



CARLISLE BAY  
ANTIGUA

# IN-SUITE DINING

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To place your order or for your tray to be cleared,  
Please contact Room Service on extensions 4195

**Guests can avail of breakfast in your suite complimentary, please  
contact our in room dining team on ext. 4195**

A tray charge of US\$10 will apply per order  
for lunch and dinner.

We are pleased to offer romantic dinners  
served on your balcony, the jetty or the beach.  
Our Chef will be delighted to assist you in selecting your menu.

Please contact us 48 hours in advance to arrange  
for personalized dinners, excursions or picnics.

All prices are in United States dollars subject to  
10% service charge & 15% government tax.

# **BREAKFAST** (7AM TO 10.30AM)

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## **COLD DRINKS**

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### **JUICES**

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ORANGE  
APPLE  
PINEAPPLE  
CRANBERRY  
WATERMELON  
GRAPEFRUIT

### **DETOX DRINKS**

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#### **GREEN GODDESS**

SPINACH, CELERY, CUCUMBER, PARSLEY, MORINGA, GREEN APPLE

#### **BEET IT UP**

BEETS, CARROT, CELERY, GINGER, TOMATO

### **BARTENDER'S SMOOTHIE**

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MADE WITH NATURAL YOGHURT  
ASK FOR TODAYS FLAVOUR

### **ICED DRINKS**

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#### **ICED AMERICANO**

FRESH ESPRESSO

#### **ICED CAFÉ LATTE**

FRESH ESPRESSO, COLD FOAM MILK

#### **ICED TEA**

BREAKFAST BLEND, LEMON

### **HOT DRINKS**

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#### **ARABICA COFFEE**

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FRESH FILTER POT (DECAFFEINATED ALSO AVAILABLE)  
ESPRESSO  
CAFÉ LATTE  
CAPPUCCINO  
CAFÉ MOCHA

OUR BEANS ARE ROASTED IN ANTIGUA BY CARIB BEAN COFFEE CO.

### **KUSMI TEA**

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ENGLISH BREAKFAST  
EARL GREY  
GREEN SENCHA WITH MINT  
CHAMOMILE

### **DAIRY ALTERNATIVES**

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SOYA  
ALMOND  
OAT

WE ALWAYS STOCK MILK ALTERNATIVES, SHOULD YOU REQUIRE SPECIFIC, PLEASE ASK YOUR SERVER

## **CONTINENTAL SELECTION**

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### **FRESH FRUIT BOWL**

SEASONAL SLICED FRUITS

### **COLD CUT PLATE**

SELECTION OF CONTINENTAL MEATS, CHEESES AND SALAD

### **YOGHURTS**

NATURAL, BERRY, COCONUT

### **CHIA PUDDING BOWL**

YOGHURT, CHIA, CINNAMON, ALMOND FLAKE, MIXED BERRY

### **BIRCHER MUESLI**

ALMOND MILK, YOGHURT, OATS, APPLE, MIXED BERRY

### **CEREAL BOXES**

CORN FLAKES, BRAN FLAKES, RICE  
KRISPIES, HOUSEMADE GRANOLA

## **HOUSE BAKED BREADS & PASTRY**

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### **TOAST RACK**

WHITE, WHEAT, MULTIGRAIN, SOURDOUGH  
SERVED WITH BUTTER AND PRESERVES

### **PASTRY BASKET**

DAILY SELECTION STRAIGHT FROM OUR BAKERY

## **FROM THE KITCHEN**

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### **FULL BREAKFAST- CHOICE OF EGG**

CRISP BACON, PORK SAUSAGE, ROAST POTATO, GRILLED TOMATO,  
MUSHROOM, BAKED BEANS

### **THREE EGG OMELETTE**

CHOICE OF FILLING  
CRISP BACON, ONION, MUSHROOM, SPINACH, PEPPER, CHEDDAR,  
SMOKED SALMON (EGG WHITE ONLY ALSO AVAILABLE)

### **AVOCADO TOAST**

THICKCUT SOURDOUGH, SMASHED AVOCADO, POACHED EGGS,  
ROASTED TOMATO, CHILI LIME DRESSING

### **EGGS BENEDICT**

BUTTERED ENGLISH MUFFIN, HOLLANDAISE, POACHED EGGS, HAM,  
ASPARAGUS

### **ANTIGUAN SALTFISH BREAKFAST**

COOKED IN TOMATO, FRIED PLANTAIN, FRIED FLOATS

## **LITTLE ONES BREAKFAST**

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### **HOUSEMADE WAFFLE**

SUGAR DUSTING, SYRUP, BERRY COMPOTE

### **ARTISAN PANCAKES**

SUGAR DUSTING, SYRUP, BERRY COMPOTE

### **TWO EGGS, ANY STYLE**

COOKED TO YOUR LIKING, TOAST, BACON, SAUSAGE

# LUNCH (12.30PM TO 3.00PM)

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## APPETIZER

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### TUNA NICOISE (GF/DF)

\$20

SEARED TUNA, CHERRY TOMATO, GREEN BEAN, POTATO, BOILED EGG

### COCONUT CRUST SHRIMP

\$24

GARLIC ANCHOVY AIOLI, CRISP SALAD

### BURRATA (VG)

\$18

ARUGULA, SHAVED FENNEL, CHERRY TOMATO, PISTACHIO, BALSAMIC, GARLIC BREAD

### CLASSIC CAESAR SALAD

\$18

ROMAINE, HEART OF PALM, ANCHOVY, AGED PARMESAN RUSTIC GARLIC CROUTON, CAESAR DRESSING

#### ADD:

JERK SPICED CHICKEN \$10

CAJUN SHRIMP \$15

## SANDWICH AND WRAPS

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### ANGUS BEEF BURGER

\$28

BRIOCHE, EMMENTHAL, CARAMELIZED ONION, CRISP BACON, TOMATO, LEAVES, THOUSAND ISLAND DRESSING, FRENCH FRIES

### CARIBBEAN FISH SANDWICH

\$32

TARTAR, LETTUCE, TOMATO, PICKLE, CIABATTA, FRENCH FRIES

### CIABATTA SANDWICH

\$28

PARMESAN CHICKEN, MUSTARD MAYO, LUTTUCE, PICKLES, CHEESE, CIABATTA, FRENCH FRIES

### CHOOSE YOUR WRAP

SHREDDED LETTUCE, ROASTED GARLIC AVOCADO AIOLI, SLICED TOMATO, FRENCH FRIES

BLACKENED SHRIMP \$30

CAJUN SPICED CHICKEN \$25

TOFU & CHICKPEA \$21

## MAIN

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### FISH N CHIPS

\$32

BEER BATTERED FISH FILLET, FRENCH FRIES, TARTARE SAUCE

### CATCH OF THE DAY

\$38

CRUSHED POTATO, ASPARAGUS, LEMON BUTTER SAUCE

### SPAGHETTI BOLOGNESE

\$26 BEEF RAGOUT, TOMATO, AGED PARMESAN

### CARIBBEAN ROTI

GARDEN SALAD, PINEAPPLE CHUTNEY

#### CHOICE OF:

CHICKEN

\$26

SHRIMP

\$28

VEGETABLE

\$22

# DINNER (6.00PM TO 10.00PM)

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## APPETIZER

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<b>MUSHROOM SOUP</b> SMOKED GARLIC CROSTINI, TRUFFLE MILK FOAM	<b>\$15</b>
<b>ARUGULA SALAD</b> BLUE CHEESE, PEARS, PISTACHIO, BALSAMIC DRESSING	<b>\$16</b>
<b>SESAME CRUST TUNA</b> RADISH, APPLE CHUTNEY, WASABI MAYO, PARSLEY OIL	<b>\$19</b>
<b>BEEF TARTARE</b> CAPER, RED ONION, MUSTARD, EGG YOLK, PARMESAN	<b>\$21</b>

## MAIN COURSE

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<b>DUCK BREAST</b> MASHED POTATO, SAUTEED BOK CHOY, TERIYAKI SAUCE	<b>\$40</b>
<b>PAN SEARED CATCH</b> SAUTEED ARTICHOKE, TOMATO, EDAMAME, ROAST GARLIC, HERB BUTTER SAUCE	<b>\$38</b>
<b>FETTUCINI</b> SHRIMP, GARLIC, CHILI, TOMATO, WHITE WINE BUTTER SAUCE	<b>\$35</b>

## SIMPLY GRILLED

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ALL SERVED WITH GRILLED VEGETABLE, MASHED POTATO, CHOICE SAUCE

### CUT

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<b>PORK LOIN</b>	<b>\$35</b>	
<b>CHICKEN BREAST</b>	<b>\$30</b>	
<b>SIRLOIN STEAK</b>		<b>\$45</b>

### SIDE ORDER

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<b>FRENCH FRIES</b>	<b>\$8</b>
MASHED POTATO	
STEAMED RICE	
SAUTEED GREEN BEAN	
MIXED GARDEN SALAD	
SWEET POTATO FRIES	

### SAUCE

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WILD FOREST MUSHROOM
GREEN PEPPERCORN
RED WINE JUS
BEARNAISE
GRILLED LEMON BUTTER

# ASIAN CUISINE (6.00PM TO 10.00PM)

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## SUSHI SELECTION

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<b>SAMURAI ROLL</b>	<b>\$23</b>
SEARED TUNA, PRAWN TEMPURA,, AVOCADO, SESAME SEED, TERYAKI	
<b>SPICY SALMON ROLL</b>	<b>\$22</b>
SALMON, AVOCADO, SESAME SEED, CHIVE, SRIRACHA	
<b>CALIFORNIA ROLL</b>	<b>\$23</b>
KANIKAMA, TOBIKO, AVOCADO, CUCUMBER, SESAME SEED	
<b>PHILADELPHIA ROLL</b>	<b>\$22</b>
SMOKED SALMON, CREAM CHEESE, AVOCADO, CHIVE, DYNAMITE SAUCE	

## ASIAN APPETIZER

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<b>CRAB CAKE</b>	<b>\$14</b>
PAPAYA SALAD, PLUM SAUCE	
<b>DYNAMITE SHRIMP</b>	<b>\$16</b>
SHRIMP TEMPURA, GLASS NOODLE, DYNAMITE SHRIMP	
<b>DUCK SPRING ROLL</b>	<b>\$14</b>
THAI SWEET CHILI DRESSING	

## ASIAN MAIN COURSE

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<b>PORK BELLY</b>	<b>\$35</b>
BOK CHOY, POACHED EGG, ADOBE SAUCE	
<b>PAD PRIK GAENG</b>	<b>\$32</b>
FRIED CHICKEN, RED CHILI PASTE, BOK CHOY, BASIL	
<b>PHAD THAI</b>	
RICE NOODLE, BEANSPROUT, PEANUT, EGG, FRIED TOFU, TAMARIND SAUCE	
<b>CHOICE OF:</b>	
<b>SHRIMP</b>	<b>\$32</b>
<b>CHICKEN</b>	<b>\$26</b>
<b>THAI CURRY (RED OR GREEN)</b>	
SWEET BASIL, COCONUT, EGGPLANT, MUSHROOM	
<b>CHOICE OF:</b>	
<b>SHRIMP</b>	<b>\$38</b>
<b>CHICKEN</b>	<b>\$32</b>

# **TAKE AWAY PICNIC** (PRE-ORDER REQUIRED)

**SELECT ONE ITEM FROM EACH CATEGORY PER ORDER \$45**

## **SALAD SELECTION**

### **SHRIMP SALAD**

PASTA, PESTO, CAPER, CHERRY TOMATO

### **MIXED GREEN**

CARROT, TOMATO, CUCUMBER, BALSAMIC VINAIGRETTE

### **CAESAR**

ROMAINE, BACON, PARMESAN, ANCHOVY, CAESAR DRESSING

### **TUNA SALAD**

SEARED TUNA, GREEN BEAN, RED ONION, OLIVE, MIXED LEAF, LEMON

### **CAPRESE**

TOMATO, MOZZARELLA, ARUGULA, BASIL PESTO

## **SANDWICH SELECTION**

### **SMOKED TURKEY**

TOMATO, LETTUCE, CHEDDAR, CIABATTA

### **ITALIAN SUB**

SALAMI, PROSCIUTTO, SWISS CHEESE, LETTUCE, TOMATO, BASIL PESTO

### **JERK CHICKEN WRAP**

BLACK BEAN & LIME CORN SALSA, LETTUCE, PICKLE, PEPPER JACK CHEESE,

COCKTAIL AIOLI SAUCE

### **VEGETABLE SANDWICH**

GRILLED VEGETABLE, HUMMUS, LETTUCE, MOZZARELLA, SOURDOUGH

### **VEGETARIAN WRAP**

MARINATED GRILLED VEGETABLE, TOFU, BABY GREEN, GOAT'S CHEESE

## **DESSERT**

### **CHOCOLATE ORANGE CHEESECAKE**

### **CHOCOLATE BROWNIE**

### **FRESH WHOLE FRUIT**

### **ASSORTED COOKIES**

**PLEASE ALLOW 24 HOURS ADVANCE NOTICE TO ENSURE FULL AVAILABILITY**

GLUTEN FREE BREAD IS AVAILABLE UPON REQUEST

WE ENDEAVOUR TO TAILOR OUR DISHES TO ANY DIETARY REQUIREMENTS,  
OUR CULINARY TEAM WILL BE MORE THAN HAPPY TO DISCUSS ANY OPTIONS  
WITH YOU

# DRINKS

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## Beer

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7

WADADLI – ANTIGUA AND BARBUDA  
CARIB – TRINIDAD AND TOBAGO  
COORS LIGHT – USA  
RED STRIPE – JAMAICA  
HEINEKEN – HOLLAND

## Soft Drinks

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COCA COLA, DIET COKE,  
SPRITE, GINGER ALE  
GINGER BEER, CLUB SODA,  
TONIC WATER

## BARTENDER'S COCKTAILS

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A SELECTION OF COCKTAILS THAT HAVE BEEN CREATED BY OUR VERY OWN TEAM OF BARTENDERS

### **THE MAJESTIC FOREIGNER**

CITRUS VODKA, GRAPEFRUIT, LEMON, MARASCHINO, SYRUP

### **CUCUMBER COOLER**

GIN, CUCUMBER, LIME, MINT, SYRUP

### **ANTIGUAN MOJITO**

RUM, PINEAPPLE, MINT, CLUB SODA, SYRUP, ANGOSTURA

### **RE-FASHION PUNCH**

RUM, SIMPLE SYRUP, ORANGE ANGOSTURA.....

### **CARLISLE SUNSET**

RUM, GALLIANO, PINEAPPLE, MANGO, DARK RUM FLOAT

### **PASSION**

RUM, KURRANT VODKA, PASSIONFRUIT, ANGOSTURA

### **COCONUT GROVE**

RUM, COCONUT, LIME

### **SPICED ISLAND PUNCH**

RUM, GINGER SYRUP, PINEAPPLE, MANGO, LIME

### **GINGER MARGARITA**

TEQUILA, GINGER, COINTREAU, LIME

### **LOST IN PARADISE**

TEQUILA, LIME, COCONUT, BANANA LIQUEUR

### **PASSIONFRUIT SANGRIA**

WHITE WINE, TRIPLE SEC, ORANGE, STRAWBERRY, PASSIONFRUIT, SYRUP, CLUB SODA



# CLASSIC COCKTAILS

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TIME TESTED MASTERPIECES FROM ALL OVER THE GLOBE

## MARTINI

GUEST CHOICE:

VODKA OR GIN, SHAKEN OR STIRRED, LEMON OR OLIVE, VERMOUTH

## NEGRONI

GIN, CAMPARI, ORANGE ANGOSTURA, SYRUP, ORANGE PEEL

## APEROL SPRITZ

PROSCecco, CLUB SODA, ORANGE, APEROL

## WHISKEY SOUR

JIM BEAM, LEMON, LIME, SYRUP, WHITES, ANGOSTURA  
WHY NOT CHANGE IT UP: AMARETTO, RUM, VODKA, GIN

## BRAMBLE

GIN, CRÈME DE MURE, LIME, SYRUP

## ESPRESSO MARTINI

VANILLA VODKA, CAFÉ PATRON, KAHLUA, FRESH ESPRESSO

## LONG ISLAND ICED TEA

GIN, VODKA, TEQUILA, RUM, TRIPLE SEC, LEMON, SYRUP, COCA-COLA

## FRENCH 75

PROSCecco, GIN, SYRUP, LEMON

# WINE

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PLEASE NOTE, GUESTS STAYING ON SUPER CHILL ALL INCLUSIVE PACKAGE CAN AVAIL OF WINE BY THE GLASS, **CHAMPAGNE AND WINE BY THE BOTTLE WILL INCUR FULL CHARGES**

## Sparkling & Champagne by Glass

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PROSCecco BOTTEGA \*

Veneto, Italy

12

BILLECART SALMON, BRUT

Champagne, France

35

## White

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SAUVIGNON BLANC, TARIQUET \*

11

CHARDONNAY, ARDECHE, LOUIS LATOUR \*

13

PINOT GRIGIO, GRAN SASSO\*

10

## Rosé

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CALALENTA, MERLOT\*

11

## Red

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MONTEPUCLIANO D'ABRUZZO, GRAN SASSO \*

13

CABERNET SAUVIGNON, ROBERT MONDAVI\*

13

BORDEAUX BLEND, CHATEAU SISSAN \*

11

MALBEC, CATENA \*

13

# KIDS MENU (AVAILABLE ALL DAY)

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<b>MIXED GARDEN SALAD</b>	<b>\$6</b>
LETTUCE, TOMATO, CUCUMBER, CARROT, OLIVE LEMON DRESSING	
<b>VEGETABLE CRUDITE</b>	<b>\$5</b>
SOUR CREAM	
<b>CHEESE &amp; HAM TOASTIE</b>	<b>\$8</b>
WHITE BREAD, FRENCH FRIES	
<b>PASTA</b>	<b>\$12</b>
<b>CHOICE OF:</b>	
<b>PLAIN, TOMATO, BOLOGNAISE</b>	
<b>PENNE, SPAGHETTI</b>	
<b>CHEESEBURGER</b>	<b>\$12</b>
CHEESE, LETTUCE, TOMATO, FRENCH FRIES	
<b>CHICKEN FINGERS</b>	<b>\$10</b>
BREADED CHICKEN, FRENCH FRIES, GREEN PEAS	
<b>GRILLED MAHI-MAHI</b>	<b>\$13</b>
MASHED POTATO, BROCCOLI	
<b>GRILLED CHICKEN</b>	<b>\$13</b>
MASHED POTATO, BROCCOLI	
<b>DESSERTS</b>	
<b>BROWNIES</b>	<b>\$6</b>
Vanilla Ica Cream	
<b>Selection of Ice Cream / Sorbet</b>	(per scoop) <b>\$3</b>