICA  Calabash RESTAURANT

MINI PASTRY PLATE US\$ 15.00
EC\$ 40.20

Assortment of fried bakes, toast & muffin or other freshly baked goods

ASSORTED SEASONAL FRUIT PLATE US\$ 10.00
EC\$ 26.80

Beverages

FRESH LOCAL JUICE US\$ 4.00
EC\$ 10.72

Ask for today's freshly made juices

SMOOTHIE US\$ 8.00
EC\$ 21.44

Create your own blend with seasonal fruits and greens

DOMINICAN LOCALLY GROWN COFFEE US\$ 4.00
EC\$ 10.72

TEAS US\$ 4.00
EC\$ 10.72

Black, ginger or "herbal bush tea"

COCOA TEA US\$ 4.00
EC\$ 10.72

Our version of local hot chocolate with bay, cinnamon and nutmeg. A "must try" in Dominica!

MILK US\$ 4.00
EC\$ 10.72

Soy, almond, coconut or regular

Calabash
RESTAURANT



Brunch Cocktails

MIMOSA DOMINICAN STYLE

Sparkling wine & passionfruit juice

SPARKLING WINE

BLOODY MARY OR
BLOODY CAESAR

COFFEE WITH A KICK

Local coffee and 1oz of coconut punch,
coffee punch or Irish Cream Baileys

JUNGLE BAY'S POWER DRINK

Guinness, egg, lime rind & condensed milk

US\$ 10.00 / EC\$ 26.80

Calabash

RESTAURANT

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

DOMINICAN JUNGLE BAY

✓ **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\$ 10 / EC\$ 26.80

✓ **Buddha Bowl**
A medley of steamed carrots, beets, garbanzo beans (chickpeas), spinach, kale, bell peppers sautéed, Thai curry sauce and rice, 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, wrapped in a roti shell, 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 chicken wings are cooked to golden brown. With your choice of BBQ, honey mustard or sweet chili sauce. Served with fries or fried plantain and salad.

Codfish Sancoche US\$ 20 / EC\$ 53.60
A savory stew of dried salt 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.

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

SNACK MENU

AVAILABLE 3PM - 6PM DAILY

Jungle Salad

US\$ 14 / XCD 37.52

An assortment of tossed in-season greens with a vinaigrette dressing.

Grilled Add-ons:

with **Chicken, Fish** or Herbed **Tofu**

Add **USD \$4.00 / XCD 10.72**

with **Shrimp**

Add **USD \$10.00 / XCD 26.80**

Roti

Originating in the Caribbean with Indian roots, a roti is a wrap filled with curried, stewed vegetables. *Topped with chutney then served with side salad and plantain.*

Chicken / Fish or **Tofu**

US\$ \$23.00 / XCD 61.64

Shrimp

US\$ \$28.00 / XCD 75.04

Burger

US\$ 22.00 / XCD 58.96

Choice of **Fish, Chicken** or **Vegetarian (lentil, carrot and local seasonings)** patty on a soft bun with tomato, lettuce and cucumber and onion. *Served with side salad OR fries.*

JB Wings

US\$ 20.00 / XCD 53.60

Chicken wings with your choice of BBQ or sweet chili sauce. *Served with fries and salad.*

Caribbean Quesadilla

US\$ 15.00 / XCD 40.20

Choice of sautéed chicken or mixed vegetable inside a shell, joined with cheese and served with salsa and sour cream.

DESSERTS

Jungle Bay Fruit Salad with a mix of available fruits that are in season

Other Indulgences ask your server for daily ice cream, cake, or other treats.

US\$ 12.00 / XCD 32.16

Calabash

R E S T A U R A N T

DINNER MENU

~ 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 and coconut dipping sauce.
- ✓ **Caribbean Cabbage Roll** US\$ 13 / EC\$ 34.84
Lightly curried vegetable filling, served with a pumpkin coconut sauce & honey drizzle.

SOUPS

- ✓ **J Garden Pot Soup** US\$ 10 / EC\$ 26.80
Purée of carrot, pumpkin, ginger & spinach with coconut milk.

SALADS

- ✓ **Honey Thyme Garden Salad** US\$ 10 / EC\$ 26.80
Local greens, honey thyme vinaigrette and a mélange of seasonal fruits.
- ✓ **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 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\$ 43 / EC\$ 115.24
Sautéed in a freshly made garlic butter sauce with local herbs, served with rice and root vegetables.
- ✓ **Blackened Tofu Steak** US\$ 29 / EC\$ 77.72
Tofu Steak marinated in citrus & black pepper, topped with a ginger and 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) ***



Nature Island Pizzas

Our Jungle Bay Pizza crust is home-made and topped with our house-made tomato sauce

✓ **Build your own pizza**

Our home-made tomato sauce or premium olive oil as a base. Add toppings.

✓ **Cheese**

Mix of shredded mozzarella and cheddar cheese.

✓ **Margarita**

Fresh sliced tomato, topped with mozzarella and fresh basil.

✓ **Vegetarian Hawaiian**

Vegetables and pineapple, topped with shredded mozzarella.

✓ **Veggie Deluxe**

Tomato, caramelized onions, bell peppers, spinach and olives, topped with mozzarella.

✓ **Three Cheese & Spinach**

Goat, parmesan and mozzarella cheese, topped with spinach.

Hawaiian

Ham and pineapple, topped with shredded mozzarella.

Pizza Tonno

Fresh tuna and onions, topped with shredded mozzarella.

Chicken Nut-Thai

Peanut sauce (*instead of house-made tomato sauce*), chicken, red onions, scallions and chili flakes, topped with shredded mozzarella.

Pepperoni

Pepperoni (meat), topped with shredded mozzarella.

Add On Toppings

Fresh tomatoes, bell peppers, onions, spinach, olives, mushrooms, pineapple, jalapeños, chicken, ham, pepperoni, fish, parmesan, mozzarella, cheddar, goat cheese

Shrimp, Anchovies

6 Inch (small) **12 Inch (large)**

US EC US EC

8 22 17 47

12 33 23 63

12 33 23 63

12 33 23 63

14 39 26 71

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2 6 3 9

4 11 6 17

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



HORS D'OEUVRES MENU

Prices are for 30-piece platters unless selected otherwise by client.

Prices are subject to 15% VAT

<u>COLD SELECTION</u>	<u>EC\$</u>	<u>US\$</u>
Fruit Kebabs	\$150.00	\$55.97
Fruit & Cheese Kebabs	\$200.00	\$74.63
Tuna & Black Olive Bruschetta	\$170.00	\$63.43
Tuna Salad In Puff Pastry	\$200.00	\$75.47
Chicken & Pineapple in Puff Pastry	\$200.00	\$74.63
Jerk Chicken Bruschetta	\$200.00	\$74.63
Assorted Finger Sandwiches	\$130.00	\$48.51
Stuffed/Deviled Eggs	\$200.00	\$74.63
Hummus Wrap Bites	\$170.00	\$63.43
Sweet Potato Chips and Aioli Dip	\$130.00	\$48.51

<u>HOT SELECTION</u>	<u>EC\$</u>	<u>US\$</u>
Codfish Accras	\$230.00	\$85.82
Vegetable Accras	\$200.00	\$74.63
Jerk Chicken Kebabs	\$170.00	\$63.43
Grilled Veggie Kebabs	\$150.00	\$55.97
Provision Croquettes	\$150.00	\$55.97
BBQ Chicken Wings	\$170.00	\$63.43
Spicy Peanut Chicken Satay	\$200.00	\$74.63
Fish-fingers & Tartar Sauce	\$300.00	\$111.94
Vegetable Quiche	\$200.00	\$74.63
Roasted Plantains with Saltfish	\$120.00	\$44.78
Bacon Wrapped Plantains	\$250.00	\$93.28
Pizza Bites (assorted toppings)	\$170.00	\$63.43
Shrimp Skewers	\$300.00	\$111.94
Fish Pie	\$230.00	\$85.82
Chicken Pie	\$230.00	\$85.82
Doubles with Chickpea Filling	\$250.00	\$93.28