

# La Salsa

## Restaurant & Bar

### SOUPS

Please ask your server about today`s creation \$20

### SALAD OF THE DAY

Greek Salad \$30

Diced cucumbers, tomatoes, Kalamata olives, feta cheese, red onions, pimentos, finished with a lemon dill vinaigrette

### APPETISERS

Bruschetta \$25

Diced tomatoes, fresh basil hint of garlic, olive oil, served with crostini`s sprinkled with parmesan cheese

Chicken Somasas \$30

Indian dish, delicate pastry filled with curried chicken mix, served with mango chutney

### ENTRÉE

Stuffed Chicken Breast \$50

Filled with spinach, prosciutto, and cream cheese, served with a wild mushroom demi-glace, served with scalloped potatoes, & chef`s vegetables

N.Y Steak au Poivre \$75

Cracked black peppercorns, rubbed into 8 oz steak, pan seared, flambéed with brandy, finished with demi –glace and heavy cream served with scalloped potatoes, chef`s vegetable

Pan Roasted Salmon \$60

Seasoned and seared, then roasted served over artichokes, tomatoes & mushrooms, finished with a pernod butter sauce, served over risotto

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## Restaurant & Bar

Catch Of The Day \$60

Please ask your server about our fresh fish of the day  
served blackened, pan seared or fried ,served with salad & French fries

Pork Tenderloin \$55

Medallions of pork tenderloin, seared, served with scalloped potatoes, chef's vegetable of  
the day,finished with a redcurrant demi-glace

## Treat Yourself

(Items below are not included on the all-inclusive program, but are available at a  
supplementary cost)

### Premium Grilled Steak

Grilled Steak, fresh cut home fries & choice of thyme jus or peppercorn

Rib-Eye (10 oz) \$35 / \$80

Filet Mignon (7 oz) \$40 / \$90

Lobster Thermidor \$45 / \$95

Slow cooked lobster in a creamy Mornay sauce with Garlic Mash

Herb Crusted Lamb Rack \$35 / \$80

Lamb rack to your delight, herb infused rosti Potato with Zesty Mint

All prices are in BDS Dollars and inclusive of VAT.

Please advise your server should you have any dietary requirements, or food allergies as all ingredients  
are not included in the menu.

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### SOUPS

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### SALADS

Caprese Stack \$20

Layers of vine ripe tomatos, fresh mozzarella cheese, fresh basil,  
drizzled with olive oil and balsamic glaze

### APPETISERS

Stuffed Portabello Mushrooms \$35

Stuffed with italian sausage, spinach, mozzarella cheese and baked

Duck Spring Roll \$30

Roasted duckmeat with asian vegetable, asian spices, soy sauce and oyster sauce, served  
with asian slaw, mango sweet chili dipping sauce

### ENTRÉE

Grilled N.Y Strip Steak Topped With a Bordelaise Sauce \$75

Grilled to your liking, served with au gratin potatoes , chef`s vegetables of the day

Stuffed Chicken Breast \$50

Stuffed with boursin cheese, asparagus, sundried tomatoes, served with a roasted red  
pepper demi glaze, accompanied with au gratin potatos and chef`s vegetables

Asian Marinated Pork Belly \$50

Roasted, sliced and grilled, served on a bed of sweet potato mash, mango sweet chili glaze

Catch Of The Day \$60

(Please request desired cooking : pan fried, grilled, sauteed, blackend)

Served with sweet potato mash, fried plantains

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### Tiered Snapper

\$70

Layered with crab meat and pesto, and served with a sweet potato and shrimp hash, accompanied with stir fry vegetables

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### SALAD OF THE DAY

Waldorf Salad \$25

Diced apples, celery, raisins, combined with a light mayonnaise ,  
served in an iceberg lettuce cup

### APPETISERS

Asparagus Wrapped with Prosciutto \$30

Grilled asparagus, wrapped with prosciutto, slices of honeydew melon ,  
drizzled with a balsamic syrup

Fish Taco \$30

Soft taco`s filled with blackened mahi, mango slaw,  
pepper jack cheese, slices of avocado

### ENTRÉE

West Indian Curry \$55

Homemade curry with potatoes, coconut milk, and mango chutney,  
served with basmati rice & dal-puri

Stuffed Flying Fish Creole \$50

Bajan fish stuffed with cream cheese, spinach and crabmeat, rolled and cooked  
in creole sauce, served with split pea rice & steamed

Blackened N.Y Strip with Blue Cheese \$75

Blackened steak, topped with blue cheese, fried onion rings,  
served with roasted red potatoes, chef`s vegetables

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Seafood Risotto	\$65
Creamy risotto with butter, parmesan cheese, with scallops, shrimp, calamari and crabmeat garnished with grilled asparagus and roasted peppers, and roasted plum tomatoes, drizzled with pesto	
Pecan Encrusted Chicken	\$50
Chicken encrusted with pecans, sautéed, served with roasted red potatoes, chef's vegetables, finished with a mango cream sauce	
Chargrilled Pork Chop	\$50
Marinated with honey and citrus, grilled, served on a bed of roasted vegetables, red potatoes, served with an apple demi glace	

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### SALAD OF THE DAY

Chopped Salad \$30

Fresh greens with tomato, cucumbers, hard boiled eggs, blue cheese, carrots ,olives, with a house dressing ,chopped and tossed together

### APPETISERS

Napoleon Stack \$30

Sauteed mushrooms and red onion, goat cheese, grilled eggplant, zucchini, roasted plum tomato, roasted red pepper, drizzled with pesto oil & balsamic syrup

Shrimp Cocktail \$30

5 chilled shrimp with shredded lettuce lemon wedge and marie rose sauce

### ENTRÉE

Pork Schnitzel \$50

Sliced pork lightly pounded breaded ,sautéed topped with lemon, warm german potato salad ,chef pasta

Mango Bar-b- Que Baby Back Ribs \$55

Dry rubbed baked, sliced and slow d in mango bar-b-que sauce, with baked potato, chef`s vegetable

Dolphin Bombay \$50

Sautéed , finished with a mild banana curry sauce, basmati rice, steamed vegetables

N.Y Strip with Crab Meat \$75

Grilled topped with crabmeat and goat cheese, potato cake, chef`s vegetables

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Seafood Pasta \$70

Penne tossed, with scallops, shrimp, calamari and crabmeat in a light wine cream sauce garnished with grilled asparagus, artichoke hearts

Chicken Parmigiana \$50

Lightly breaded fried topped with marinara sauce, shredded mozzarella cheese, served with linguine, grilled vegetables

Braised Lamb Shanks \$55

Cooked in a rich brown sauce with tomatoes and red wine, served over creamy polenta, with roasted vegetables

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*La Salsa*  
*Restaurant & Bar*  
*Vegetarian Menu*

**SOUP**

Please ask your server for our daily chef's creation \$18

**SALAD OF THE DAY**

Please ask your server for our daily chef's creation \$25

**APPETISER**

Grilled portobello mushroom with goat cheese, layered with grilled eggplant, zucchini, roasted plum tomatoes, topped with roasted red pepper, finished with a pesto oil, & balsamic glaze \$30

**ENTRÉE**

**Bowtie Pasta Primavera** \$45

Noodles tossed in a fresh herb oil and butter combination, with an array of steamed vegetables, sprinkled with parmesan cheese

**Risotto Sugar Cane Club** \$40

Creamy Arborio rice with parmesan cheese & butter, with assorted mushroom blend, sundried tomatoes, pureed butternut squash

**Stuffed Baked Butternut Squash** \$45

Baked with a hint of cinnamon, filled with grilled vegetables & topped with blue cheese

**Vegetable Rollatini** \$50

Sliced eggplant, zucchini, lightly sautéed rolled, with a filling of spinach, mushrooms, carrots, ricotta cheese, eggs & cheese, covered with a tomato sauce, mozzarella cheese and baked till golden brown