

## Soup & Salads

<b>Gazpacho</b> <i>Tomatoes, purple onions &amp; cucumbers with local fresh seasoning Blended and served cold</i>	<b>\$12</b>
<b>Mixed Green Salad</b> <i>Tossed field greens topped with smoked Gouda cheese, walnuts, grapes and light creamy blue cheese guava dressing</i>	<b>\$12</b>
<b>Meads Bay Chef Salad</b> <i>Mixed greens topped with slices of ham, Swiss cheese, eggs, celery, &amp; tomato &amp; served with a herb rum honey vinaigrette</i>	<b>\$14</b>
<b>Frangipani Lobster Salad</b> <i>Tossed field greens with lobster topped with mango, pineapple salsa, &amp; fresh avocado with creamy fruity curry dressing</i>	<b>\$28</b>
<b>Mediterranean Salad</b> <i>Mixed green salad topped with tomatoes, onions, garlic, sweet peppers, cucumbers, feta cheese &amp; fresh herbs with a Greek vinaigrette</i>	<b>\$14</b>
<b>Tuna Sashimi Salad</b> <i>Slices of pan seared oriental marinated tuna topped with three pepper-papaya salsa. Served over garden greens &amp; drizzled with soya-honey vinaigrette</i>	<b>\$18</b>
<b>Caesar Salad</b> <i>Romaine lettuce, tomatoes, eggs, parmesan cheese &amp; croutons with a Caesar dressing</i>	<b>\$12</b>
<b>Caesar Salad with Chicken</b> <i>Grilled, blackened chicken breast served over romaine lettuce Topped with a Caesar dressing</i>	<b>\$18</b>

## **Sandwiches** - *All sandwiches served with French fries and coleslaw*

**Caribbean Fish Sandwich** **\$16**

*Herb-lemon marinated grilled fish filet with tomato  
& lettuce on a French baguette. Served with jerk mayonnaise*

**Anguilla Chicken Sandwich** **\$16**

*Cajun spiced, honey mustard glazed grilled chicken breast  
with lettuce & tomato on French baguette*

**Frangipani Steak Sandwich** **\$18**

*Herb garlic marinated steak topped with sautéed onions  
& mozzarella cheese*

**Meads Bay Club Sandwich** **\$14**

*Turkey, cheese and ham on toasted bread with lettuce & tomato*

**Tropical Burger** **\$16**

*Grilled juicy & topped with pineapple, bacon, onion & cheese on a bun*

**Spicy Tuna Sandwich** **\$16**

*Iona special seasonings mixed with tuna fish & mayo on a French  
baguette*

## **Specialties** - *All specialty dishes are served with rice & peas, vegetables and plantains*

**Calypso Chicken** **\$16**

*Pan seared chicken breast in a West Indian Creole sauce*

**Grilled Crayfish** **\$32**

*Grilled, marinated crayfish topped with a mango salsa  
Served with rice with a garlic chardonnay sauce*

**Mixed Caribbean Grill Platter** **\$25**

*Grilled pork, ribs, fish & chicken topped with a fruity spicy BBQ sauce*

**Chef: Marlon Martin**

All prices are in US Dollars – 15% Service Charge is additional