



The Old Fort, Historic Estate

Mount Pleasant, Bequia
St. Vincent & the Grenadines
www.theoldfort.com

Traditional House Specialties

Starters - Salads

Lobster Cocktail
Salad Siciliana with Olives
Salad Niçoise with seared fresh Tuna
Stuffed Whelks (local sea snails)

Starters-Soups

Callalou Soup
Lobster Bisque
Soup de Poison
Pumpkin Soup au Crouton
Spicy Tomato & Ginger Soup

Entrees

Baked Stuffed Whelks
Christophene Gratin
Bacon and Onion Pie

Main Courses

Coq au Vin (in red wine)
Pork in Garlic Cream Sauce
Rosemary Seasoned Lamb

Grilled Whole Barracuda on Charcoal
Lobster Grenadine (our house recipe)
Fish in Lemon Butter Sauce

Desserts

Mango Flambé with aged Rum
Homemade Coconut Bread with Sorbet
Tropical Fruit Salad with a Special Liquor

Speciality Teas & Coffee

Herb Tea (from our own garden)
Lemongrass Tea with Honey
Orange Pekoe Black Tea
Cocoa Tea (from the cocoa plant)