

THE Pelican Grill Menu

STARTERS

Fresh Fruit Cup - *diced fruits topped with sliced banana.*

Jamaican Soup of the Day - *ask your server.*

Creamy Conch Chowder - *with conch, potatoes, carrots, onions, scotch bonnet pepper & a dash of white wine.*

Vegetable Soup - *a hearty soup with chunks of garden fresh local vegetables.*

Spicy Chicken Wings - *seasoned, deep fried & brushed with our zesty BBQ sauce.*

SALAD

Shrimp or Lobster Salad - *a creamy salad with mayonnaise & subtle spices. Served with lettuce, tomato, cucumber, sweet pepper, potato salad & cole slaw.*

Chef Salad - *strips of chicken, ham, cheese, lettuce, tomatoes, sweet pepper, cucumber & a hard boiled egg.*

Hip Strip Salad - *lettuce, tomatoes, green peppers & cucumber with your choice of Fried Chicken or our hot & spicy Jerk Chicken.*

Green Salad Bowl - *lettuce tomatoes, green peppers & cucumber, topped with shredded carrots and cabbage.*

Jamaican Fruit Plate - *a generous serving of seasonal fruits topped with ice cream.*

SANDWICHES & OMELETTES

Hamburger - *freshly ground beef, cooked to order & served on a homemade bun with onions, lettuce & tomato.*

Cheeseburger - *Our hamburger topped with American cheese.*

Club Sandwich - *the Classic triple decker, with chicken, ham, bacon lettuce & tomato.*

Grilled Cheese Sandwich

3 Egg Omelette - *your choice of Bacon, Ham & Cheese or Ham & Cheese filling.*

Spanish Omelette - *stuffed with onions, sweet peppers and tomatoes.*

INTERNATIONAL ENTRÉES

Filet Steak - *a 7 ounce beef filet steak, grilled to perfection.*

Breaded Pork Chops - *2 pork chops seasoned, lightly breaded & deep fried. Served with apple sauce.*

Grilled Pork Chops - *2 Pork Chops delicatley seasoned & perfectly grilled.*

Chicken Cordon Bleu - *breast of chicken, stuffed with ham & cheese & lightly fried.*

Chicken Curry- *boneless chicken breast in a hot curry West Indian sauce. Served with white rice & mango chutney.*

Fried Chicken - *2 Pieces of chicken, seasoned with the Pelican's own original spices, lightly breaded & deep fried.*

Sweet & Sour Chicken - *Chunky pieces of chicken, pineapple, sweet pepper and onions, simmered in our tangy sweet & sour sauce.*

BBQ Chicken - *2 pieces of grilled chicken, bathed in the Pelican's homeade BBQ sauce.*

CARIBBEAN FISH - *cooked to order, Whole or Sliced.*

- **Steamed** - *in butter with okra, tomatoes, onions, escallions & local spices.*
- **Escoveitched** - *fried & then bathed in a mixture of vinegar, onions, carrots, scotch bonnet pepper and pimento.*
- **Brown Stew** - *fried & simmered in a tangy brown sauce with onions, carrots & scotch bonnet peppers.*
- **Fish & Chips** - *lightly seasoned, breaded & deep fried. Served with tartar or cocktail sauce.*

LOBSTER & SHRIMP

Lobster Thermidor - *simmered in a creamy white sauce with a sibtle hint of cheese. Curried rice enhances the delicate flavour of this popular dish.*

Broiled Lobster - *served in the shell with drawn butter.*

Curried Lobster - *tender chunks of lobster, simmered in a West Indian curry sauce.*

Stuffed Lobster - *chunks of Lobster, sautéed with butter, onions, sweet peppers & tomatoes, then lightly broiled.*

Sweet & Sour Shrimp - *fried & simmered in our tangy sauce with onions, pineapple & sweet pepper*

Sautéed Shrimp - *delicately flavoured with garlic & local seasonings.*

Fried Shrimp - *seasoned, lightly breaded & deep fried. Served with a choice of tartar or cocktail sauce*

Curried Shrimp - *sautéed in our spicy, West Indian curry sauce & served with mango chutney.*

A popular favourite for over 40 years.

TASTE OF JAMAICA

Jerk Chicken - *marinated in our special jerk rub with scotch bonnet peppers, pimento & other spices, grilled & brushed with a sweet pineapple & honey based glaze.*

Curried Goat - *an island favourite. Served with rice & mango chutney.*

Oxtail - *a sumptuous stew prepared with local oxtail, broad beans, carrots & spinners.*

Stew Peas with Rice - *beef and pig's tail simmered with kidney beans and local spices.*

Ackee & Saltfish(Cod) - *Jamaica's national dish, cooked with onions & peppers.*

Bammy - *traditional West Indian deep fried cassava flat bread (cooked to order).*

VETARIAN DISHES

Spaghetti - *in a Marinara sauce with Italian herbs & spices. Topped with mushrooms.*

Stew Peas - *red kidney beans cooked in coconut milk with Jamaican spices & spinners. Served over rice.*

Curried Vegetables - *local vegetables sautéed in a mild curry sauce. Served over rice with Mango Chutney.*

Vegetable Plate - *Jamaican rice & peas, mashed potatoes & sauteed callaloo.*

- **A large selection of hot & cold soft drinks, wine & full cocktail bar is available.**