



# Sugar Apple

C A F E

## LUNCH

Served daily 11:00 am - 4:00pm

### Daily Soup

Ask your server about our soup of the day (\$20)

### Quiche

Choice of ham & cheese or vegetable, served with a mixed leaf garden salad (\$32)

### Basil Roasted Chicken

Served with stuffing & gravy, garlic mash potatoes and seasonal vegetables (\$35)

### Fish Salad

Lightly battered flying fish fingers served with our mixed leaf garden salad and dressing (\$35)

### Flying Fish Lunch

Two lightly battered flying fish served with mash potatoes, seasonal vegetables or garden salad (\$35)

### Beef Lasagna

Traditional homestyle lasagna served with garden salad & garlic bread (\$38)

### Seafood Lasagna

Crab, mahi mahi and shrimp in a delicious cream sauce served with garden salad & garlic bread (\$42)

### Flying Fish Cutter

Two lightly battered flying fish, lettuce and tomato topped with a fried egg (optional) (\$22)

### Beef Burger

Served with fries and side salad (\$30)

## HEALTHY PROTEIN BOWLS

### Mexican Chicken Bowl

Brown rice, black beans, fried plantain, tomato salsa, sprouts & coriander (\$32)

### Seared Salmon Bowl

Brown rice, seaweed, pickled cucumber, radish, sesame seeds, edamame & ginger soy dressing (\$36)

### Chef's Salad of the Day

Lettuce, tomato, cucumber roasted almonds, seeds and micro greens (\$30) Add Chicken (\$6)

## SIDES

Garlic Bread - \$8.00  
Seasoned Fries - \$12.00  
Small Salad - \$12.00

½ Cup Soup - \$10.00  
Plantain - \$8.00  
Avocado (Seasonal) - \$8.00

All prices are quoted in BBD and are inclusive of 12.5% Tax

All prices are subject to 2.5% service charge

Some items may contain nuts, milk, eggs and wheat. Kindly alert your server to any possible allergies.