

Indigo on the Beach

BREAKFAST MENU

JUICE SELECTION

ORANGE

PINEAPPLE

WATERMELON

FRUIT SMOOTHIE OF THE DAY

JUICE MARKET**

6

REVITALIZE

Pineapple, Banana, Lime

ENERGIZE

Carrot, Ginger, Apple, Lime

VITAMIN BOOST

Papaya, Banana, Lime

GREEN GOODNESS

Cucumber, Celery, Spinach, Parsley, Green, Apple

POWER BOOST

Turmeric, Ginger, Lime, Carrot and Honey

TEAS, INFUSIONS AND COFFEE

TEAS - English Breakfast (l&h), Earl Grey or Green Tea

INFUSIONS - Lemongrass, Fresh Mint, Ginger or Peppermint (l&h)

COFFEES - Freshly Brewed Coffee, Espresso, Cappuccino or Café Latte

HOT CHOCOLATE

FROM OUR MARKET TABLE

SEASONAL WHOLE AND SLICED FRUITS

CURED MEATS, CHEESE & SMOKED SALMON SELECTION

HOME BAKED PASTRIES

Croissant, Cinnamon Roll, Muffin of the Day, Pain au Chocolate, Banana Bread

ASSORTED SELECTION OF CEREALS

Corn Flakes, Raisin Bran, Rice Krispies (l&h), Bran Flakes (l&h), Weetabix (l&h), Fruit Loops, Coco Puffs, Cheerios

WHOLE, SKIMMED AND SOY MILK

All prices are in United States dollar plus 10% service charge & 12.5% government tax

** ITEM INCURS A SUPPLEMENT CHARGE

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BREAKFAST MENU

HEALTHY START

FRESH BERRIES House Made Quinoa Granola

LOCAL HONEY YOGURT Seasonal Fruits, Chia and Flax Seeds

MARKET FRUIT SALAD Citrus Vanilla Broth

STEEL ROLLED PORRIDGE Brown Sugar with Berries or Sliced Banana

INDIGO'S DOUCEUR

BELGIAN WAFFLE SUNDAE with Whipped Cream, Berry Compôte and Maple Syrup

BUTTERMILK PANCAKES Maple Syrup, Butter and Fresh Berries

FRENCH TOAST with Orange Butter, Passion Fruit Syrup and Sliced Bananas

POWER BREAKFAST

VEGAN BREAKFAST WRAP Quinoa Market Vegetables and Whipped Hummus

AVOCADO TOAST Poached Eggs, Country Bread, Crushed Avocado, Warm Spinach and Tomato Confit

SMOKED SALMON BAGEL CAPERS Vine Ripened Tomatoes, Red Onions and Cream Cheese

EGGS AND SAVOURY

THE ENGLISH 2 Farm Eggs, Sautéed Paprika Potatoes, Mushrooms and Grilled Tomato with Bacon and Sausage

EGG WHITE FRITTATA Goat's Cheese, Broccoli and Asparagus Herb Salad

LOBSTER BENEDICT** Poached Eggs, Champagne Hollandaise Sauce and Asparagus 21

TRADITIONAL BENEDICT Local Spinach, Hollandaise Sauce with Canadian Bacon or Smoked Salmon

WESTERN OMELET HAM, Peppers, Local Tomatoes and Cheddar Cheese

SIMPLE OMELET Ham, Mushrooms and Gruyère Cheese

OTHERS

STEAMED RICE, Miso Soup, Grilled Catch with Pickled Cucumber and Chopped Scallions

CARIBBEAN BREAKFAST, Salt Fish, Stewed in Creole Sauce, Float, Avocado and Tomatoes

RICE CONGEE, Farm Soft Boiled Egg, Crispy Pork Belly and Toasted Peanuts

CORNED BEEF HASH, Poached Eggs, Sautéed Potatoes, Peppers, Hollandaise Sauce

SIDES

STREAKY OR BACK BACON

BOILED EGGS

FRIED PLANTAIN

SAUTÉED POTATOES

TOAST

(l&h): Light and healthy dishes, perfectly balanced for those following a healthy lifestyle

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APPETIZERS

SOUPS

SWEET CORN BISQUE 10
Octopus Croquette, Tarragon Crème Fraîche

TOMATO GAZPACHO (v) 9
Watermelon, Cucumber, Mint

SALADS

CLASSIC CAESAR SALAD (v) 12
Anchovy, Croutons, Hearts of Palm, Parmesan Dressing

VEGETABLE TEMPURA MAKI-ROLL (v) 12
Cabbage Salad, Unagi Sauce, Sriracha Mayonnaise

HUMMUS (v) 11
Roasted Vegetables, Apple, Feta, Tahini Dressing

SHRIMP FENNEL SALAD (s) 16
Truffle Hearts of Palm Purée, Herb Salad

TOMATO, MOZZARELLA AND AVOCADO SALAD (v) 13
Fine Herbs, White Balsamic Dressing

RAW

STEAK TARTARE 18
Quail Egg, Truffle Crushed Avocado, Country Bread

MARINATED RAW AHI TUNA 16
Green Beans, Cucumber, Hearts of Palm, Avocado,
Island Inspired Dressing

OCTOPUS CEVICHE 15
Wakame, Cabbage Slaw, Local Mango, Tomatoes,
Cucumber

MAIN COURSES

SANDWICHES

QUINOA HUMMUS WRAP (v) 16
Marinated Roasted Onions, Peppers, Cucumber

CALIFORNIA TURKEY CLUB 18
Pickled Cucumber, Avocado, Bacon, Basil Mayonnaise

LOBSTER ROLL (s) 25
Fennel Slaw, Citrus Segments, Shaved Apple

5OZ CATCH OF THE DAY BURGER 22
Toasted Brioche, Tartar Sauce

7OZ BEEF BURGER 21
Griddled Brioche, Cheddar Cheese

*Served with Fries, Sweet Potatoes Fries or Sides Salad

FROM LAND AND SEA

CATCH OF THE DAY 26
Roasted Vegetable Caponata,
Chorizo Potato Croquette,
Red Pepper & Tomato Coulis

6OZ GRILLED CHICKEN BREAST 23
Jasmine Rice, Sautéed Vegetables
Ginger Curry Sauce

6OZ GRILLED SIRLOIN STEAK 24
Warm Niçoise Salad
Honey Grain Mustard Dressing

PENNE PASTA- VEAL & BEEF BOLOGNAISE 22
Mushrooms, Ricotta

SPAGHETTI WITH ROASTED BUTTERNUT SQUASH (v) 22
Brussels Leaves, Toasted Walnuts, Kale Pesto

SIDES

FRENCH FRIES WITH TRUFFLE OIL & PARMESAN 8

GARLIC COMFIT WHIPPED POTATOES 8

STEAMED JASMINE RICE 8

STEAMED BROCCOLI 8

DESSERTS

WARM APPLE PIE 10
Vanilla Gelato
Caramel Sauce

CHOCOLATE TART 10
Strawberry Coulis
Caramel Ice Cream

SEASONAL FRESH FRUIT TART 10
Passion Fruit Curd,
Mango Sorbet

BAILEY'S COOKIE CRUNCH MOUSSE 10

(v) vegetarian (n) contains nuts (s) shellfish

Carlisle Bay makes a concerted effort to use the freshest ingredients for our menus by working with local communities of farmers and fishermen as well as the greater Caribbean community. We also utilise produce from our own chef's garden.



Indigo on the Beach

DINNER MENU

SOUPS & SALADS

LOBSTER BISQUE (s)	14
Charred Corn, Cognac Espuma	
CHILLED POTATO SOUP (v)	12
Fava Bean-Pea Salad, Burrata, Quinoa Granola	
ENDIVE & MIXED GREENS SALAD (v)	13
Dried Cranberry, Blue Cheese, Country Crostini	
TOMATO SALAD (v) (n)	15
Farro Puffs, Mozzarella, Beets, Pistachio, Jerez Dressing	

RAW

SALMON TARTARE	21
Quinoa, Coriander, Yogurt, Pomegranate Salsa	
STEAK TARTARE	22
Quail Egg, Truffle, Crushed Avocado, Foie Gras	
CHILLED OCTOPUS SALAD	19
Shaved Vegetables, Spicy Tomato, Shishito Dressing	

HOT APPETIZERS

5 SPICED ROASTED QUALL	20
Crack Wheat & Celery Apple Mint Salad	
CARAMELIZED FOIS GRAS	24
Vanilla, Roasted Fruit, Local Cranberry Aigre Doux, French Toast	
SEARED SCALLOPS (s)	25
Garnet Yam Puree, Corn, Caviar, Champagne, Beurre Blanc	

PASTAS

PENNE PASTA & BEEF BOLOGNAISE	22
Marinara Sauce, Mushrooms, Ricotta	
SPAGHETTI (v)	22
Roasted Butternut Squash, Brussels Leaves, Toasted Walnut, Kale Pesto	

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DINNER MENU

FROM LAND & SEA

INDIGO'S SURF & TURF (s) Half Grilled Lobster, 4oz Beef Tenderloin	55
DAILY CHEF'S CATCH Curry Farro Hash, Mango & Passion Fruit Butter Sauce	32
MEDITERRANEAN SEAFOOD RISOTTO (s) Jerusalem Artichokes, Roasted Tomatoes, Parmesan Tuile	36
7OZ BEEF TENDERLOIN OR 10OZ SIRLOIN Charred Shishito Peppers, Baby Vegetables, Madeira Jus	36
GRILLED CHICKEN BREAST Andouille, Roasted Peppers, Peruvian Potatoes, Puree, Red Wine Jus	30

SIDES

LOBSTER MAC & CHEESE (s)	12	GRILLED LOBSTER TAIL (s)	30
TRUFFLE & PARMESAN FRIES	8	STEAMED JASMINE RICE	8
ROASTED GARLIC WHIPPED POTATOES	8	GRILLED ASPARAGUS	8

INDIGO'S SIGNATURE TASTING MENU

55 PER PERSON

STARTERS

(CHOICE OF)

LOBSTER BISQUE (s)

Charred Corn, Cognac Espuma

ENDIVE & MIXED GREEN SALAD (v)

Dried Cranberry, Blue Cheese, Country Crostini

CHILLED OCTOPUS SALAD (s)

Shaved Vegetables, Spicy Tomato, Shishito Dressing

MAIN COURSES

(CHOICE OF)

DAILY CHEF'S CATCH

Curry Farro Hash, Mango & Passion Fruit Butter Sauce

10OZ SIRLOIN

Charred Shishito Peppers, Potato Terrine, Madeira Jus

MEDITERRANEAN SEAFOOD RISOTTO (s)

Sunchokes, Roasted Tomatoes, Parmesan Tuile

DESSERT

TARTE DU JOUR

Caramel Sauce, Vanilla Ice-Cream

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CHILDREN'S BREAKFAST

CHEESY BEANS on toast

EGG AND SOLDIERS

MINI FULL ENGLISH BREAKFAST

BANANA PANCAKES, chocolate sauce

SELECTION OF CEREALS

JUICY FRUIT SALAD

BACON SANDWICH

CORNFLAKES CRUSTED FRENCH TOAST

Plain or cinnamon and jam

Indigo on the Beach

YOUNG DINERS MENU

SALADS 7

MIXED CHEF SALAD (v)

Choice of:

caesar dressing - ranch - balsamic & olive oil

PASTA 12

SPAGHETTI OR PENNE

Choice of:

bolognese - tomato sauce (v) - popeye pesto

SANDWICHES

BLT WRAP 9

BACON CHEESE BURGER 12

TOASTIE: 7

cheese (v) ham & cheese

COMFORT FOOD 14

FISHY FISHY, panko crusted tilapia, french fries
RISOTTO, prosciutto & peas

CRISPY CHICKEN FINGERS, green peas, french
fries

KIDS BENTO BOX, smoked salmon, hummus, pita

PLAT DU JOUR 16

with your choice of one side

MONDAY

CHEESE RAVIOLI (v)

TUESDAY

FISH PIE

WEDNESDAY

CHICKEN CORDON BLUE

THURSDAY

MEATBALL & RIGATONI
GRATIN

FRIDAY

FISH CAKES

SATURDAY

LASAGNA

SIMPLY GRILLED

with your choice of one side and a sauce

ANGUS SIRLOIN STEAK 28 - CHICKEN BREAST 16

CATCH OF THE DAY 16 - TUNA 18

SIDE ORDERS 5

TOMATO SALAD (v) - GREEN SALAD (v) - STEAMED BROCCOLI (v)

ROAST LOCAL VEGETABLES (v)

MASHED POTATO - NEW POTATOES - FRENCH FRIES - MACARONI & CHEESE

SAUCES

BEARNAISE - HOME MADE KETCHUP - GARLIC BUTTER

DESSERTS 6

STRAWBERRY CHEESE CAKE - JUICY FRUITS - CARLISLE BAY BANANA SPLIT

CHOCOLATE BROWNIE - ICE CREAM
vanilla ice cream in a cone or bowl

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