

DOOlittle's restaurant + bar aims to create a menu that pleases all palates with locally sourced, seasonal and sustainable ingredients creating a reciprocal partnership with the island's farmers and food suppliers. Our menu reflects international selections infused with a Saint Lucian twist and cooking methods.





Should you wish meal be prepared differently than how our Chef has suggested or you have special dietary needs, please inform us so that we can ensure meal is prepared to personal requirements.

DOOlittle's restaurant + bar is a proud member of *Slow Food* - an international organisation that envisions a world in which all people can access and enjoy food that is good for them, good for those who grow it and good for the planet. Our philosophy is to create a dining experience that provides delicious food served by professionals who share the love for gathering around a table and enjoying one's company over food and drink.











crab cocktail americana

serves 4 • prep time: 15 mins • cook time: n/a

ingredients

1/2 cup mayonnaise
2 tsp ground mustard
1 tsp worcestershire sauce
1/4 tsp finely grated lemon or lime zest
1lb chunk crabmeat, picked through to remove any bits of shell and cartilage

2 medium firm tomatoes, cored, seeded and chopped (about 2/3 cup)
1 firm, ripe avocado, diced kosher salt
4 small iceberg lettuce leaves lemon/lime wedges, for garnish

preparation

 whisk together mayonnaise, mustard, worcestershire and lemon zest in a medium

- bowl. set aside half of mustard sauce in a small bowl for topping cocktail.
- gently toss crab, 1/2 cup of tomatoes and avocado with remaining sauce. season with salt.
- arrange lettuce cups on plate. spoon crab salad on top. garnish with a dollop of reserved sauce, remaining tomatoes and lemon wedges.

flash-fried calamari

serves 1 • prep time: 2 mins • cook time: 4 mins

ingredients

4 ounces of fresh calamari rings, thawed 1/4 cup all purpose flour 1 tsp of all seasoning

preparation

- drain calamari really well and spot dry with paper towel
- 2. slice calamari into 1/2 inch thick rings
- 3. mix all purpose flour and all seasoning in a bowl
- 4. coat rings thoroughly in

flour mixture

- 5. fry in oil at 37f degrees celsius for 3 4 mins maximum
- 6. remove rings, place on paper towel and sprinkle lightly with salt
- 7. serve with 3 ounces of thai chili butter sauce

rumrunner mussels

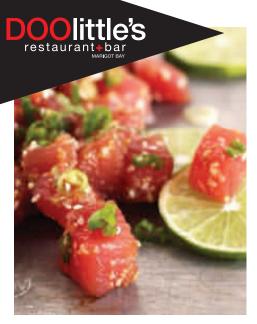
serves 4 • prep time: 10 min cook time: 5 mins

ingredients

2 1/2 cups dry sherry 1/2 cup forgotten cask rum 3 cloves garlic, crushed 1 cube chicken bouillon 6 tbsp butter
1 tbsp italian seasoning
3 slices fresh lemon
3 quarts fresh mussels,
scrubbed and debearded
preparation

 place dry sherry, garlic, bouillon, butter, italian seasoning, and lemon into a large pot

 bring to a simmer over medium heat. add mussels, cover, and simmer until mussels have opened, about 5 mins 3. discard any unopened mussels





serves 4 \bullet prep time: 2.5 hours \bullet cook time: n/a

ingredients

12 ounces fresh tuna

3/4 bunch green onions, thinly sliced

1/2 medium onion, finely diced

2 tsp minced fresh ginger root

2 fresh chili peppers, seeded and minced 1/4 cup citrus juice, or to taste

1/4 tsp soy sauce, or to taste

preparation

- 1. cut tuna into 1/2 inch cubes, and place into a bowl.
- 2. stir in onion, green onions, ginger, chilis, citrus juice, and soy sauce; mix to combine.
- 3. cover and refrigerate for 2 to 3 hours.
- 4. taste before serving and add more lemon juice or soy sauce as needed.
- 5. serve with plenty plaintain chips.



garlic bread

serves 8 • prep time: 15 mins • cook time: 5 mins

ingredients

1 loaf of focaccia, cut into 3/4 inch strips 1 large minced onion

8 cloves minced garlic

1/4 cup butter

2 cups shredded mozzarella cheese 1/2 cup grated parmesan cheese

1 cup mayonnaise

- 1. preheat broiler.
- 2. slice focaccia into 3/4 inch strips.
- in a medium skillet over medium heat, melt butter. combine onions and garlic in skillet. cook and stir until tender. set aside to cool. 4. in a mixing bowl, combine mozzarella cheese, parmesan cheese and mayonnaise.
- 4. on a cookie sheet, arrange focaccia bread slices in a single layer. spread onion and garlic mixture on bread slices.
- 5. spread cheese and mayonnaise mixture over onion and garlic mixture on bread slices.
- 6. broil about 5 mins, until cheese is bubbly and slightly browned. serve immediately.



marigot chowder

serves 4 • prep time: 5 mins • cook time: 45 mins ingredients

11/2 cups fat free milk

1 (8 ounce) container fat free cream cheese

2 cloves garlic, minced

1 (26 ounce) can fat free condensed cream of mushroom soup 1 cup chopped green onions 1 cup sliced carrots

1 (15.25 ounce) can whole kernel corn, undrained

11/2 cups chopped potatoes

1 tsp dried parsley

1/2 tsp ground black pepper

1/2 tsp ground cayenne pepper

1/2lb shrimp

1/2lb mahi-mahi

1/2lb calamari tubes

1 (6.5 ounce) can chopped clams

preparation

- place 1/2 cup milk, cream cheese, and garlic in a large pot over low heat. cook and stir until blended.
- 2. mix in soup, green onions, carrots, corn with liquid, potatoes, parsley, and remaining milk.
- season with black pepper and cayenne pepper. simmer 25 mins. do not boil.
- 4. mix shrimp, mahi-mahi, calamari, and clams, and continue cooking 10 mins, or until seafood is opaque.



beetroot salad

serves 2 • prep time: 5 mins • cook time: n/a

ingredients

8oz canned baby beetroot, halved or quartered if they are large 4oz mixed leaves 60g feta, crumbled

3 tbsp walnuts, lightly crushed with fingers

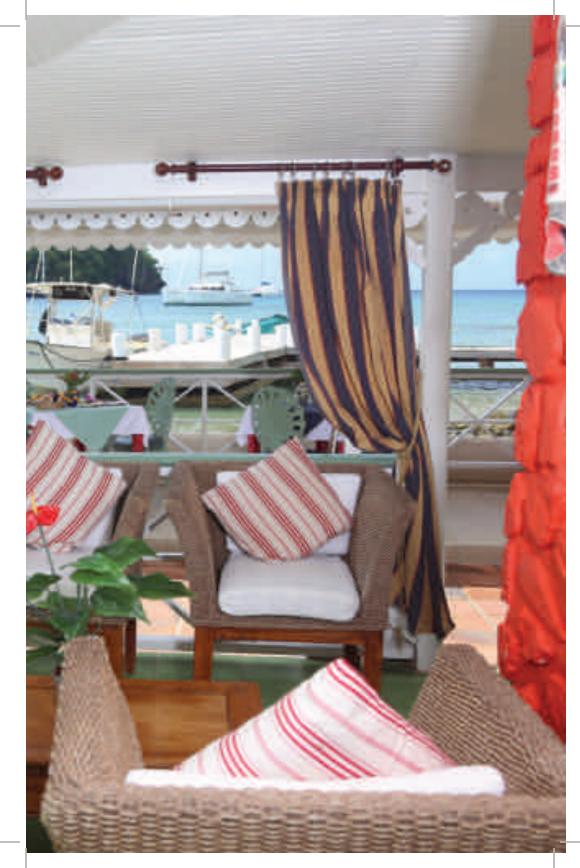
dressing

21/2 tbsp extra virgin olive oil 1 tbsp balsamic vinegar (ordinary, not aged or glazed) 1 tbsp honey 1/2 tsp salt

black pepper

- combine dressing ingredients in a jar, and shake well. you might need a spoon to break up honey to mix it in properly. adjust salt to taste
- 2. place lettuce in a salad bowl.
- 3. scatter over beetroot. no need to toss
 - because of weight, it should disperse throughout fairly well.
- 4. crumble over feta and scatter with walnuts.
- 5. drizzle over dressing and serve.







steak sliders and fries

serves 2 • prep time: 4 hours (marinade) cook time: 10 mins

ingredients

for steak

- 2 garlic cloves, minced
- 2 tbsp balsamic vinegar
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil
- 2 tbsp worcestershire sauce
- 1 tbsp dijon mustard
- 1/2 tsp ground black pepper
- 1-1/2lbs skirt steak, cut crosswise into 6-inch wide pieces vegetable oil

for horesradish greens

- 4 cups shredded swiss chard
- 2 tbsp fresh lemon juice
- 2 tbsp prepared horseradish

for assembly:

8 slider buns + mayo

preparation

make steak

- in small bowl, whisk together garlic, vinegar, lemon juice, olive oil, worcestershire sauce, mustard and pepper.
- place steak in shallow baking dish; pour marinade over. cover and refrigerate at least 4 hours or up to overnight, turning once if possible.
- 3. preheat oven to 400° f.
- 4. remove steak from marinade; discard marinade. heat large cast iron or heavy skillet over medium-high heat.
- 5. working in batches if necessary, add just enough vegetable oil to lightly coat skillet and transfer steak to skillet. cook 90 seconds per side, turning once. transfer skillet to oven and bake 5 mins.
- transfer steak to cutting board; cover loosely with foil and let stand 10 mins before thinly slicing against grain.

make horseradish greens

- place chard, lemon juice and horseradish in large bowl. using hands, gently massage horseradish and lemon juice into chard for about a min.
- 8. to assemble, divide sliced steak between bottoms of buns. top with horseradish greens. spread tops of buns with mayo and place over greens. serve immediately.



cucmber salad

serves 4 \bullet prep time: 10 mins \bullet cook time: n/a

ingredients

4 cups thinly sliced seedless cucumbers
1/4 cup finely sliced red onion
1/4 cup fined diced red pepper
1/4 cup rice wine vinegar
1 tsp honey
1 tsp sesame seeds
1/2 tsp toasted sesame oil
1/4 tsp red pepper flakes
1/2 tsp sea salt

preparation

- add very thinly sliced cucumber, sliced red onion, diced red pepper, and sesame seeds to a medium size bowl. set aside.
- in a small bowl mix together rice wine vinegar, honey, toasted sesame oil, red pepper flakes, and sea salt.
- serve immediately or cover and let sit in refrigerator for an hour or two to let all flavors meld.



checkerboard melon salad

serves 4 • prep time: 15 mins • cook time: n/a

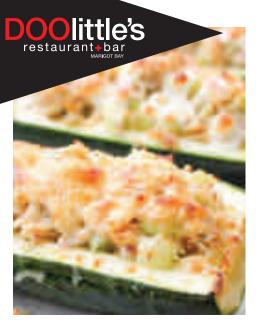
ingredients

at least 3 different kinds of melon:
watermelon, honeydew, canteloupe - cut in bite
sized cubes
juice and zest of lime
feta cheese crumbles
thinly sliced red onion
chili flakes
fresh basil leaves

preparation

- 1. arrange 3/4" melon cubes them on individual plates in a checkerboard fashion.
- 2. top them with thin slices of red onion, lime zest, and feta crumbles.
- 3. sprinkle with salt and pepper, and then squeeze lime juice over all.

salt and fresh cracked black pepper



tuna melt zucchini boats

serves 2 • prep time: 15 mins • cook time: 20 mins

ingredients

2 small zucchini

2 tbsp olive oil, divided

1 tin of tuna, drained

1 celery stalk, minced

1/4 medium red onion, minced

2 tbsp fresh lemon juice (about half a lemon)

1/4 tsp dried dill

1/2 cup cheese (1/4 cup parmesan + 1/4 cup feta)

preparation

- 1. preheat oven to 400 and line a baking sheet with parchment
- slice zucchini in half and using a tsp, scoop out centre, about an inch. brush four zucchini halves with 1 tbsp of olive oil and roast for 15-20 mins. this will depend on size of zucchini. you want them to be tender, but not mushy. i used a fork to see how easily i could pierce side and did a little touch test. look for them to begin browning slightly on sides
- 3. meanwhile, mix tuna, celery, onion, and dill with other tbsp of olive oil and lemon juice
- 4. grate parmesan cheese
- once zucchini is done, take it out of oven and turn on broiler. fill canoes with tuna mixture and top with cheese
- 6. broil for 2-3 mins or until cheese has browned and is crispy on top



doolittle crudite platter

serves 2-4 • prep time: 15 mins • cook time: n/a

ingredients

8 grape tomatoes

6 cauliflower florets

8 broccoli florets

8 carrot ends

10 mini corns

8 radish

diced green onion

2 flavours of prepared hummus

- 1. spread 2 flavours of prepared hummus across board stick, in a row, each type of vegetable
- 2. sprinkle disced green onion
- 3. serve



chicken satay

serves 4 • prep time: 2 hours (marinade) cook time: 15 mins

ingredients

2 lbs boneless skinless chicken tenders, lbed to be extra thin 1/3 cup coconut milk

4 garlic cloves

1 tbsp tumeric

2 tbsp freshly chopped cilantro (plus more for garnishing) 2 tbsp brown sugar

2 tbsp fish sauce

1/2 tsp sea salt

1/4 cup crushed peanuts

cucmber salad

1 large cucumber, peeled, seeded and sliced 1/4 cuprice vinegar 3 tbsp sugar pinch of sea salt 1 tsp red pepper flakes

1 tbsp sesame oil

2 green onion, thinly sliced

- in a small bowl combine coconut milk, garlic cloves, turmeric, cilantro, brown sugar, fish sauce and salt.
- 2. arrange chicken in a single layer and pour marinade over top. cover and allow to marinate for 2 hours or overnight.
- alternatively, place chicken and marinate in a ziplock back and seal tight, removing excess air
- 4. preheat grill on medium heat for 10 mins. using bamboo or metal skewers, weave through meat lengthwise. place chicken on prepared grill and allow to cook without moving for 3-5 mins. turn meat and grill just until chicken is cooked through, about 2 more mins.
- 5. remove from grill and garnish with cilantro and fresh peanuts. serve with peanut sauce and cucumber salad. enjoy!



sweet and spicy chicken wings

serves: 4 • prep time: 10 mins • cook time: 15 mins ingredients

for chicken wings

4 lbs chicken wings, drummettes + flats separated

1 tsp salt

1/4 cup corn starch

1/2 tsp baking powder

1/2 cups corn starch

1/2 cup all-purpose flour

1/2 tsp baking powder

1 tsp salt

1/2 cup cold water

1/2 cup vodka

for sauce

11/2 cups coca-cola

3/4 cup dark brown sugar

2/3 cup tomato paste

5 garlic cloves, crushed

1/3 cup red pepper hot sauce (barons)

1 tbsp smoked spanish paprika

1 tsp kosher salt

wings preparation

- 1. pat dry wings completely
- 2. mix dry ingredients well prior to adding vodka and water. mix well with whisk
- 3. coat wings in batter, fry until fully coooked (12 15 mins)
- 4. raise basket and let drip off excess oil

sauce preparation

- combine coca-cola, brown sugar, tomato paste, and garlic in a medium saucepan over high heat.
- 2. bring to a boil, then lower heat to a simmer.
- whisk in hot sauce, paprika, and salt. let simmer 5-10 mins, whisking occasionally, until sauce thickens.
- 4. taste and adjust seasoning with additional salt or hot sauce, as desired.











Served on Stone, your meal is like no other!

A meal where you have opportunity to enjoy all types of meats exactly as you like. With innovative SteakStones, DOOlittle's adds excitement of mouthwatering versatility to meal.





preparation for all mix well together portion in ramekin for steakstone

steak spice

serves 8 portions

ingredients

2 tbsp kosher or coarse-grained sea salt 2 tbsp coarsely ground black pepper 2 tbsp smoked, sweet, or hot paprika 1 tbsp dried thyme 1 tbsp dried rosemary 1 tbsp ground coriander 11/2 tsp granulated garlic 11/2 tsp crushed red pepper flakes



serves 4 • prep time: 5 mins • cook time: n/a

ingredients

2 tsp ancho chili powder 2 tsp instant coffee or finely-ground coffee powder 1/2 tsp ground ginger 1 tsp dark brown sugar

1/4 tsp salt 1/4 tsp freshly cracked black pepper



serves 4 • prep time: 5 mins • cook time: n/a ingredients

2 tsp salt

2 tsp garlic powder

21/2 tsp paprika

1 tsp ground black pepper

1 tsp onion powder

1 tsp cayenne pepper

11/4 tsp dried oregano

11/4 tsp dried thyme

1/2 tsp red pepper flakes (optional)







serves 4 • prep time: 5 mins • cook time: 10 mins ingredients

150ml/5fl oz. double/heavy cream 150ml/5fl oz. white wine 1 small onion, finely minced 1 tbsp. green peppercorns, crushed 1 tbsp. pink peppercorns, crushed 2 tbsp. butter 1/2 tsp. ground black pepper salt

preparation

- melt butter in a small saucepan, then add onion, and gently cook until soft - but not browned.
- 2. add wine and simmer until it has reduced by half
- stir in cream and peppercorns, and heat through and simmer at a gentle heat for 5 mins or until it thickens and reduces to desired consistency.
- 4. the sauce might need a little salt and seasoning, and it's best to do this during cooking so they impart sauce, and should prevent too much being added!
- 5. serve whilst hot.
- peppercorn sauce can be stored in a refrigerator and reheated later, but once made, it's best used same day.



bearnaise sauce

serves 10 • prep time: 5 mins • cook time: 5 mins ingredients

1/4 cup white wine vinegar

1/4 cup good white wine 2 tbsp minced shallots

3 tbsp chopped fresh tarragon leaves kosher salt freshhly ground pepper

3 extra large egg yolks

2 sticks unsalted butter, melted

- combine vinegar, white wine, shallots, 1 tbsp chopped tarragon, 1/4 tsp salt and 1/4 tsp pepper in a small saucepan and bring to a boil
- simmer over medium heat for 5 mins until mixture is reduced to a few tbsp, then allow to cool slightly.
- transfer cooled mixture with egg yolks and 1 tsp salt into a blender. blend 30 seconds.
- 4. with blender on, slowly pour hot butter through opening in lid.
- 5. add remaining 2 tbsp tarragon leaves and blend for only a second.
- 6. if sauce is too thick, add a tbsp of white wine to thin, serve at once.



red wine + shallot sauce

serves 4 • prep time: 5 mins cook time: 18 mins

ingredients

3 tbsp butter 1 shallot, minced 3/4 cup cabernet sauvignon

preparation

- melt butter in a saucepan over medium heat. add shallot and cook for 2-3 mins.
- 2. add wine and bring to a boil. reduce for 15 mins, scraping sides until slightly syrupy.
- 3. serve warm

chimichurri sauce

serves 2 • prep time: 10 mins cook time: 10 mins

ingredients

1/2 bunch flat leaf parsley
1/2 bunch cilantro, leafy tops
only
1 lime, juiced (+ more to taste)
1/3 c extra virgin olive oil
3 garlic cloves, grated
1/2 red bell pepper finely
chopped
sea salt to taste

preparation

- make chimichurri sauce by combining parsley, cilantro, garlic, lime juice and olive oil in food processor until smooth.
- 2. season to taste with sea salt and more lime juice.
- add finely chopped red bell pepper for colour once blended

bourbon + brown sugar sauce

serves 4 • prep time: 10 mins cook time: 30 mins

ingredients

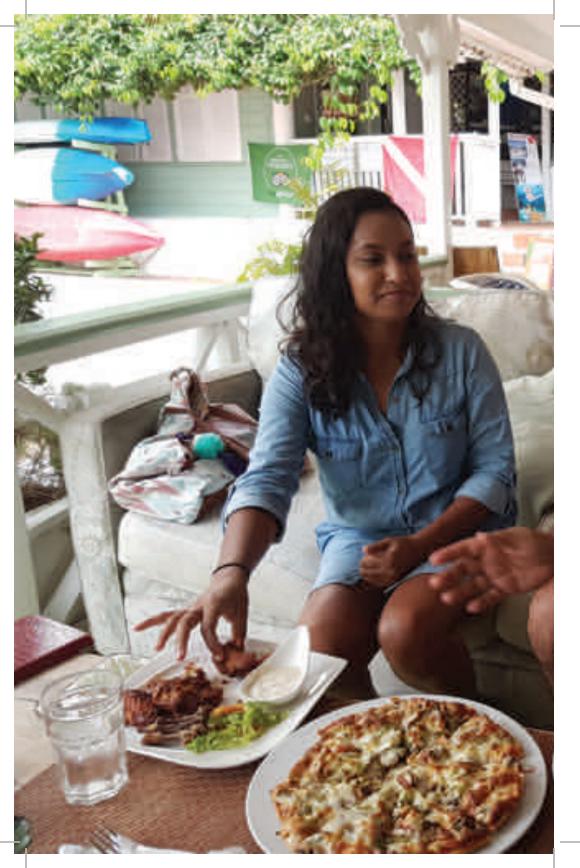
11/2 cups brown sugar
1 cup ketchup
1 cup water
1/2 cup bourbon
1/2 cup apple cider vinegar
1/3 cup blackstrap molasses
1/2 tsp fine sea salt
1/2 tsp freshly ground black
pepper
1/2 tsp garlic powder
1/2 tsp onion powder

preparation

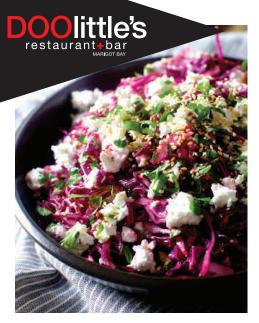
 pour all ingredients into a medium sized sauce pan, and bring to a boil.

1/2 tsp chipotle chili powder

2. reduce heat and simmer for 30 to 40 mins, until thick and reduced by about half.







braised red cabbage + feta

serves 6 • prep time: 15 mins • cook time: 40 mins

ingredients

one medium - large red cabbage, thinly sliced with food processor 4 tbsp butter 4 tbsp sugar 1/2 cup balsamic vinegar kosher salt freshly ground black pepper

feta, crumbled **preparation**

- sautée sliced cabbage in butter: melt butter in a large pot over medium heat. add thinly sliced red cabbage and toss to coat with butter. sauté until slightly wilted, about 5 mins.
- 2. add sugar, balsamic vinegar, cover and simmer: sprinkle sugar over cabbage and toss to coat evenly. add balsamic vinegar to pot.
- bring to a simmer, then reduce heat to medium low. cover and simmer until cabbage is completely tender, stirring often, about 30 mins total.
- 4. prior to serving hot in dish, crumble feta cheese over portion



caribbean rice + red beans

serves 6 • prep time: 5 mins • cook time: 25 mins

ingredients

1 tbsp extra virgin olive oil 1/2 white onion, diced 1 red bell pepper, diced 1 cup white rice 1 tbsp cajun seasoning 1 tsp garlic salt 1 cup tomato sauce 2 cups chicken broth

1 (15oz.) can red beans, rinsed and drained freshly chopped cilantro for garnish

- heat olive oil in a large skillet over medium high heat. saute onion and red bell pepper for about 2 to 3 mins, until they soften slightly.
- add rice, cajun seasoning and garlic salt, stirring until rice is slightly browned, about 2 mins
- pour in tomato sauce and chicken broth and stir until combined. bring mixture to a slight boil. add beans, stir, then reduce heat to low. cover skillet and cook for 15 to 18 mins, or until rice is tender. stir to fluff rice. garnish with freshly chopped cilantro and serve warm. enjoy!



onion rings

serves 2 \bullet prep time: 15 mins \bullet cook time: 3 mins

ingredients

2 large yellow onions; cut into 1/2 inch slices 1 cup all purpose flour; divided 3/4 cup buttermilk

1egg

1/2 tsp. baking powder

1/2 tsp. paprika

2 tsp. pepper; divided

2 - 3 tbsp. barons hot sauce

11/2 cups panko breadcrumbs

1 tsp. seasoning salt oil for frying

preparation

- 1. set up a dredging station with three bowls.
- 2. bowl #1 add flour and 1 tsp pepper; set aside
- bowl #2 combine other 1/2 cup of flour, buttermilk, egg, baking powder, paprika, salt and pepper and 2 - 3 tbsp. of hot sauce in a bowl and mix well.
- 4. bowl #3 add panko breadcrumbs and seasoning salt.
- working in small batches, dredge cut onion rings in four, followed by a dip in liquid batter and then into panko breadcrumbs.
- 6. place in hot oil and fry until both sides are golden brown about 3 mins.
- 7. lift basket and allow excess oil to drip off before serving



butter whipped potato

serves 12 • prep time: 10 mins • cook time: 45 mins

ingredients

12 medium boiling potatoes, peeled and cut into large pieces (4lbs)

3/4 to 1 cup milk

1/2 package (8-ounce size) cream cheese, cut into cubes and softened

1/2 cup butter or margarine, softened

1/2 tsp salt

1/8 tsp pepper

- heat 1 inch water (salted if desired) to boiling in dutch oven. add potatoes. cover and heat to boiling; reduce heat.
- 2. cook 20 to 25 mins or until tender: drain.
- 3. shake pan with potatoes over low heat to dry.
- 4. mash potatoes in large bowl until no lumps remain.
- 5. beat in milk in small amounts, beating after each addition until smooth and fluffy.
- add cream cheese, butter, salt and pepper. beat vigorously until potatoes are light and fluffy.





coleslaw

serves 10 • prep time: 20 mins • cook time: n/a ingredients

4 cups shredded white cabbage

2 cups shredded red cabbage

3 medium carrots, peeled and finely grated

1/2 cup packed fresh parsley leaves, chopped

1 cup mayonnaise

2 tsp white sugar

2 tbsp apple cider vinegar

2 tbsp dijon or coarse ground mustard

1 tsp celery seeds, optional

1/2 tsp kosher salt

1/4 tsp freshly ground black pepper

preparation

- mix cabbage, carrot and parsley together in a large bowl.
- in a separate bowl, stir mayonnaise, white sugar, cider vinegar, mustard, celery seeds, salt and pepper together. taste for acidity and seasoning then adjust as desired.
- pour two-thirds of dressing over cabbage and carrot and mix well. (clean hands are quickest tool). if coleslaw seems dry, add a little more of dressing.
- 4. eat right away or let it sit for a while to let flavors mingle and cabbage to soften.

sweet potato + carrot mash

serves 4 • prep time: 10 mins • cook time: 20 mins

ingredients

5-6 carrots, peeled and chopped

1 large sweet potato, washed and chopped

6 tbsp of butter

1 small onion, finely diced

2 cloves of garlic

1 tsp. dried dill

salt + pepper

- peel carrots and chop them into chunks and toss them into a large pot.
- 2. rinse sweet potato and then cut into cubes and toss it into pot with carrots.
- 3. cover it all with water and let it boil on stove until everything is fork tender.
- 4. while that's boiling away, heat a small pan with 1 tbsp of butter on medium low. toss in onion and garlic and let it start to cook. when it's soften and cooked through turn it off and let it just cool down.
- when carrot + sweet potato are cooked, drain and place back in pot. mash it up with 5 tbsp of butter, add in onions + garlic, dill and salt + pepper. mix it up, taste test and adjust as needed!
- 6. serve and enjoy!

guiness onions

serves 8 • prep time: 10 mins • cook time: 40 mins

ingredients

4 yellow onions, sliced 1/4 inch thick

1 tbsp olive oil

1 tbsp butter

1 tsp brown sugar

1/4 cup plus 1 tbsp guiness beer

1 tsp salt

preparation

- melt butter and onions in a large skillet over medium high heat.
- 2. stir in brown sugar, 1/4 cup of beer and salt; add onions and stir for 5 mins.
- 3. turn heat down to medium-low and cook onions for 40 mins.
- 4. remove from heat and stir in remaining tbsp of beer.



serves 4 • prep time: 15 mins • cook time: 12 mins

ingredients

1 tbsp balsamic vinegar

2 tsp brown sugar

1 tbsp water

2 tbsp unsalted butter, divided

2 tbsp extra-virgin olive oil

Ilb cremini (baby bella) mushrooms, cleaned and quartered

1/4 tsp kosher salt

1tsp minced garlic

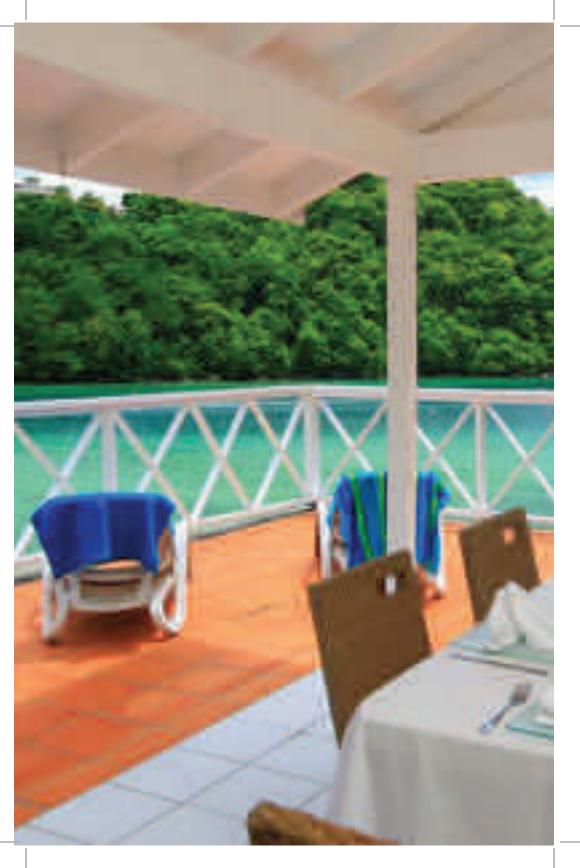
freshly ground black pepper

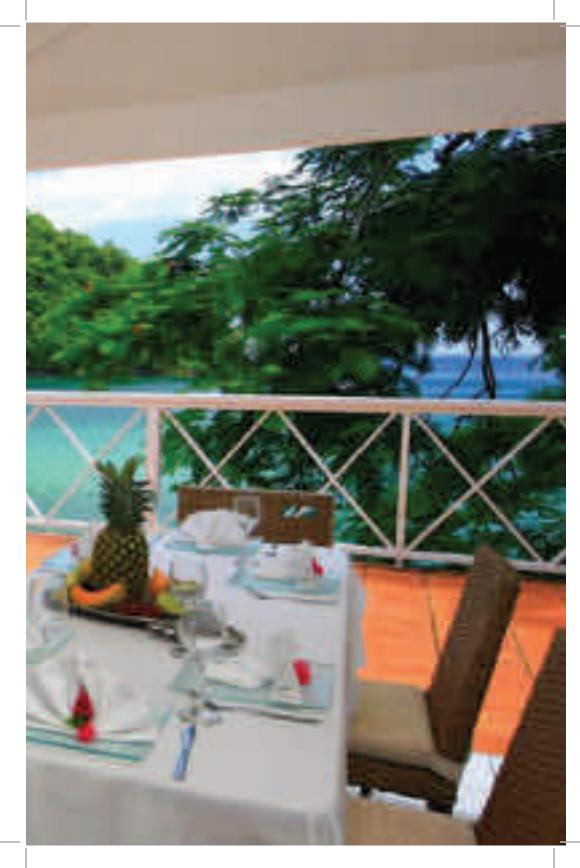
- 1. in a small dish, whisk together balsamic vinegar, brown sugar and water.
- in a large skillet, heat 1 tbsp of butter with olive oil over medium-high heat. when butter is melted, add mushrooms and salt and stir right away with a wooden spoon until mushrooms have absorbed all fat.
- let mushrooms cook undisturbed for 2 mins and then stir once. pan will look dry, but keep heat at medium-high and continue to cook, stirring infrequently, until mushrooms are shrunken, glistening, and some sides have developed a deep orange-brown color, 6 to 7 mins more (the bottom of pan will be brown).





- 4. turn heat to low, add garlic and remaining 1 tbsp butter and cook, stirring, until butter is melted and garlic is fragrant, 15 to 20 seconds. carefully add balsamic mixture. cook, stirring, until liquid reduces to a glazey consistency that coats mushrooms, 15 to 20 seconds. season with few grinds of pepper.
- transfer mushrooms to a serving dish, scraping pan with a rubber spatula to get all of garlicky sauce. let sit for a few mins and then serve warm.











mahi mahi with tomato caper salsa

serves 4 • prep time: 15 mins cook time: 25 mins

ingredients

for mahi-mahi

- 4 (7oz) mahi-mahi fillets
- 4 tbsp green onion, chopped
- 4 tbsp oil
- 1 clove of garlic, finely minced
- 4 oz lemon juice
- 2 oz white wine
- 4 tsp butter
- salt + pepper

for tomato caper salsa

2 tsp olive oil

cioppino

serves 2 • prep time: 20 mins cook time: 30 mins

ingredients

1/4 cup olive oil
5 cloves garlic, minced
1/2 small onion, diced
12 oz tomatoes, diced
3 tbsp tomato paste
1/2 tbsp dried chili flakes
1 cup white wine
1 cup water
1 bunch italian parsley leaves, chopped

shrimp spaghetti

serves 2 • prep time: 15 mins cook time: 5 mins

ingredients

- 6 oz spaghetti
- 2 tbsp olive oil
- 4 cloves garlic, minced 8 oz jumbo shrimp, peeled,
- deveined, tail-on
- 1 cup pasta water
- 1/4 cup heavy whipping cream 2 tbsp white wine, optional
- 1 tbsp butter
- 1/2 tsp salt or to taste

1 brown onion, finely chopped 2 cloves garlic, crushed 4 medium tomatoes, peeled, seeded and coarsely chopped 4 drained anchovy fillets, finely

1 tbsp drained capers, rinsed

1 tsp white sugar

1/4 cup coarsely chopped fresh flat-leaf parsley

preparation

chopped

for mahi-mahi

- 1. preheat oven to 400°.
- 2. brush oil on 4 pieces of foil, place 1 fillet on a piece of foil.

salt to taste

seafood

8 oz mahi-mahi, cut into cubes 4 oz scallops

- 4 oz shelled, deveined shrimp 8 oz mussels, bearded and scrubbed
- 4 oz squid, cut into rings

preparation

 heat olive oil in a large, deep pot over medium heat. saute garlic and onion until they become aromatic, but not browned.

1/4 tsp cayenne pepper 1/2 tbsp lemon juice 2 cups baby spinach 1/2 tbsp chopped italian flatleaf parsley lemon wedges

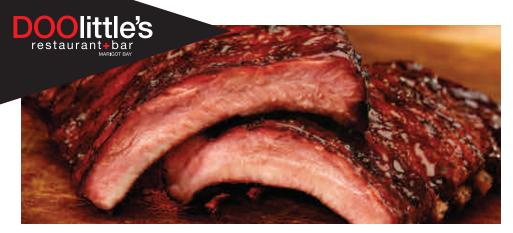
preparation

- bring a pot of water to boil. cook spaghetti according to package instruction until al dente. drain and save 1 cup of pasta water. set aside.
- 2. heat up a skillet with oil. saute garlic and add shrimp.

- 3. sprinkle scallions and garlic evenly over fish.
- drizzle white wine on each. add a pinch of salt + pepper, 1 tsp of butter, close foil, forming little pockets, and bake for 25 mins.

for salsa:

- in a small saucepan, heat oil over high; cook onion and garlic, stirring, until onion softens. add tomato; cook, stirring, 1 min.
- 2. remove from heat; stir in anchovy, capers, sugar and parsley.
- add in diced tomatoes, tomato paste, and chili flakes and continue to stir for 1 min. pour in white wine and water and simmer on low heat. cover and cook for 30 mins
- turn heat up to high and add in all seafood and parsley leaves. as soon as clams and mussels are open, stew is ready.
- 4. add salt to taste and serve immediately.
 - cook until surface turns opaque, add pasta water, cream, white wine and bring to a simmer.
- add butter, salt, cayenne pepper and lemon juice. as soon as shrimp is cooked through, add spinach, stir to combine well.
- toss in spaghetti, stir to mix well with cream sauce. turn off heat, top with parsley and serve pasta immediately with some lemon wedges.







tofu + noodles

serves 6 • prep time: 15 mins cook time: 20 mins

ingredients: 1(1 lb.) block "extra firm" tofu,

cut into bite-sized cubes
2 tbsp soy sauce
2 tsp sesame oil
4 cloves garlic, pressed through
garlic press
1/2 tsp freshly cracked black
pepper
1/4 cup flour
vegetable oil
1/2 cup sliced mushrooms
1 roma tomato, chopped
3 small bell peppers (red,
yellow + orange) cored,
seeded, and sliced into strips

fall-off-the-bone ribs

serves 1 rack • prep time: 15 mins • cook time: 21/2 hours ingredients

1 rack of pork baby back ribs juice of one lemon 1/4 cup cajun rub (see recipe under rubs) 1/2 cup bbq or honey garlic sauce

chicken in mushroom + grainy mustard sauce

serves 4 • prep time: 5 mins cook time: 25 mins

ingredients

2 tbsp oil or butter 4 6oz boneless skinless chicken breasts, pounded thin 8oz mushrooms, sliced 1 small onion, diced 2 cloves garlic, chopped 1 tsp thyme, chopped 1/4 cup dry white wine 1/2 cup chicken broth 1/2 cup heavy/whipping cream 1 tbsp grainy mustard

1/2 onion sliced thinly sweet chili-hoisin sauce 1/2lb chow mien noodle, cooked according to package instructions, rinsed well and drained 1/4 cup fresh basil leaves

1/4 cup minced peanuts

preparation

- 1. place cubed tofu into a large bowl, add soy sauce, sesame oil, 2 cloves of pressed garlic, and 1/4 tsp black pepper, and toss to coat: allow tofu to marinate.
- 2. once marinated, add flour to tofu cubes, and toss to coat them as evenly as possible:

preparation

- 1. preheat oven to 300° f.
- 2. remove excess fat from ribs. peel silver skin off back of ribs - lift with a sharp knife and grab with a paper towel to remove. cut ribs apart into individual pieces.
- 3. rub ribs all over with lemon juice then coat ribs with dry rub. place meat side down in large baking pan, cover

1 tbsp dijon mustard 1/2 cup parmesan cheese. grated salt and pepper to taste

preparation

- 1. heat oil in a heavy bottomed skillet over medium-hight heat, season chicken with salt and pepper
- 2. add chicken to pan and cook until golden brown on both sides, about 4-6 mins per side, set aside.
- 3. add mushrooms and onion and cook until mushrooms have released their liquid
- 3. to crisp tofu, medium-high heat a large non-stick skillet or pan with 2-3 tbsp of vegetable oil.
- 4. saute veggies by placing same large non-stick skillet or pan over medium-high heat, and adding about 1-2 tbsp of vegetable oil; once oil becomes hot, add in sliced mushrooms and chopped roma tomato, and saute.
- 5. spoon equal portions of brown rice pasta and tofu/ veggies into a bowl or plate, garnish each portion with about 1 tbsp of minced peanuts.

- tightly with foil, shiny side out.
- 4. bake in oven for 21/2 hours.
- 5. remove from oven and pour off liquid.
- 6. brush bbg sauce over all sides of ribs.
- 7. grill: remove from pan and place ribs on grill basting and turning a few times for about 10 mins.
 - and it has evaporated, about 10 mins.
- 4. mix in garlic and thyme and cook until fragrant, about 30 seconds.
- 5. add wine and deglaze pan.
- 6. add broth and cream, mix in mustards, season with salt and pepper to taste.
- 7. add chicken, bring to a boil and simmer until sauce thickens, about 5 mins.
- 8. mix in parmesan and let it melt, remove from heat and enjoy!

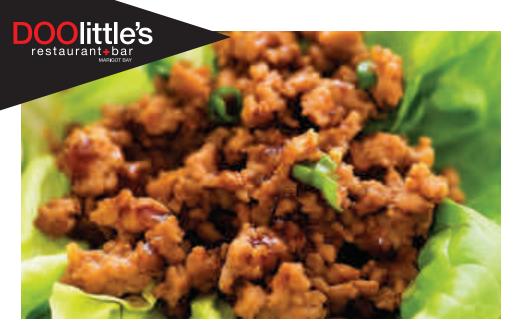
sweet chili-hoisin sauce

ingredients

1/2 cup hoisin sauce 2 tbsp sweet chili sauce 3 tbsp rice vinegar

preparation

whisk all ingredients in a small bowl until combined; cover with plastic and refrigerate if not using immediately.



chicken lettuce wraps

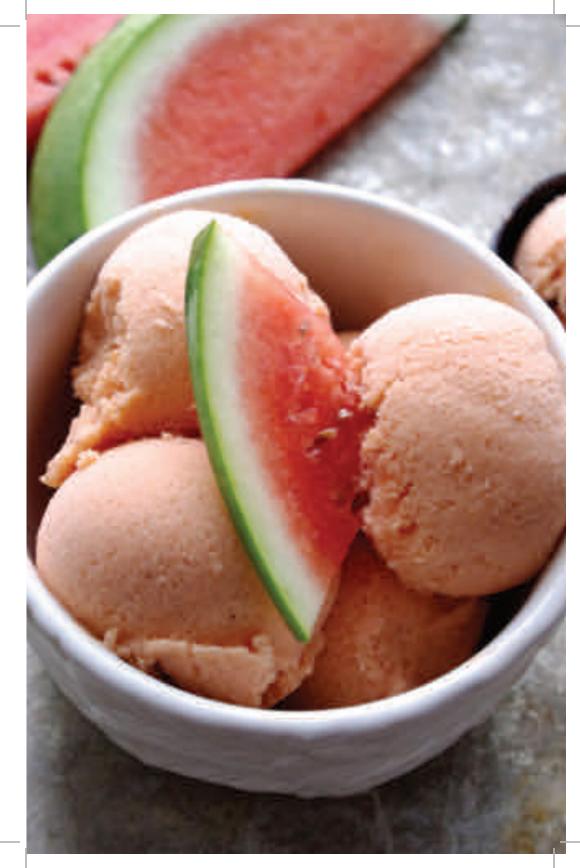
serves 2 • prep time: 10 mins • cook time: 10 mins

ingredients

1 tsp olive oil 1lb ground chicken 2 cloves garlic, minced 1 small white onion, diced 1/4 cup hoisin sauce 2 tbsp soy sauce 1 tbsp rice wine vinegar 1 tbsp freshly grated ginger 1 tsp barons hot sauce 3/4 cup cashew nuts, unsalted 2 green onions thinly sliced

3/4 cup cashew nuts, unsalted, crushed 2 green onions, thinly sliced kosher salt + freshly ground black pepper 1 head iceberg/butter lettuce

- add olive oil and ground chicken to a large non-stick skillet. cook and crumble over medium-high heat until browned. drain any fat.
- stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and hot sauce until onions have become translucent, about 1-2 mins.
- 3. stir in cashew nuts and green onions until tender, about 1-2 mins; season with salt and pepper to taste.
- 4. spoon several tbsp of chicken mixture into center of a lettuce leaf. serve immediately and enjoy!





piña colada bars

coconut crust, pineapple rum filling, served with rum + raisin iced cream

sorbets

mango, passion fruit, sour sop, lemon

banana bread

lucian banana, creamed cheese centre, served with banana iced cream

iced cream

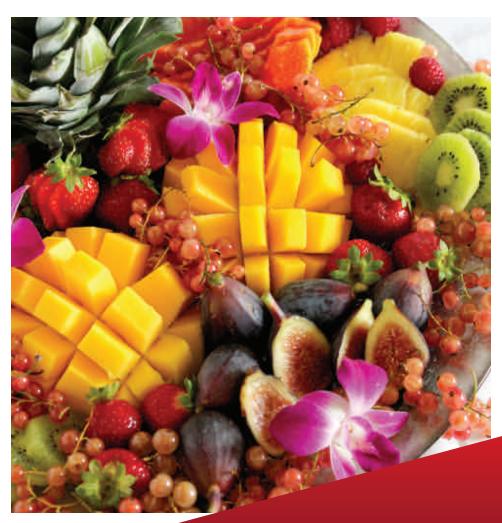
rum + raisin, vanilla, chocolate, pistachio, coconut, strawberry, banana

caramel pumpkin cheesecake

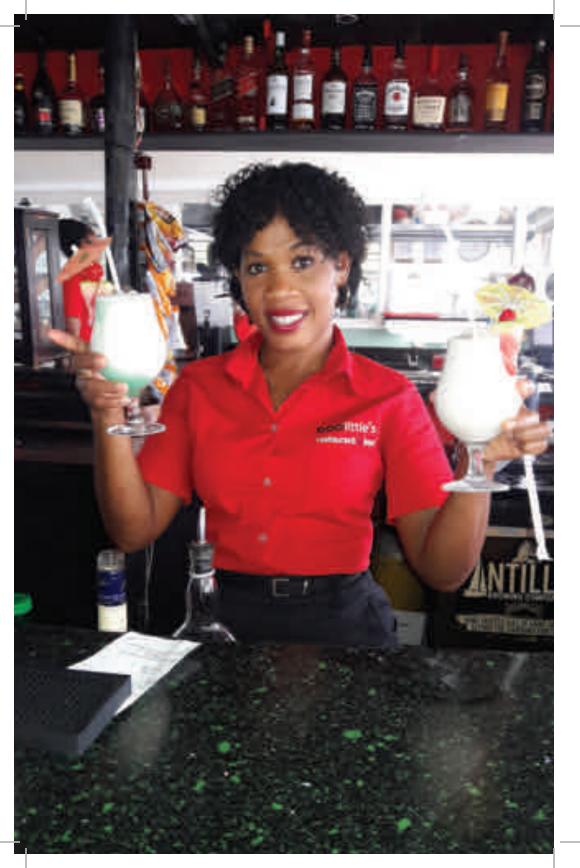
local pumpkin, creamed cheese, streusel topping, served with vanilla iced cream

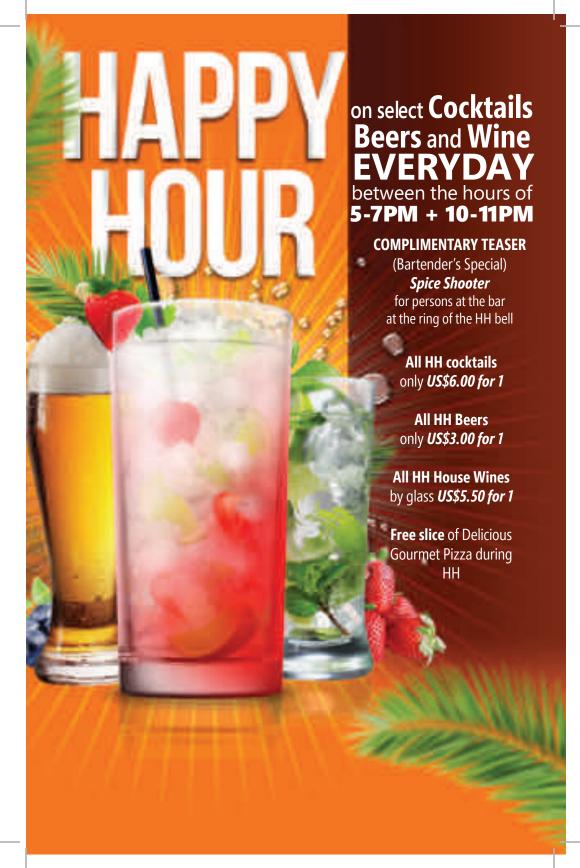
local fruits

seasonal selection, served with choice of 1 sorbet



Reservations not required, but suggested.













amaretto sour

amaretto, vodka, sugar syrup, lime (shaken)

hurricane david

vodka, white rum, bounty rum, melon liquor, galliano, lime juice, sugar syrup

sex on the beach

vodka, peach schnapps, orange juice, cranberry juice

marigot sunset

rum, coconut cream, orange juice, galliano, grenadine



harvey wallbanger

vodka, galliano, orange juice

island in the sun

rum, blue curacao, orange juice, galliano

doolittle's delight

vodka, peach schapps, midori, coconut cream, orange juice, pineapple juice, lime juice

bloody mary

vodka, tomato juice, l&p, tabasco sauce, salt, pepper, lime juice

marigot dream

light rum, coconut cream, galliano, sugar syrup, lime juice

pina colada

rum, coconut cream, pineapple juice

mudslide

vodka, kahlua, bailey's

woo woo

peach schnapps, vodka, cranberry juice golden margarita

grand marnier, tequila, cointreau, lemon juice, sugar syrup

classic gin or vodka martini

gin or vodka, dry vermouth

brandy alexander

brandy, crème de cacao dark, cream, nutmeg









D

tequila sunrise

tequila, orange juice, grenadine syrup

purple rain

vodka, blue curaco, grenadine syrup

banana milkshake

milk, banana, sugar syrup, nutmeg, light rum, crème de banana

daiguiri

(strawberry, banana, mango) light rum, sugar, lime juice

banana mud slide

baileys, nutz & rum, vodka, banana, nutmeg

baileys, banana, coconut cream

grand mimosa

grand marnier, champagne, orange juice

death by chocolate

baileys, vodka, crème de cacao brown, chocolate ice cream

killer punch

amaretto, melon liquor, vodka, cranberry juice

mojito

bounty rum, lime juice, sugar syrup, lime juice, mint

seductive touch

baileys, vanilla ice cream, nutz & rum, vodka, banana, créme de banana

miami vice

frozen piña colada, frozen strawberry daiquiri

white russian

vodka, kahlua, cream

yellow bird

bacardi light, orange juice, galliano, pineapple juice, créme de banana

the pink parrot

lime juice, grapefruit soda, strong rum

purple bikini

raspberry + lemon purées, amaretto, blue curação





