

**Menu**

This list of suggested menu options is for guidance purposes so do not feel limited by it. If you have read the reviews of Culloden Cove, you will know that Dion, Gail and Lily are amazing cooks! They are happy to cook to order so please let them know your preferences and they are always interested in trying out new recipes. Please discuss what you would like to eat with your housekeeper, and make her aware of any special dietary requirements.

**Breakfast options**

* A wide variety of fresh juices are available
* Black or herbal tea
* Fresh Jamaican Blue Mountain Coffee
* A wide variety of cereals are available including a range of excellent organic muesli from the UK (ask for ‘Dorset cereals’)
* Porridge – a highly recommended Jamaican speciality – cornmeal, peanut, banana or oatmeal
* Fresh fruit plates – banana, orange, watermelon, pineapple, papaya are generally available
* Toast with butter and jam
* Pancakes with Syrup
* Scrambled, fried or boiled eggs (bacon and sausage rarely available)
* Omelettes
* Jamaican breakfasts including ackee and saltfish, callaloo, fried plantain, green banana, bammy and/or festival **(highly recommended!)**

**Soups, starters, salads and snacks**

* Guacamole
* Hummous
* Gazpacho
* Carrot and sweet potato soup
* Pumpkin soup
* Red Pea soup
* Roasted vegetable soup
* Warm salad of avocado, roast pepper and sweet potato
* Avocado and mango salad
* Home-made coleslaw
* Okra with green beans and cheese
* Caribbean griddled aubergine
* Corn bread, tomato and avocado salad
* Mixed salad
* Conch fritters
* Coronation chicken salad
* Chicken breast salad
* Tomato and onion salad
* Green bean salad with French dressing
* Coleslaw
* Spicy peanut noodle
* A variety of sandwiches (tuna, chicken, cheese)

**Entrees**

*Fish and seafood*

* Coconut “rundown” steamed fish (a Jamaican speciality)
* Blackened fish
* Escoveitch fish (a spicy Jamaican speciality)
* Roast fish with coconut, chilli and lime salsa
* Caribbean fish pie
* Curried conch, lobster or shrimp
* Grilled shrimp, fish or lobsters with garlic and butter (fresh lobster is not available across the island during the closed season 1 April – 30 June to allow the stocks to replenish)
* Jerk shrimp in a coconut sauce
* Fishcakes
* Fish and lime patties
* Steamed fish with vegetables
* Roast fish with lemon and herbs

*Meat*

* Jamaican curried chicken or goat
* Jamaican brown stew chicken
* Jerk chicken or pork (*the* Jamaican speciality!)
* Martinique coconut chicken curry (with tropical fruit)
* Puerto Rican chicken and rice
* Antiguan chicken with pineapple
* Roast chicken with lemon and thyme
* Tamarind and molasses roast chicken
* Calypso pork chops
* Barbeque chicken with orange mojo
* Chicken, pepper and pumpkin curry
* Stir fry chicken and papaya
* Chicken kebabs in home-made bread with special tomato sauce
* Home-made beef burgers

*Vegetarian*

* Ital vegetable stew
* Ital vegetable curry
* Vegetable patties

**Side orders**

* Irish potatoes (baked, mashed, roasted, sautéed, herbed potato wedges, fries)
* Sweet potatoes (boiled or oven roasted)
* Caribbean mashed potatoes
* Rice and peas (a Jamaican staple)
* White/brown or pumpkin rice
* Steamed vegetables
* Vegetable rundown
* Festival (a savoury doughnut)
* Bammy (similar to a polenta cake but made from cassava)
* Cornbread

**Desserts**

* Key lime pie
* Plantain pie
* Apple and rum crumble
* Tropical fruit salad
* Home-made lime, watermelon or papaya sorbet
* Jamaican jelly
* Shotgun marriage (banana, pineapple, condensed milk, rum and nutmeg!)
* Pineapple in lime, vanilla and rum syrup
* Coconut rice pudding
* Banana bread
* Lime pie
* Rum cake