

Emerald Seas Menu Suggestions

Breakfast

Continental

Eggs, any style
Eggs Benedict
Ham and cheese omelet, other omelets
Bacon and/or sausage
Pancakes or French toast
Crepes
Muffins, banana bread

Jamaican

Ackee and saltfish served with green bananas, johnnie cakes and avocados when in season
Callaloo omelets

All the above served with freshly squeezed orange juice, fresh fruits, homemade granola or other cereals, freshly baked bread, Jamaican Blue Mountain coffee & tea.

Lunch

Salads and other light fare

Mixed greens with apple and pear or papaya and mango with blue cheese (optional)
Caesar Salad with or without grilled chicken slices
Mixed green salad with grilled chicken and goat cheese
Lentil Salad
Emerald Seas Chicken Salad
Lobster or Shrimp Salad on a bed of lettuce with avocado wedge (in season)
Salad of grilled vegetables served with Dijon Vinaigrette
Baby Spinach, Bacon and Mushroom Salad served with Honey Balsamic Vinaigrette
Salad Nicoise

Quiche – cheese and bacon, mushroom, callaloo or ackee
Soufflés – cheese or callaloo

Hamburgers or Hot dogs
Sandwiches – Grilled ham and cheese, Tuna fish, Chicken, other...

Pasta

Chicken pasta salad
Pasta with spring vegetables
Spaghetti with meat sauce
Spaghetti with fresh basil and tomatoes or olive oil and basil
Lasagna

Dinner

First Course

Pumpkin Soup – creamed if desired
Jamaican Pepperpot Soup
Jamaican Red Pea Soup
Chilled Cucumber Soup
Chilled Potato and Leek Soup (Vichyssoise)

Green salad
Coconut shrimp
Shrimp or scallop Coquille
Jamaican Smoked Marlin on bed of lettuce
Tomato and Mozzarella with Basil and Olive Oil

The above are served with fresh bread rolls or garlic bread

Main Courses

Grilled (or barbecued) Lobster with Linguini or Angel Hair, or vegetables and potatoes
Garlic Shrimp with thin spaghetti
Baked stuffed Snapper with a lime butter sauce
Baked or grilled Snapper
Grilled or Barbecued Mahi Mahi
Roasted Salmon with Mediterranean Crust
Jamaican Style Escovitched fish

Grilled (Barbecued) Beef Fillet with Béarnaise or Hollandaise sauce
Barbecued or Roasted Chicken
Jamaican Jerk Chicken or Jerk Pork (Barbecued)
Baked Pork Chops with apple and Caramelized Onions
Barbecued Spare Ribs
Stuffed Chicken Breasts with Goat Cheese and Herbs
Coconut Shrimp Curry
Chicken or Lobster Curry
Roasted Leg of Lamb with Herbs and Red Wine Jus
Roast Beef (when imported Roast is available)
Jamaican Roast Pork with Rice and Peas
Jamaican Fricassee chicken with Rice and Peas
Jamaican Ox Tail
Jamaican Curried Goat

All the above served with Seasonal Fresh Vegetables and a choice of Potatoes, Rice, Sweet Potatoes, Breadfruit, Yam and Plantain

Desserts

Banana Flambé
Key Lime Pie
Chocolate Mousse
Flourless Chocolate Cake
Crepes Suzette or Rum Apple crepes
Crème Brule
Crème Caramel
Banana Fritters
Grapefruit or pineapple Baked Alaska
Jamaican Rum Baked Bananas
Cold Soufflés (Lime, Mango in season)
Apple Pie with Crumble
Coconut or Chocolate Cake
Fresh Fruit Salad

All the above can be served with Ice Cream – Jamaican flavors include Rum and Raisin, Grape Nuts, Coconut, Guava, Mango and Sour Sop.. Italian ice cream in Jamaican fruit flavors is also now available in Ocho Rios – these are more like sorbets.

Please note that the above are just suggestions. Please feel free to order anything else you want and our staff will be happy to prepare it to your taste.