

## Scotch on the Rocks



*Our talented cooks, Cherry and Elvis, know a wide range of recipes and are always willing to try new ones! Please let them know any dietary restrictions or preferences you may have so they can accommodate your requests.*

*Please confirm meal times. Usual meal times are:*

*Breakfast 8-10am, Lunch 12-3pm, Dinner 6-9pm*

## Breakfast

*Coffee, Tea, Orange Juice, Fruit Platters and Cereals  
can be served daily.*

**Standard Breakfast:** *served with toast & jam, bacon or  
sausages*

Porridge - oats, cream of wheat, cornmeal, banana

Eggs - scrambled, fried, boiled, poached

Omelets - cheese, tomato, mushroom, ham, callaloo

Pancakes or Waffles

French Toast

Baked beans with Sausages

**Jamaican Breakfast:** *served with boiled or fried  
dumplings, breadfruit, yam, sweet potato or green bananas*

Ackee & Saltfish - Jamaica's National Dish

Callaloo & Saltfish

Mackerel Rundown

Corned Beef & Cabbage

Chicken Livers

## *Light Fare for Lunch or Dinner*

*served with garlic bread, rolls, bammy, festival,  
french fries or salad*

Crab Backs

Shrimp Cocktail

Pepper Shrimps

Escovitch Fish

Quiche - cheese, ham, tomato, ackee or callaloo

Jerk Chicken Pasta Salad

Tuna Nicoise Pasta Salad

Spaghetti & Meat Sauce / Meatballs

Macaroni & Cheese

Stir-Fry Noodles with Market Vegetables

Burgers - beef, chicken, fish

Hot Dogs

### *Soups*

Pumpkin

Red Peas

Pepper Pot

Fish

Lobster Chowder

### *Salads*

Tossed Salad

Cabbage

Caesar

Potato

Lobster, Tuna, Shrimp or Chicken

### *Sandwiches*

Chicken Salad

Tuna Melt

Grilled Ham & Cheese

Bacon, Lettuce & Tomato

Peanut Butter & Jelly

## *Lunch or Dinner Meals*

*Soup and/or Salad can be included in meals*

**Meats:** *can be jerked, curried, fried, grilled, fricasseed, stewed or baked*

Chicken

Lamb - leg or chops

Turkey

Fish - mahi mahi, snapper, kingfish, salmon

Beef - fillet or steaks

Shrimp

Pork - leg, fillet, ribs or chops

Lobster or Conch - in season

*Jamaican Specialties:* Oxtail, Stew Peas, Curried Goat

**Starches:** *can be baked, boiled, fried, mashed or candied*

Rice - white, brown, basmati, jasmine, rice & peas, pumpkin, callaloo

Irish Potato

Sweet Potato

Yam

Plantain

Corn Fritters

**Vegetables:** *can be steamed, grilled or stir-fried*

String beans

Eggplant

Cauliflower

Carrots

Callaloo

Pumpkin

Broccoli

Corn

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## The 'Befores' and 'Afters'

*Hors d'oeuvres:* served with crackers, chips, pita bread or dipping sauce

Coconut Chips

Solomon - a - Gundy with cream cheese

Smoked Marlin or Smoked Salmon with capers & cream cheese

Tomato Salsa

Curried Ackee

Salt Fish Fritters

Ceviche

Grilled Shrimp

Cheese Platter

*Desserts:* can be served with ice cream or whipped cream

### *Cakes*

Plain

Chocolate

Rum

Pineapple Upside Down

### *Pies*

Apple

Banana Cream Pie

Key Lime

Lemon Meringue

### *Other Goodies*

Coconut Custard

Baked Bananas

Pavlova

Bread Pudding

Brownies

Fruit Salad