

Proteins – Please choose as many proteins as you wish more available upon request

- 1. Grilled BBQ basted chicken breasts with fresh thyme**
- 2. Creamy garlic & Parmesan cheese chicken with fresh basil**
- 3. Chicken Parmesan with Japanese bread crumbs and fresh herbs**
- 4. Asian chicken breasts with our house Asian glaze**
- 5. Hunters chicken with demi-glaze & cremini mushrooms, shallots**
- 6. Pesto chicken roulade with baby spinach & cream**
- 7. Greek chicken & tzatziki**
- 8. Jamaican curry chicken**
- 9. Jamaican Jerk chicken**
- 10. Oxtail**
- 11. Curry Goat stew**
- 12. Pulled pork with caramelized onions and house BBQ sauce**
- 13. Salmon Pinwheels with wilted greens & pesto**
- 14. Jerk Atlantic salmon fillets with plantains**
- 15. Caramelized salmon fillets with tomato, Canadian maple & herbs**
- 16. Pork or Chicken with a creamy mushroom ragout with asiago cheese with wilted greens**
- 17. Baked Salmon fillets with three tomato chutney**
- 18. Meat or Vegetarian lasagnas**
- 19. Roasted Pork loin with caramelized onions & demi glaze**
- 20. Pork tenderloin with apple thyme chutney, honey Dijon crust**
- 21. New Zealand Rack of lamb with herb crust and demi glaze**
- 22. Sliced Beef sirloin with au jus, mushrooms & caramelized onions**
- 23. Pulled Beef Roast with roasted garlic, demi glaze**
- 24. Shrimp and jumbo scallops with garlic béchamel sauce and oyster mushrooms**
- 25. Braised lamb shanks with fresh thyme and demi**
- 26. Veal chops with a port au jus**
- 27. Venison roast with rosemary**
- 28. Beef tenderloin served with cremini mushrooms and au jus**
- 29. Guinness Beer Battered Fish and chips**
- 30. Baby Back Ribs – Fall off the bone – BBQ or Asian glaze**