



~ Ready To Heat Dinner Menu ~



### Starter Options

- *Pumpkin Soup*  
A smooth roasted pumpkin or butternut squash soup lightly flavoured with chili, garlic and coconut cream
- *Callaloo Soup*  
Callaloo, a local variety of spinach made into a light & tasty Soup
- *Smoked Fish Platter*  
Locally caught & smoked Fish presented Carpaccio style with Onions, Capers & Lime
- *Fish Pate*  
A simple terrine of fish pate, soft & light, suggest eating with warm fresh baguette or toasted bread
- *Seafood Chowder*  
A rich creamy soup with a mixture of Clams, Mussels, Shrimp, Calamari and chunks of firm white Fish
- *Antipasti Platter*  
A selection of cured hams, salami, turkey with a variety of marinated and pickled vegetables, olives and similar items
- *Fresh Mozzarella & Tomato Salad* with a basil vinaigrette
- *Roasted Red Onion & Mozzarella Tart*

- *Pork Loin Chop in a Mustard & Onion Cream Sauce*  
Choice of Rice, Potato Wedges or Tagliatelle served with sautéed vegetables
- *Herb Encrusted Pork Tenderloin*  
Choice of Mashed or Roasted Potatoes and seasonal roasted vegetables
- *Whole Baked Fish (ideal as a cold salad option)*  
Fresh caught Barracuda, Snapper or similar, Stuffed with fresh herbs & seasonings served with either a rice or couscous salad, accompanied by a green garden salad
- *Teriyaki Salmon Parcels*  
Served with an Asian influenced rice noodle salad and a marinated cucumber salad
- *Prosciutto wrapped Chicken Breast stuffed with Mozzarella Cheese & Garlic*  
Served with Potato Dauphinoise and sautéed vegetable
- *Seafood Lasagna*  
Mussels, Shrimp, Clams, Calamari and pieces of White Fish in a light but creamy Lasagna served with sautéed Spinach or local Callalou
- *West Indian Stewed Chicken*  
Chicken Thighs slow cooked in a rich seasoned tomato based sauce (think flavour rather than blow your mouth heat!) served with rice and local vegetables



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### Sweet Options

- *Bread n Butter Pudding*
- *Profiteroles ~ with or without Chocolate*
- *Pavalova with Fresh Seasonal Fruit*
- *Passionfruit Tart*
- *Tart au Citron ~ Lemon or Lime*
- *Individual Chocolate Pots*
- *CheeseCake, Vanilla, Passionfruit, Mango, Grenadian Chocolate, Sticky Toffee Caramel, Malteaser (Chocolate Malt Balls), Lime with Chocolate & Nutmeg Dusting, Mixed Berry*
- *Chocolate Cake*
- *Chocolate & Raspberry Gateaux*
- *Red Velvet Cake*
- *Fruit n Nut Spiced Cake*
- *Carrot Cake*
- *Victoria Sponge (Vanilla cake with a raspberry & buttercream filling)*
- *Banana Bread*
- *Lime Drizzle Cake*

All "ready to heat" items are freshly prepared to order and come fully or partially cooked with complete cooking instruction. You will receive guidelines on how long they can be kept refrigerated for prior to cooking. Most options are suitable for freezing. All options are subject to ingredient availability and are presented ready to be heated and served. A returnable deposit may be required for the loan of serving dishes and platters. Prices are dependant on numbers catered for and availability of ingredients, but full prices can be agreed upon when placing orders for this service.