

# HI TIDE LUNCH MENU

## SOUPS

### Soup of the Day

Chef's Choice of freshly prepared Soup

EC27 | US10

## APPETIZERS

### Conch Fritters

Locally caught Conch deep-fried in a seasoned batter

EC41 | US15

### Piton Beer Battered Fish Poppers

Freshly caught Fish, diced and coated in a Piton Beer batter, deep-fried, and served with a Chairman's Reserve Spiced Rum Tartar Sauce

EC35 | US13

### Vegetable Tempura

Locally grown, Batonnet cut Vegetables coated in Tempura Batter and fried

EC32 | US12

### Island Tacos

Taco Fillings: Sautéed Seafood

Curried Goat

Slow-Cooked Chicken

Shredded Beef

EC43 | US16

EC54 | US20

EC32 | US12

EC40 | US14

### Chef's Select Wrap

Ask your server about the Chef's Specialty Wrap for the day

EC54 | US20

## PASTAS

ISLAND STYLE PASTA SERVED WITH A CHOICE OF ALFREDO OR TOMATO SAUCE

Pasta Add-Ons: Chicken

Vegetable 

Island Seafood

EC65 | US25

EC55 | US21

EC75 | US28

## SALADS

### Castries Market Tossed Salad

A selection of local market vegetables shredded and tossed together served with a Mango Vinaigrette

EC35 | US13

### Cajun Seafood Salad

A medley of Seafood seasoned with Cajun, Red Onions, and Local Herbs tossed in our Chef's special dressing nestled on top of our house salad

EC46 | US17

### Jerk Chicken Salad

A combination of grilled Bell Peppers, Pineapple, Lettuce, Cucumber, and Avocado topped with Saint Lucian Seasoned Jerk Chicken

EC41 | US15

### Niçoise Salad

Hard-boiled Eggs, Niçoise Olives, Tomatoes, Potatoes, green beans, and Tuna mixed and served on a bed of Lettuce with a Citrus Vinaigrette

EC62 | US23

### Veggie Bean Salad

Roasted Local Vegetable with Sesame Roasted assorted Beans tossed and served with an Olive Oil Lemon Dressing

EC38 | US14

### BGBR Caesar Salad

Lettuce mixed with Chef Shirley's Special Caesar Dressing, Anchovies, and Croutons, topped with Parmesan Cheese

EC35 | US13

Caesar Salad Add-Ons: Grilled Chicken

Passionfruit Butter Shrimp

Grilled Fish

EC41 | US15

EC54 | US20

EC46 | US17



# HI TIDE LUNCH MENU

## ENTREES

**Fisherman's Catch of the Day** (Choose Two Sides) EC75 | US28  
Freshly caught fish seasoned with local herbs and spices then Pan Seared and served with a choice of Creole or Béchamel sauce

**Fish Broth** EC59 | US22  
Local Pot Fish seasoned and slowly boiled with Seasonal Provisions and Vegetables

**Anse la Raye Seafood Gumbo** EC90 | US34  
Green Peppers, Celery, Onion, and Okra Sautéed with a bounty of fresh Seafood and boiled into a soup-stew with diced provisions

**Green Banana and Salted Cod Fish**  EC57 | US22  
Boiled Green Bananas and Sautéed Salted Cod Fish with shredded Garlic and Cucumber

**Chef Peter's Signature Stew Pork** (Choose Two Sides) EC70 | US26  
Local Pork marinated in Herbs and Spices, slowly cooked in Brown Sugar Molasses

**Ital Casserole** EC55 | US21  
Baked Plantain, , Pumpkin, and Chickpeas

**Arawak's Pepper Pot** EC70 | US26  
Cinnamon, Orange Peel, Clove, Brown Sugar, Hot Pepper, and Cassareep Flavored Beef Stew (Choose Two Sides)

**Chef Edna's Specialty Chicken** EC65 | US24  
Ask your server about Specialty Chicken for the day (Choose Two Sides)


**Saint Lucian Style Lambi (Conch)** EC75 | US28  
Local Lambi sautéed with Curry Powder and fresh Coconut Milk (Choose Two Sides)

## ISLAND ROTIS

All Rotis are Served with Fries and Salad

All Rotis are served with Carrots, Potatoes, Curry Sauce and a Dahl Puri Shell

Fish

Chicken 

Vegetable

Please inform your server about any Allergies or Dietary Requirements

EC46 | US17

EC38 | US14

EC35 | US13

## SIDES

(Choose Two Sides)

Rice & Peas 

Macaroni & Cheese Pie

French Fries

Steamed Vegetables

Provision Medley 

Fried Plantain

EC10 | US4

EC20 | US8

EC15 | US6

EC12 | US5

EC13 | US5

EC8 | US3

## BURGERS & SANDWICHES

All Burgers are Served with Fries and Salad

**Fish Burger** EC54 | US20

Locally seasoned Grilled Fish Fillet

**BGBR Classic Angus Beef Burger** EC59 | US22

Quarter Pound Beef served with or without melted Cheese

**Pull Pork Sandwich** EC59 | US22

Seasoned and Stewed Shredded Pork

**Creole Burger**  EC51 | US19

Sweet Potato, Beetroot & Beans

**BGBR Club Sandwich** EC49 | US18

Bacon, Lettuce, Tomatoes, and Fried Egg and Chicken Served with toasted White or Whole Wheat Bread

**Crispy Chicken Sandwich** EC50 | US19

Deboned Chicken Thigh, dipped in Egg wash, coated in Breadcrumbs, and deep-fried

## KIDS

Corn Crusted fried Chicken EC27 | US10

Chicken Nuggets EC22 | US8

Homemade Fish Fingers EC23 | US9

Grilled Cheese Sandwich EC13 | US5

BGBR Hotdog EC22 | US8

VEGETARIAN OPTION 

Prices above are subject to 10% Service Charge & 10% VAT