

Main Courses



Bake fish in herbs with scalloped & parsley potatoes

Sweet & Sour pork with rice

Beef Wellington with roast potatoes & sauce

Tandoori prawns with sweet potato salad

Thai green chicken curry and vegetables with jasmine rice

Chicken pelau

Cream potatoes with steak & red wine sauce

Grilled NY striploin with roast potatoes

Bbq chicken with vegetable rice

Curry shrimp with rice

Linguine with meat balls in tomato sauce

Shrimp risotto

Peas & rice with stuffed flying fish

Herb scented cous cous with oven roasted chicken

Honey Mustard beef with asparagus & grill peppers

Spinache Pilat with stew chicken

Lime & chilli roast chicken with buk-choy rice

Grill mahi mahi with cou cou, vegetables & tomato sauce

Pork loin with roast seasonal vegetables

Chilli crusted salmon with potato salad

Rosemary & ginger lamb chops with asparagus and cous cous

Pineapple beef & ginger, along with stir fry rice

Curry coconut fish parcels with basmati rice, broccoli & lime Wedges

Jerk chicken with rice & peas

Pepper pot with rice, bread & butter

Bake chicken with macaroni pie & fry plantain

Mince beef or vegetable lasagna with garlic herb bread

B'B Q chicken with potato & tossed salad

Stuffed red snapper with parsley potatoes

Herb roasted pork loin with caramelized sweet potatoes

Pan seared Salmon with red onion mash potatoes

Chicken linguine Alfredo

Penne pasta with grilled vegetables and pesto

Parmesan chicken with fettuccini tossed in garlic