



SEAGRAPE  
Bar & Restaurant

# MENU

## *Breakfast*

### THREE EGG OMELETTE 14

Add any of the following for \$ 3 each

Tomatoes, Onions, Peppers, Spinach, Mushrooms, Cheddar, Mozzarella, Feta

Or the following for \$4 each

Ham, Bacon

### THE CONTINENTAL 26

A croissant, Cornmeal Raisin or Coconut Muffin, Toast & Local Preserves,  
Fruit plate served your choice of tea, coffee or hot chocolate, and a glass of  
juice

### THE TRIDENT 44

Cornmeal porridge, Bajan Bakes, Scrambled Eggs, Local sausage or  
Fried Fish Strips ,served with your choice of tea, coffee or hot chocolate,  
and a glass of juice

### THE DOVER 35

Warm, Crispy Quesadillas filled with Chicken, Bacon, Tomatoes and Pepper  
Jack Cheese served your choice of tea, coffee or hot chocolate, and a glass of  
juice

### VEGGIE DELIGHT 38

Vegan Breakfast Hash , Fried Plantain and A Fruit Plate served with  
your choice of tea, coffee or hot chocolate, and a glass of juice

### THE UNION JACK 44

Two eggs Any Style Served with Bacon and  
Pork or Chicken "Brown and Serve" Sausage, Baked Beans, Grilled Tomatoes  
Toast or an English Muffin served with your choice of tea, coffee or hot  
chocolate, and a glass of juice

Please make your server privy to any allergies or special dietary requirements.  
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## Breakfast

### FULL TANK 40

Two eggs Any Style, Bacon or Sausages, Sweet Potato Hash, Toast, Fruit Plate served your choice of tea, coffee or hot chocolate, and a glass of juice

### CREME BRULÉE FRENCH TOAST 17

4 pieces of Creamy Custard Goodness with that Classic Crisp Creme Brûlée finish

### PANCAKES 17

3 Fluffy Pancakes, Served with Syrup or Whipped Cream and Chocolate Sauce

### STARS & STRIPES 40

Corn bread Waffles, Crispy Yogurt Chicken strips, Spicy Aioli, Maple Butter served with your choice of tea, coffee or hot chocolate, and a glass of juice

## SIDES

Local fruit plate	14.00
2 Eggs Any style	10.00
Cornbeef Hash	11.00
Plantain	8.00
Corn meal Bakes (3)	9.00
Bajan Bakes (3)	9.00
Pumpkin Fritters (3)	8.00
Sausages	9.00
Bacon	9.00
Baked beans	9.00
Bajan Fish Cakes(3)	9.00
Corn Meal Porridge	7.00
Toast (2 slices)	7.00

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## *Beverages*

### HOT BEVERAGES

Americano	5.00
Cafe Latte	10.00
Cappuccino	10.00
Espresso	7.00
Hot Chocolate	5.00
Tea	4.00

### *SOFT DRINKS*

Coke	6.50
Coke Zero	6.50
Fanta	6.50
Sprite	6.50
Tonic Water	6.50
Red Frutee	6.50
Ginger Ale	6.50

### *JUICES*

Fruit Punch	5.00
Lemonade	5.00
Orange Juice	5.00
Pineapple Juice	5.00
Strawberry Lemonade	7.00

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## *Finger Foods*

### **Jerk Shrimp Skewers 35**

Grilled shrimp marinated in a spicy jerk seasoning, served with a pineapple salsa.

### **Samosas**

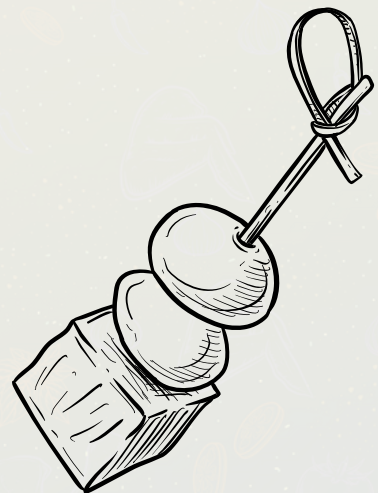
Five Chicken (\$28) or Vegetable Samosas (\$26) served with sweet chili sauce

### **Fish Cakes 25**

Six flavorful balls made with cod fish and local herbs served with our tasty marirose sauce

### **Chicken Wings 25**

Six tasty pieces of wings served either Barbecue or Buffalo sauce  
served with blue cheese dressing



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## *Sandwiches*

### **Dover Burger 35**

Fire-grilled 4-ounce burger topped with lettuce, tomatoes, and mayonnaise on a sesame seed bun served with fries, wedges or salad

+ Bacon (\$4) + Cheese (\$2)

### **Grilled Chicken Sandwich 35**

Fire-grilled chicken breast with grilled onions, peppers, tomatoes, and mayonnaise on a sesame seed bun, served with fries, wedges or salad

### **Fish Sandwich 40**

Beer-battered and deep-fried catch of the day with lettuce, tomatoes, cucumbers, and Scotch Bonnet Aioli, served with fries, wedges or salad

### **Lentil Burger 30**

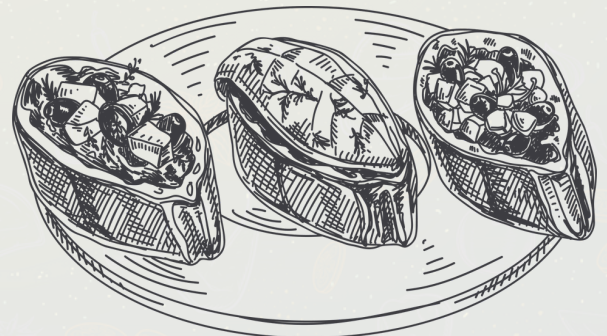
Vegetarian lentil patty on a toasted bun with tomatoes and lettuce, served with fries, wedges or salad

### **Jerk Chicken Wrap 32**

Grilled jerk chicken wrapped in a soft tortilla with lettuce, tomatoes, and a spicy mayo.

### **Tacos**

Grilled fish (\$30) or grilled spicy chicken (\$28) or grilled shrimp (\$36) in soft tortillas with shredded lettuce, Picode Gallo, and lime crema.



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