PROVIDENCIALES

Dining Quide

SUPPLEMENT TO "WHERE WHEN HOW - TURKS & CAICOS ISLANDS"

WINTER 2015 - SPRING 2016

RECIPES
BY OUR ISLAND CHEFS

PIZZA PAGE 42

FISH TACOS

LOCAL FISH & SEAFOOD

RESTAURANTS

MENUS

MEET THE CHEFS

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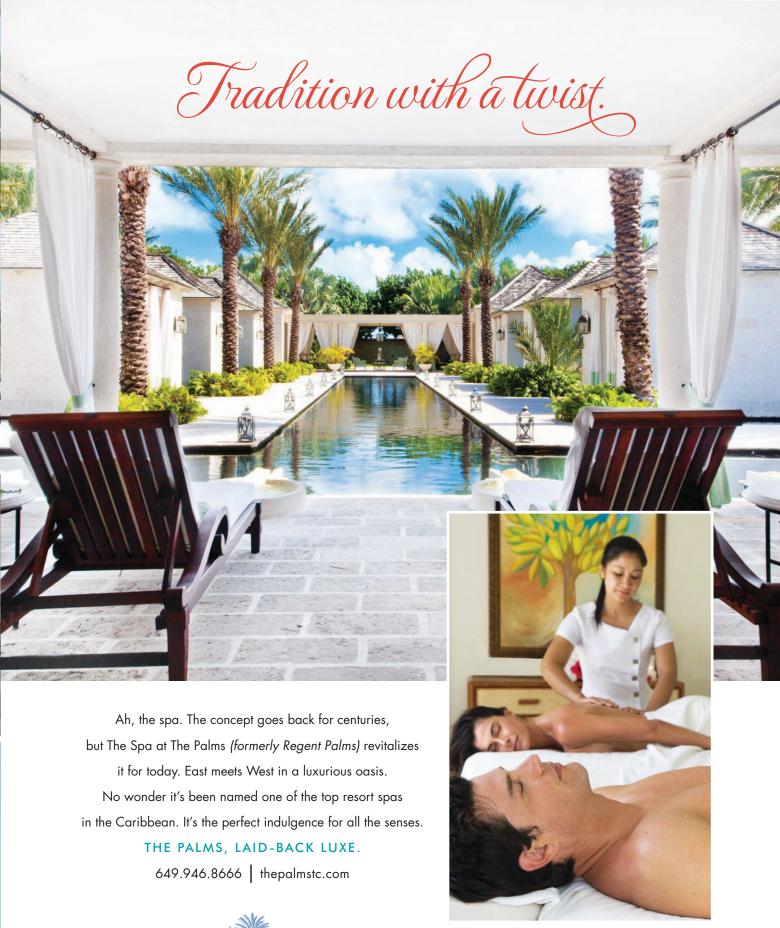
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THE SPA AT THE PALMS



PROVIDENCIALES



WINTER 2015 - SPRING 2016

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Surf & Surf at Asu on the Beach



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PROVIDENCIALES DINING GUIDE

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"BISTECCA" TRIPLE SEARED **BLACK ANGUS FLANK STEAK** AT LUPO

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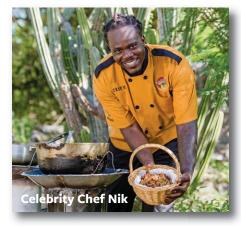
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NATIVE COOKING WITH CHEF NIK- OUR TCI CULINARY AMBASSADOR



Larger than life, young Chef Nik may seem an unlikely candidate for TCI Culinary Ambassador. Perhaps someone older, more mature and experienced should carry that title. However when you meet the 34 year old, you immediately understand he's the man. His enthusiasm for and knowledge of native recipes, cooking styles and traditions is unbounded and his energy seems inexhaustible.

He unabashedly toots the TCI culinary horn, often in unique ways. One Friday in October, he prepared and cooked traditional, time-honoured native dishes on two very old fashioned, one burner 'coal' stoves, set in the ruins of Cheshire Hall Plantation on Providenciales, to show how it used to be done.

Coal stoves were imported from Haiti, via sailing sloops, back when trade with that country was often the only source of goods not available in the TCI. They were fueled with charcoal, also imported from Haiti.

The Cheshire Hall site is on a hilltop near downtown. The well-preserved plantation ruin site is an Area of Historical Interest under the National Parks Ordinance. Up to the early 1800's, Cheshire Hall was important on Providenciales, employing 384 slave workers. After a period of mild success, the boll weevil, soil degradation and hurricane damage put an end to their cotton crop and the cotton industry in the Turks and Caicos.

The rich history of Cheshire Hall Plantation made it the perfect venue to showcase local dishes that Islanders have enjoyed for over three hundred years.

Chef Nik cooked up buds and rice, a hearty dish made with rice simmered with pigtail, salt beef, tenderised conch, lima beans and the fruit of the prickly pear cactus - the buds. He also produced peas and grits, locally called 'Hominy'. Local beans (pigeon peas or red kidney beans), tenderised conch, cured pigtails and salt beef are simmered until tender.

It is a favourite, traditionally served as brunch on Saturday. Nik calls himself a 'rice architect' so it was fitting that he also delivered fried rice from his temporary outdoor kitchen, and a side plate of fried plantain.

When you sample native dishes, and you really should, you'll know you are getting truly traditional TI cooking if you see chicken or pork souse on the menu. Souse involves boiling either of these meats, with chopped onions, cloves or allspice, scotch bonnet peppers, bay leaves, salt and vinegar. Another hearty breakfast dish. Have it with Johnny Cake, which is what the locals now call Journey Bread.

If you order fried or 'steam' fish, you might want to complement it with okra and rice. For this dish, the okra is ground into a puree, then you 'burn it out in the pot.' For neophytes to TCI cooking terminology, that means simmer until liquids are reduced. Add onions, bell peppers, garlic and thyme. Then add chopped, tenderized, fresh or dried conch. Add pigtails or pork and simmer until meat is tender.

In addition to these dishes, Chef Nik mentioned many other dishes, including desserts like duce, which is a mixture of shredded coconut and condensed milk, baked, cooled and cut into small, sweet squares. Coconut plays a large part in traditional TI cooking.

Of course cracked conch is a staple that has gained huge popularity with visitors, as have peas and rice. But allow me to pass on one more recommendation when you go native. Have some sweet potato bread. It's a specialty from North and Middle Caicos kitchens – a dense bread pudding with coconut and raisins. Trust me on this.

Our native restaurants will surprise you with the full flavours and textures of their specialties. You will be 'tasting history' with every delicious mouthful.

See Chef Nik at the Crackpot Kitchen pages 146-147.



STORY BY KATHI BARRINGTON

PHOTOGRAPHY BY SPOTLIGHT COMMUNICATIONS





Try one of the following typically local dishes offered throughout the Islands at various restaurants. They're not always the same, but this should give you some idea of what you're ordering!

CONCH FRITTERS: Conch meat, onion, green pepper and sometimes celery, finely ground and folded into a fritter batter before deep frying. Usually served with a slightly spicy seafood sauce.

CRACKED CONCH: Bruised or pounded pieces of conch meat dipped in egg and milk, breaded in lightly seasoned flour or cornmeal then deep fried. Served with either a tartare sauce or a slightly spicy seafood sauce.

CONCH SALAD: Raw conch meat diced into small cubes or slivers, marinated in lemon or lime juice, and tossed with chopped onion, green pepper and sometimes

tomato. Seasoned with salt, pepper and crushed bird pepper or tabasco for added zing.





STEAMED (OR STEWED) CONCH:

Boiled conch that has been sautéed with onion, green pepper and ham in butter and oil before tomatoes, hot pepper, catsup and various other seasonings have been added prior to steaming and the addition of a hint of lime juice.

RED CONCH CHOWDER: This chowder's base is tomatoes, tomato paste and water with seasonings including bay, thyme, lime, tabasco, bacon, and even a hint of sherry! With celery, onion and green pepper as additions

WHITE CONCH CHOWDER: The sautéed conch is first marinated in lime before being added to the chowder's chicken stock base along with bacon, onion, garlic, potatoes and carrots. Add evaporated milk, occasionally parsley and wine.

LOBSTER SALAD: Diced boiled lobster with sweet peppers, celery and

seasonings blended with mayonnaise.

Continued on page 16





THE SPIRIT OF THE TURKS & CAICOS



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AT RIGHT FROM THE TOP:
JERK CHICKEN AT KALOOKI'S.
MAC AND CHEESE
AT BUGALOOS
STEW OXTAILS WITH
BUTTER BEANS, PEAS N'RICE
AT CRACKPOT KITCHEN.
CRACKED CONCH
AT THE SHARKBITE.

FRY FISH: Usually served with the head on, this can be any local fish.
Seasoned and then deep fried in very hot oil, this is a popular breakfast dish in the Caribbean.

PEAS N' RICE: Field peas, pigeon peas, black-eyed peas, or split peas mixed with rice and cooked seasoned with salted pig tail and conch. Local variations also include crab n' rice and okra n' rice.

JOHNNYCAKE: Fried cornmeal flatbread is a staple for many Caribbean islands. Originally called Journey Bread. Tastes like corn bread but looks like a pancake; this tasty dish is often served as a side with fried fish.

FRIED PLANTAIN: A large banana type fruit, the plantain is lower in sugar than regular bananas. Usually cut into sections and fried in oil until golden brown, fried plantain is a popular side-dish for a variety of meals.

CRAB SOUP: A red soup with vegetable stock base, added sweet potatoes and other potatoes, plantain (that banana-like fruit), boiled crab, and lightly spiced according to the cook - but often with thyme.

OKRA SOUP: Much like the crab soup. The okra is boiled and the soup is not so spicy.









JERKED PORK OR CHICKEN: A combination of spices used as a rub or with the addition of vinegar, soy sauce and oil

used as a marinade. The spices are typically, but not limited to, allspice, scotch bonnet peppers and thyme that permeate deep into the meat and pack a fiery punch. The meat is then slowly grilled to perfection.

GRITS N' TUNA: Locally grown (Middle and North Caicos) and finely hand-ground corn, boiled in salted water before the butter is added. Often served alongside steamed, fried or boiled fish. The local favourite is tuna.

OXTAIL: Just as it sounds this dish consists of cattle tails, skinned then cut into short sections. Usually browned and then stewed with spices and vegetables.

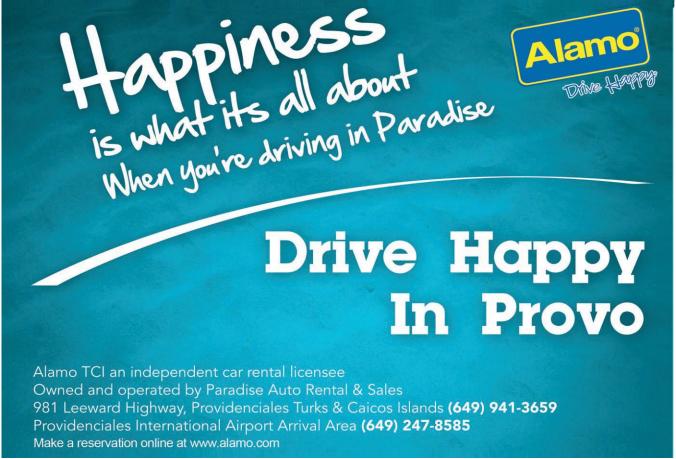
GOAT: A popular meat to cook with on most Caribbean islands, this dish is most often served curried. The meat has a flavour similar to lamb.

CURRY: Everything can be curried in the Caribbean! Not usually as 'hot' as a Jerk sauce, a good Caribbean curry can still pack enough whallop to wake up the taste buds!

JAMAICAN PATTIES: Usually meat filled (Although vegetable varieties are available for the Rastas!) these are similar to a large tart, with spiced meat packed inside a flipped and sealed

pastry. They are served hot and often for breakfast.





Fish and Seafood

NOTHING CAN COMPARETOTHETASTE of our fresh-caught local fish and seafood... but if fresh fish is something that is not commonly found in your diet, you may be a little apprehensive to order it when dining out. There's no need to be timid when it comes to tuna; wary of wahoo or even leery of lobster... become a fish-aficionado and take every opportunity to enjoy these delicious delicacies of the sea!

The dazzling turquoise waters that envelop these islands are teeming with an abundance of 'marine cuisine,' so it's no surprise that many of our chefs take full advantage of this versatile and natural resource accessible virtually steps from their kitchens. A seemingly never-ending supply

of conch, lobster and a variety of fish are the canvas for culinary masterpieces they continually reinvent using an ever-growing melange of preparation techniques. Incredibly versatile from its most pure and unadulterated form like sushi or ceviche; or baked, broiled, seared, grilled, poached, steamed, pan-fried, and even smoked; delightful in soups, chowders, bisques, bouillabaisse and pastas. Now add some flavours, spices and coatings for blackened, jerked, Creole, plantain-encrusted, coconut encrusted and curry... the possibilities are endless... not to mention the payback from the health benefits of eating fresh fish - rich in protein, vitamins, minerals and polyunsaturated fat.





Here are a few of the *basic* types of fish you are likely to find on island menus. In no way does it cover the vast and extensive species beneath the sea. And of course, no TCl fish story would be complete without paying homage to the Caribbean Spiny Lobster and the Queen conch. Both reign supreme and are also lucrative and significant exports.

If you prefer to hook the 'catch of the day' yourself, we are a world-class fishing destination. Landing the proverbial 'Big One' here

in the Turks & Caicos Islands is the fruitful pursuit of many visitors and residents. From deep-sea to bottom fishing, experience the pulse-racing, heartthrobbing excitement of the thrill of the catch guaranteed to send the most calm, cool and collected into palpitations. Up the ante to include our reefs, brimming with snapper and grouper, or hunt on the shallow banks for the elusive bonefish.

SNAPPER

There are many varieties of snapper, but the most popular on island are Red Snapper, Yellowtail and Pot Snapper. Red Snapper are recognised by their shades of rosy pink eyes and skin, while Yellowtails have the distinctive yellow stripe running from snout to tail. Both have a soft, delicate, mild flavour with a hint of sweetness and are prepared whole or in fillets. Grilled or pan-fried, the very moist and tender meat is white. Pot Snapper is known as a 'plate-

size' fish, usually served whole. Typically weighing up to one pound, it is a smaller snapper and very popular for local dishes like fish and grits. It also has a delicate, flaky texture and mild taste.

TUNA

The trademark yellow dorsal and anal fins give the Yellowfin its name. Its gorgeous, deep red flesh appears pinker in smaller fish. I'm an unyielding advocate of 'au natural' here... simply sensational as sushi; tantalising in a

tartare and extraordinary when sliced paper-thin in a Carpaccio. Its texture is firm and lean with a subtle mild, mellow flavour. It is commonly offered as steaks, fillets and loins. I have experienced the quintessence of freshcaught tuna sashimi - right on the docks. It melted in my mouth like butter, and I have to say it was the best tuna I have ever tasted. If you must cook it, do no more than sear it, please. Overdone

Continued on page 55

GRILLED TCI GROUPER AT GRACE'S COTTAGE



STORY BY MANDY ROSTANCE-WOLF







LUNCH MENU FAVORITES

conch fritters bambarra calypso sauce
tuna salad soft seared tuna slices | mixed greens |
carrots | peppers | asian pear | bean sprouts | sesame
seeds | asian vinaigrette

roasted beef sandwich arugula | tomato | red onion | parmesan mayo

lobster wrap jerk marinated lobster tail | red onion | avocado | lettuce | pineapple | bambarra calypso sauce crispy grouper sandwich lettuce | tomato | sautéed onions | lemon caper mayo

blackened fish tacos lettuce | onions | cilantro | pineapple cole slaw

ON THE BEACH

asú (f) [a:súh] means sunset in Taino, the language spoken by the Arawak Indians who lived in Turks and Caicos centuries ago.

Asú on the Beach features a beachfront dining terrace and a relaxed environment overlooking beautiful Grace Bay. Cheerful and contemporary decor welcomes guests during the day, and by night patrons are presented with a magical dining atmosphere under a starlit sky accentuated by swaying illuminated baskets. The menu features popular dishes from around the world, with an emphasis on fresh seafood.

Asú offers barefoot dining on the beach at dinner, and poolside and beach service for Alexandra Resort guests. An indoor dining area includes an open concept kitchen, a bar, and an air conditioned function room for private events.



POOL AND BEACH MENU FAVORITES

chicken fingers choice of bbq sauce or honey mustard cracked conch peas and rice | bambarra calypso sauce classic burger 6oz black angus patty | onion | lettuce | tomato



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SEE MAP #20

DINNER MENU FAVORITES

fried conch samosas bambarra calypso sauce |
shaved fennel and green apple salad
kale salad croutons | tomatoes | avocado | shaved
parmesan | parmesan vinaigrette
local whole snapper baked or fried
local lobster tail grilled
seafood pasta spaghetti | mussels | clams |
calamari | tomato sauce | parsley | garlic bread
surf & turf grilled tenderloin | grilled ½ lobster tail |
mashed potatoes | steamed vegetables | herb
butter | au poivre



BLACKENED FISH TACOS

PINEAPPLE COLESLAW

225 g savoy cabbage, sliced very thin

70 g carrot, peeled and grated

1 cup ripe pineapple (peeled and chopped fine)

15 g red pepper, sliced thin

15 g orange pepper, sliced thin

20 g tomato, peeled, seeded, sliced thin

35 g onion, peeled, sliced very thin

17 g sugar

20 g red wine vinegar

100 g mayonnaise

6 g salt

1 g black pepper, finely ground

1 g scotch bonnet pepper, washed, chopped fine combine all and mix well

TOMATO SALSA

2 ripe tomatoes (washed, seeded and chopped)

1 small onion (minced)

½ cup cilantro (washed and chopped)

3 green jalapenos (charred, peeled, seeded and chopped)

juice of a lime

pinch of salt

combine all ingredients and mix well

FISH

cut fresh fish filets (grouper or snapper) into 2 ounce strips, season with salt and blackened spice, sautée fish in a non-stick pan just to cook through

ASSEMBLE

3 corn tortillas (fried and shaped in the taco basket) shallots (minced fine) cilantro leaves romaine lettuce (sliced thin) blackened spice kosher salt

arrange fish in the taco shells, top fish with salsa, pineapple cole slaw, minced shallots, romaine and cilantro in order as listed, serve immediately



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> Full Menu Available for Take-Out See Map #24

Enjoy Italian dining with a wonderful waterfront ambiance, in Turtle Cove Marina.

The menu offers a wide selection of Italian appetizers, pastas, veal, chicken and beef dishes, as well as creative nightly specials focusing on fresh local fish and lobster, when in season.

Baci's homemade Brick Oven Pizzas are a very popular choice for take-out as well as dine-in enjoyment.

The assortment of homemade desserts paired with an espresso, cappuccino or special coffee, will complete and complement a night out on the island.



Baci Sample Lunch Menu

Appetizers

House Salad ...8.95
Caesar Salad ...8.95
Caprese Salad ...9.95
Soup of the Day ...7.95
Shrimps in Garlic and Butter ...9.95
Snails in Garlic and Butter ...8.95
Baci Salad - Mixed greens, roasted peppers, Kalamata olives, onion and feta ...11.95
Warm Roasted Beet Salad - With goat cheese and toasted almonds ...9.95
Grilled Eggplant - With feta and Kalamata olives ...9.95

Pastas

Lasagna - With meat and cheese ...14.95
Three Pepper Penne - Penne in tomato
and cream with chicken, red, green and
jalapeño peppers ...14.95
Fettuccini Alfredo - Ham ...12.95

Chicken ...13.95 / Shrimps ...15.95 Penne in Spicy Calabrese Style

Pork Ragu ...14.95
Raviolis - Baked in tomato cream sauce with
Mozzarella cheese. Choice of Portobello
mushroom or cheese ...14.95

Mezzi Rigatoni in Marsala Cream -With chicken, mushrooms and caramelized onions ...14.95

Paninis

Served with choice of side pasta or salad Tomato, Fresh Mozzarella & Basil ...12.95 Spicy Italian Sausage - With tomato sauce and roasted red peppers ...12.95

Grilled Chicken Breast -With sliced tomato ...12.95 Chicken Parmigiana ...12.95

Other Favourites

Warm Chicken Salad ...15.95 Chicken Caesar Salad ...12.95 Blackened Shrimp Caesar ...14.95 Seasoned Chicken Breast -

With creamy roasted garlic sauce ...15.95 **Breaded Veal Cutlet** - Tomato sauce, roasted sweet peppers and olives ...15.95



Baci Sample Dinner Menu Antipasti

Insalata Mista - Mixed greens in our own balsamic vinaigrette ...8.95 Insalata alla Cesare - Fresh cut romaine in rich homemade dressing with croutons ...8.95 Bruschetta - Garlic toasts topped with a mix of fresh tomato, fresh basil, olive oil and herbs ...7.95

Insalata Barbabietole Tiepido -

Warm roasted beet and goat cheese salad with toasted almonds ...10.95

Insalata Caprese - Tomatoes, fresh Mozzarella and basil with olive oil, balsamic and pesto ...10.95

Gamberoni alla Diavola - Shrimps in a spicy tomato herb sauce ...10.95

Lumache con Salsa di Burro All'aglio -

Snails in a garlic butter white wine sauce ...8.95

Gamberoni con Salsa di Burro All'aglio -

Shrimps in a garlic butter white wine sauce ...10.95

Pastas

Penne al Calabria - (Recipe page 24)
Penne pasta in traditional tomato based
spicy pork and sausage ragu ...19.95
Mezzi Rigatoni Florio - Small rigatoni
pasta in Marsala cream sauce with chicken,
mushroom and caramalized onions ...19.95
Fettucine Alfredo - Creamy Parmesan sauce
with your choice of: Julienne of ham ...18.95
Chicken ...19.95 / Shrimps ...24.95

Linguini con Cuori di Carciofo e Gamberoni - Linguini pasta in lemon olio with artichoke hearts and shrimps ...26.95 Ravioli di Funghi Portobello - Portobello filled raviolis baked in tomato cream sauce with Mozzarella cheese ...22.95

Penne alla Vodka con Pollo - Penne pasta in tomato cream vodka sauce with strips of seasoned grilled chicken breast ...21.95 Lasagna alla Bolognese - Homemade meat and cheese lasagna ...19.95

Vitello

Scaloppine Limone con Porri e Capperi -Veal in a delicate lemon butter sauce

with leeks and capers ...28.95

Vitella con Peperoni Arrostiti e Oliva Breaded veal cutlet, tomato sauce, roasted
sweet peppers and olives ...27.95

Vitella Marsala - Veal scaloppine in Marsala wine mushroom sauce ...28.95

Vitella alla Parmigiana - Breaded veal cutlet baked with tomato sauce and Mozzarella cheese ...25.95



Carne, Pollo e Pesce

Petto di Pollo con Cremosa Arrosto Aglio Salsa - Boneless chicken breast with a rich creamy roasted garlic sauce ...24.95 Petto di Pollo con Carciofo e Capperi -Boneless chicken breast in a light red wine demi-glace sauce with artichoke hearts and capers ...24.95

Petto di Pollo Parmigiana - Breaded chicken breast baked with tomato sauce and Mozzarella cheese ...24.95

Petto di Pollo "San Remo" - Boneless chicken breast topped with a spinach cream sauce, Mozzarella cheese and baked ...26.95 Bistecca "Delmonico" - Seasoned and grilled 12 oz boneless angus ribeye ...34.95 Pesce del Giorno - Fresh Fish of the day

Desserts Menu

All Desserts are Made at Baci

Tiramisu - Lady fingers, mascarpone cheese, whipped cream, espresso and Kahlua ...8.95

Creamy Orange Ricotta Tart -

(See photo page 132) Light and fluffy, baked in a graham cracker crust ...8.95 Panna Cotta - Traditional Italian chilled milk custard served with blueberry sauce ...8.95 Chocolate Pâté - Served chilled with strawberry sauce and whipped cream ...8.95

Baci Pizza Menu

Brick Oven Baked to Order

Handmade dough and sauce with fresh ingredients

Medium Pizza 12 inch ...17.00 Large Pizza 16 inch ...23.00 Price includes your choice of four toppings

Additional toppings at 1.00 each
Pepperoni - Ham - Sausage - Chicken
Bacon - Prosciutto - Meat Sauce
Garlic - Black Olives - Green Olives

Sliced Tomato - Jalapeños - Fresh Basil Onions - Peppers - Eggplant Pineapple - Anchovies - Artichokes

Extra Sauce - Extra Cheese

Linguine In Lemon Aglio e Olio

With Artichoke Hearts and Shrimp

By Chef Ketty Firmence - Baci Ristoranté See Menu previous page

INGREDIENTS

1 lb dry linguini pasta 24 pc 16/20 shrimp peeled and deveined

8 artichoke hearts (in oil or water) quartered

1 small white onion - diced fine

2 tbsp crushed fresh garlic

1/2 cup extra virgin olive oil

1 medium tomato - diced

1/4 cup dry white wine

2 - 3 tbsp lemon juice

Salt and pepper to taste

Tabasco sauce

Chopped parsley for garnish

PREPARATION

In a large pot of boiling water with a little salt and olive oil add pasta and cook for approximately 5-7 minutes until al dente.

While pasta is cooking, in a large pan add approximately 4 tbsp olive oil, bring to medium heat. Add diced onion and sauté until translucent. Add crushed garlic, mix together and cook for approximately 30 seconds. Then add artichoke quarters mixing in gently and cook for another 30 seconds. Add olive oil, white wine, lemon juice and diced tomato. Simmer for about 1 minute. Check for taste and add salt, pepper and tabasco to liking. Add shrimp and cook for 1-2 minutes until shrimp are pink.

Add linguine, mix well and divide into equal portions on large platter and garnish with chopped parsley.



INOT GRIGIO





CHEF CRISTIAN REBOLLEDO



Kitchen 218's Executive Chef

A raconteur of sorts, Chef Cristian Rebolledo shared his story of life in the culinary arts. His account was told with a passion, sincerity, and humility that was refreshing, inspiring, and, at times, quite humorous.

Born in the South of Chile, where a very rainy climate kept him constantly indoors, he often baked bread with his nanny. He began selling the bread to neighbours at the age of eight. His father was completely unaware, and quite surprised when a 'customer' arrived on their doorstep one Sunday morning.

After high school and a stint in the military, expectations were high. With his parents both doctors, his grandparents both lawyers and his brother an economist, he announced, "OK, OK, I'm going to be a lawyer."

"I went to law school, but during the night, I started going to culinary school." When Cristian couldn't pay,

his father received an invoice from the culinary school and alleged someone had stolen his son's identity - because his son was studying law. Cristian had to come clean. "Why didn't you tell me? I love it!" was his father's reaction, gaining support from all arenas.

He completed the culinary program at the INCAP Technical Institute. His first job was at a high-end French seafood restaurant as a dishwasher, where he graduated to making sauces.

He left Chile to travel to Europe for three months, but stayed abroad for three years. "I worked with the most amazing chefs. It was great." Cristian maintains the importance of experiences and travelling. "It's one of the most important things for a young cook to do." Then it's a blur - from the Congress building in Madrid to Executive Sous Chef at the Palace of the King of Spain, where he was in charge of the travelling menu for then Prince Filepe. A flurry of experiences in destinations across Europe, Costa Rica, Cuba and Mexico. His first taste of the Turks and Caicos Islands was Beaches, in charge of the culinary operations for all the villages, then off to Malaysia, and back to Chile.

He opened his own restaurant and was awarded the #1 restaurant in Chile on June 1, 2012. A fire destroyed everything two days later. It was after this tragedy, he returned to Providenciales to assume the helm of Kitchen 218.

"It wasn't easy to get here. At the end, everything happens for some reason," he said with great humility.

"The thing that I love at Kitchen 218 is my Chef Affair - a 7-course tasting menu. I prepare it especially for every guest, and you're never going to have the same tasting menu again." His passion is palpable, and he speaks from the heart, "To be a cook - it's much more than a job, much more than a salary at the end of the month. To be a cook is passion. To be a cook is a lifetime. A mix between a scientist and an artist. We are passionate; we are sentimental."

BEACHHOUSETCI.COM

BY MANDY ROSTANCE-WOLF

KITCHEN218



KITCHEN218

LUNCH MENU (SELECTION)

APPETIZERS

conch & cranberry salad sweet peppers | citrus island dressing | red onions | dried cranberries | jalapeños

shrimp cebiche avocado | tomato | tiger shrimp | house cocktail sauce

grilled veggie pita eggplant | sweet bell peppers | red onions | zucchini | red curry paste | yogurt & mint dressing

MAINS

pan seared fish filet sautéed garden veggies |
garlic lemon butter sauce | side of the day
pasta & chicken pasta of the day | white cream |
parmesan cheese | grilled chicken breast
grilled tuna steak side of the day | steamed
veggies | garlic herbs butter
jerked pork belly spicy mashed potatoes | jerk

sauce | veggies | pineapple & green apple salsa

TASTE LUNCH@OUR BEACH DECK

Lunch on the deck at Beach House is the quintessential dining experience in the Caribbean - a stunning view of the turquoise sea, the warmth of the southern sun cooled by refreshing trade winds and the delight of eating delicious food barefoot.

The friendly Beach House team is always ready to serve cold tropical cocktails with a warm island hospitality.

The beach deck is open daily for lunch, and by reservation for private dining in the evening.



&LOVE DINNER @ KITCHEN 218

Dinner at Kitchen 218 will undoubtedly be one of the highlights of your trip to Turks & Caicos. Chef Cristian and his team are passionately committed to serving food that is as wonderful to look at as it is to eat. The innovative menu delights culinary enthusiasts and the chef's tasting menu never fails to impress. Kitchen 218 offers patrons an intimate and elegant poolside setting, surrounded by a lovely tropical garden. The restaurant is open daily for breakfast and every evening except Thursday for dinner.



NO SOCKS ALLOWED

SEE MAP #28

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KITCHEN218

DINNER MENU (SELECTION)

STARTERS

cebiche fresh snapper | tiger milk | red onion |
corn | rocotto | cilantro | cancha
garden edible earth | organic vegetables |
balsamic dressing | tomato chips | tomato pesto |
locally grown basil | greens | cucumbers | carrots
veal anticuchos panco paste | onions | scallions |
potatoes | mushrooms

MAINS

beef tenderloin grilled onions and potatoes | veggies | red wine sauce | mushroom & white truffles ragout | add foie gras on top | add fresh shaved Italian black truffles

marinated lamb tenderloin slow cooked |
red wine sauce | curry lentils | veggies
duck grilled palm of hart | buttered veggies |
roasted garlic dark sauce | caramelized red onion |
backed jam

chilean sea bass pineapple white sauce | sweet corn puree | griled caramelized onion | veggies



Bella Luna Ristorante

AT THE GLASS HOUSE ON GRACE BAY ROAD

Chef Cosimo Tripodi's culinary philosophy begins with the belief that a dining experience should focus on indulging in delicious food, housed in a unique setting with family, good friends, and a great wine that is affordable. BELLA LUNA, commonly known as 'the glass house,' is a longtime island landmark with painted frescoed walls and ceilings which offers both indoor and outdoor dining. The menu highlights regional Italian cuisine with a Caribbean twist, offering such delectable seafood specialties as Linquine Marechiaro. Imagine fresh manilla or littleneck clams tossed in white wine, garlic, olive oil and herbs picked fresh from Bella Luna's on site greenhouse, nestled on a bed of al dente linguine. Or feast on the Trio Veneziano, which combines succulent seasonal Turks and Caicos lobster with fresh shrimp and daily-caught fish, all brushed with extra virgin olive oil and herbs, and grilled to perfection. To add to your captivating dining experience, BELLA LUNA is home to a temperature-controlled wine cellar, ensuring that every bottle on their well chosen wine list is in peak condition. Sample Barbaresco's, Barolo's, or experience the Nero D' Avola, a rich wine full of fruit and spicy tannins. A wealth of gustatory pleasure awaits you at BELLA LUNA.



RISOTTO ALLO SCOGLIO

Dinner Served 5:30 PM through closing Six Nights a Week Closed on Sundays
Indoor & Terrace Seating • Full Bar and Specialty Martinis • Well Chosen Wine List • Private Catering Available
Take Out Available • Travellers Cheques • ALL MAJOR CREDIT CARDS • Email bella@tciway.tc

MENU ITEMS AND PRICES ARE SUBJECT TO CHANGE.

ANTIPASTI

Carpaccio 13.50 Thinly sliced raw beef with arugula, capers, Parmesan and extra virgin olive oil

Mozzarino Calabrese 12.50

Mozzarella cheese enveloped in Genoa salami, smothered in a delicious balsamic lemon sauce

Conch Frittelle 13.50

Grilled conch patties served with a secret jerk mayonnaise sauce

Chiocciole all Aglio 11.50 Snails out of the shell, sautéed with qarlic butter and white wine

Antipasta Platter for Two 20.00

INSALATA

Insalata Mista 9.00

A fresh mixed garden salad served with traditional balsamic vinegar and extra virgin olive oil on the side

Insalata Cesare 9.00

Romaine lettuce in a homemade creamy Caesar dressing topped with crispy foccacia croutons

Insalata Rughetta 10.00

Fresh arugula and vine ripened tomatoes with shaved Parmesan, drizzled with extra virgin olive oil

Insalata Caprese 13.50

Fresh buffalo Mozzarella cheese served with fresh vine ripe tomato slices and arugula, laced with extra virgin olive oil

PASTA

Lasagna Tipica 24.00 Cosimo's family recipe, delicious.

Conchaccini Bella Luna 26.00

Fresh conch in a four cheese sauce tossed in linguine

Ravioli al Formaggio 22.00

Homemade cheese ravioli in your choice of cream, rose or marinara sauce

Ravioli Genovese 26.00

Fresh ravioli stuffed with ricotta cheese, tossed in homemade pesto, sun-dried tomatoes and pine nuts

Penne Puttanesca 22.00

Penne pasta with black olives, capers, tomatoes and garlic in a sauce of white wine, basil and fresh marinara, a bit spicy

FINE ITALIAN DINING AND CARIBBEAN SPECIALTIES

Bella Luna

Ristorante

ESTABLISHED IN 1996

TEL 649-946-5214

Reservations Recommended
On Grace Bay Road
Across from Seven Stars

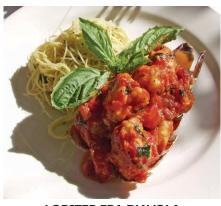
See Map #30



ANTIPASTI



LASAGNE TIPICA



LOBSTER FRA DIAVOLA

Penne Picchio Pacchio 23.00

Penne with hot Italian sausage, garlic, basil, tomato sauce with Asiago cheese, spicy

Gnocchi del Fattore 24.00

Homemade potato dumplings in a Gorgonzola cheese cream sauce, topped with a touch of marinara sauce

Linguini Tuttomare 29.50

Fresh lobster (in season) shrimp, mussels, clams and scallops tossed in either a fresh spicy marinara sauce, fresh cream sauce or a rosé sauce

Linquine Marechiaro 26.00

Fresh pasta with clams tossed in garlic, olive oil, fresh herbs and white wine, a bit on the spicy side

Spaghetti Ortolana 23.00

Sautéed morsels of chicken breast and fresh broccoli florets in a cream sauce

PESCE

Trio Veneziano Market Price Fresh fish, lobster, (in season), shrimp, grilled and simply brushed with extra virgin olive oil and fresh herbs

Lobster fra Diavola 37.50

Lobster chunks in spicy plum tomato

Lobster Piccata 37.50

Lobster chunks in butter sauce

Grigliata di Gamberi 31.50

Butterflied gulf shrimp in their shell, grilled and brushed with extra virgin olive oil and fresh herbs

VITELLO

Piccata a Limone 28.50

Veal scaloppini in a lemon butter sauce

Vitello Parmigiana 28.50

Veal scaloppini over a bed of spaghetti

Vitello Boscaiola 28.50

Veal scaloppini with portobello mushrooms in a Marsala sauce

POLLO

Battuta di Pollo 24.00 Pounded chicken breast brushed with olive oil. fresh garden herbs and a touch of garlic **Suprema Mille e Una Notte** 25.50 Chicken breast sautéed with mushrooms, roasted red peppers in a demiglace sauce flamed with Cognac

RISOTTI

Choose from four 29.50

FEATURED CHEF Cosimo Tripodi

Bella Luna Ristorante

A PASSION FOR FOOD WOULD seem a fundamental prerequisite for any great chef, but after spending a captivating afternoon with Chef Cosimo Tripodi, I not only discovered a chef with a tremendous passion for food, but an all-embracing passion for life, love, family, people, art, adventure and the island paradise which he has called home for the past eleven years.

Raised in Calabria, southern Italy, in a loving home by his mother, father and grandmother, he professes that he has had a fascination for food and cooking since he was a child. The only boy in his Italian home of five women, he was not allowed in the kitchen, becoming a game where he often tried to 'sneak' in, only to be chased away by his grandmother with a big wooden spoon. He fondly recalls the wonderful frittatas she used to make, and the sentimental fact that the pan she used all those years ago is now in his own kitchen, adding that his family exists as an 'ingredient' in all of his cooking today.

At the age of 14, he attended Hotel Management School, spending summers training at hotels in the northern provinces, followed by an obligatory year in military service.

Eager to pursue his passion for adventure, he travelled to England and began working as a sous chef at La Bussola, a high-end Italian restaurant. A year later, working aboard a cruise ship line based in Miami provided him the fortuitous opportunity to discover many Caribbean destinations, however, a propensity for seasickness would necessitate his return to Grand Cayman, an island discovered while cruising. His experiences originated with Ristorante Pappagallo, owned by a dear friends of his; he confesses, "A part of me is always there." With Grand Cayman as his base, he continued to travel the Caribbean including Jamaica, the Bahamas and the Dominican Republic, dedicated to learning about the people, culture and customs, all influencing his life



and his kitchen today. He established two successful restaurants in Grand Cayman, one featuring his native southern Italian flavours, the other Caribbean.

In August of 1996, fate and a friend would deliver Cosimo to the Turks and Caicos Islands. He expresses an inexplicable connection upon seeing an advertisement in a 1995 Billfish Tournament magazine for Baccus, a nightclub/restaurant, housed in Provo's landmark 'glass house.'

Providenciales was "love at first sight" - which he corrects himself to say "love at first bite!" He soon became the major shareholder and then owner of Bella Luna Ristorante which is housed in that same 'glass house' so convenient for dining, located in the very heart of the Grace Bay area resort developments.

At Bella Luna, an outlet for his everevolving creativity for over a decade, Cosimo's personal touches appear everywhere. Working with his hands goes far beyond the kitchen; the consummate handy man, he enjoys carpentry, decorating and refurnishing; he is an artisan, mosaicing with tile and glass and an ardent painter.

His restaurant and his social life are one in the same, in that all his cherished friendships materialized and flourished as a result of first and foremost being Bella Luna guests. Even as a guest in the home of friends, Cosimo embraces the opportunity to create in their kitchens using whatever is available with what he calls, the 'necessity of supplies.' "My challenge, which I enjoy, is to go into places with possibilities. To open up the fridge and cook."

The Bella Luna philosophy of food preparation is very similar, in that every dish is prepared 'a la minute,' with no food 'prep.' With a seemingly effortless flair for total consistency, Chef Cosimo brings a Caribbean twist to the natural simplicity and traditions of his southern Italian roots, with an emphasis on healthier foods with robust flavours using an abundance of tomatoes, garlic, sharp cheeses, olives

and herbs including oregano and basil, and favouring four basic sauces. These earthy, Mediterranean key ingredients 'open up your stomach' and are easy to digest, even more so when paired with his fine and extensive selection of wines.

With plans completed for his new private dining room, The Venus Room, and his Italian Garden Pizzeria now open, I suggested that with all of his ambitious and ongoing projects he should clone himself. He heartily laughed and said, "It would be very dangerous! I'm a dreamer" he quips. "If you're passionate, you have to be passionate about everything."

A pleasure to discover that Cosimo can never imagine a time in his life when he will not be working ... he confesses that his great accomplishment is in the simplicity of this ... that he prepared foods to the best of his ability, that his guests, many of whom are his friends, enjoyed and had fun ... that the food was good and they would come back for more.

SEE BELLA LUNA RISTORANTE MENU ON PREVIOUS PAGE

STORY BY MANDY ROSTANCE-WOLF ~ PHOTO PROVIDED BY BELLA LUNA



RED PIZZA

Americana	
Classic Pepperoni Pizza\$19	
Margherita	
Tomato sauce, Mozzarella and basil\$18	
Puttanesca	
Tomato sauce, Mozzarella, capers,	
olives, and anchovies\$19	كالم
Picchio Pacchio	
Tomato sauce, Mozzarella, mushrooms	
and hot sausage\$20	
Calabrese	PIZZ
Tomato sauce, Mozzarella, eggplant	-
and hot salami\$20	
Funiculi Funicula	
Tomato sauce, Mozzarella	
and fresh meatballs\$19	
BBQ Chicken	
Barbeque sauce, chicken, Gouda,	7
onions and cilantro\$21	A 1979
Tiki-Taka	1.00
Tomato sauce, Mozzarella, pineapple	1
and Virginia ham\$19	
Hot Latina	
Tomato sauce, Oaxaca, Cacique,	
jalapeno, chorizo and cilantro\$21	
Vegetariana	Caprese

MAKE YOUR OWN PIZZA with your choice of toppings – cheeses, meats, seafood, chicken and vegetables
WINES by the glass or bottle
BEERS – SODAS – WATER

12% tax & 10% gratuity added to all bills
take out only 12% tax

fresh vegetables.....\$21

Tomato sauce, Mozzarella and



PIZZERIA & WINE BAR

- EXTENSIVE WINE LIST -



SALADS

carrots, red peppers and red onion\$9 chocolate sauce, topped with whipped cream and toasted almonds,

With homemade Caesar dressing\$9 delicious\$12

WHITE PIZZA

Quattro Assi
Sundried tomatoes, Brie, artichokes,
Parma ham and arugula\$25
Quattro Stagioni
Mozzarella, tomatoes, Virginia ham,
mushrooms, artichokes, and olives\$23
Genovese
Pesto, Mozzarella, grilled chicken,
tomatoes and pinenuts\$21
Contadina
Mozzarella, Gorgonzola, mission figs
and walnuts\$21
Turks and Caicos
Mozzarella, conch frittelle, tomatoes,
sweet peppers, onions and scotch
bonnet peppers\$23
Mare e Monte
Mozzarella, sundried tomatoes,
artichokes, shrimp and basil\$23
Valtellina
Mozzarella, Parma ham, arugula,
tomatoes and flakes of Parmesan\$26

CALZONE

Calzone Classico
Folded and stuffed with tomato, ricotta,
Mozzarella and basil\$19
Calzone Farcito
Folded and stuffed with tomato sauce,
Mozzarella, pepperoni, mushrooms\$20
Nutellino (special dessert pizza)
Oven baked calzone filled with hazelnut
chocolate sauce, topped with whipped
cream and toasted almonds,
dolicious

Serving Brick Oven Pizza 23 Varieties of Hand Stretched Thin Crust Fresh Dough Pizza or Create Your Own OPEN from 5:30 PM - Six Nights - Closed Sundays - Take Out Available - **TEL 941-5128** #6 Grace Bay Road, Downstairs in the Italian Garden at BELLA LUNA across from Seven Stars - See Map #33



DINING DESTINATION BLUE HAVEN

Blue Haven Resort & Marina is a destination in its own right and the possibilities of enjoyment are endless: chill by the Ice Bar, kick back at the Fire Lounge, savor at Fire & Ice restaurant, bask at Salt Bar & Grill, or shop at the Market.

BLUEHAVENTCI.COM FACEBOOK BLUEHAVENTCI TWITTER: BLUEHAVENRESORT +1.649.946.9900

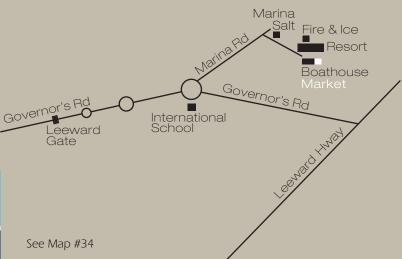


C A F MARKET

CAFÉ & GROCERIES @ MARKET

- Gourmet coffees, teas and frozen drinks
- Select organic products and ingredients
- Fresh breads and pastries
- Grab 'n go salads and sandwiches
- Fresh smoothies and juices

Open daily from 7am until 8pm.







CASUAL DINING @ SALT

LUNCH MENU FAVORITES

Conch Fritters island sauce

Fish Tacos corn tortilla | pickled onions | lettuce | chipotle mayonnaise | fresh salsa

Tuna Salad spring mix | seared tuna | avocado | fennel | tomato | escabeche

Chicken Caesar Salad romaine lettuce I caesar dressing I parmesan shaves

Classic Burger black angus beef patty (8oz) I red onion I tomato I lettuce

Veggie Wrap grilled marinated veggies I tomatoes I goat cheese I greens

DINNER MENU FAVORITES

Coconut Island Shrimps caribbean calypso sauce | salad Caprese basil pesto | fresh leaves | mozzarella | tomatoes

Beef Steak 7oz USDA beef tenderloin | black peppercorn sauce |

truffle fries **Grouper** pan seared | white rice | veggies | lemon | garlic | caper butter

Grilled Lobster Tail mashed potatoes I steamed veggies I garlic butter

Baby Back Ribs coleslaw I corn on the cob I fries I BBQ or buffalo sauce



Fire & Ice provides an elegant waterfront dining experience made memorable by attentive service and delicious food. Arrive early for cocktails on the pier by the fire pits and take in views of luxury yachts at the IGY Marina. Then relax in the open air dining area overlooking the water and enjoy the soft breezes and starlit skies.

Menus are continually updated to fulfil our promise of serving freshly caught seafood, seasonal produce and the best cuts of meat.

Fire & Ice is open daily for breakfast and every evening except Wednesday for dinner.



stage! Come join DJ Early B on the weekends and 649-941-3863

Junkanoo brought to

see what events we have planned!

See Map #36

Providenciales

5 Cays,



FOR MUSIC & EVENTS Follow us on Facebook



LIVE MUSIC

EVERYDAY 1-Apm Friday, Saturday, Sunday, Tuesday NIGHTS 6-10pm

BUGALOO'S CONCH CRAWL - LOCATED IN FIVE CAYS TEL: 941-3863

Open 7 Days a Week from 11am - til the kitchen closes at 10pm BAR OPEN TIL LATE The Islands BEST Wines & Liquors & Largest Selection of CIGARS





From The Sea

Local Fish..... Market Price
Delicious Red Snapper caught daily; enjoy it fried, grilled or sautéed in coconut milk and bell peppers

Caribbean Lobster...... Market Price Enjoy your fresh Caribbean lobster grilled or sautéed served with choice of side and coleslaw.

Fish Fingers...... \$1.5
Strips of fish battered and fried served with Rice
or French Fries and Coleslaw

Cracked Lobster..... \$25
Delicious Caribbean lobster battered and friend in this classic recipe. Served with Fries or Rice & Slaw

Fried Shrimp...... \$20 Our most basic shrimp, battered and



* Heineken Sautéed Shrimp... \$22

Sautéed with bell peppers and onions makes for a flavorful surprise

Grilled Shrimp..... \$25

Thrown on the grill with blackened spices and served with a fresh green avocado salad

Coconut Shrimp..... \$20 Bugaloo's favorite; delicious jumbo shrimp battered with coconut and served with a special ginger sauce

Buffalo Shrimp...... \$20 Fried jumbo shrimp dipped into a medium-hot

















Fried Chicken Wings...... \$12 Try them plain or spicy!

Enjoy it with Peas& Rice or Fries

caramelized onions, an excellent choice if you're craving something juicy

side of your choice

Desserts Key Lime Pie.....\$10 Rum Cake & Ice Cream... \$10 Ice Cream Sundae \$8

Fish Burger... \$15
A <u>grilled</u> or <u>fried</u> filet of fish in-between two doughy buns with all of your favorite fix-ins. Choice of Rice or Fries

Chicken Fingers & Fries.....\$14 Strips of chicken battered and fried. Ask for some buffalo sauce to kick it up a notch! (+\$1)

Conch Burger & Fries..... \$18

Try something new! Fried conch burger is wonderfully seasoned and is on its way to fame









102 Grace Bay Court, Governors Road, Providenciales Open for Lunch and Dinner 7 Days 11am to 10pm Tel 941.5330

Our cozy restaurant has an island flare with something for everyone on our menu.

Come in and dine at our rustic wooden plank tables in our garden, on our outdoor patio or in our air conditioned indoor dining room. Come sail with us.

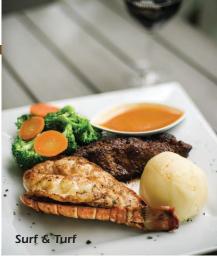
Happy Hour Friday 5-7pm





Appetisers Island Conch Salad\$10 Fresh Island Conch prepared with onion, tomato, green pepper, and lime **Conch or Lobster Fritters** Batter fried with our own special sauce Conch..........\$11 Lobster......\$14 **Snappy Spring Rolls** Veggie....\$8 Conch....\$10 Lobster....\$13 On a bed of lettuce with our own special island sauce Blackened Shrimp Kabobs\$14 Skewered shrimp with onion and pepper, served with our dipping sauce **Nachos**.....\$10 Crispy tortillas with onion, pepper, black olives, and jalapenos, covered in cheese. Picante sauce and sour cream on the side With Chicken.....\$14 With Beef.....\$14 Chips & Salsa Seasoned tortilla chips & salsa\$6 Add avocado dip\$8 Coconut Shrimp\$14 Battered in coconut, large crispy shrimp, served with our chef's mango chutney Jerk or Breaded Shrimp\$16 Jerk, Buffalo or BBQ Wings\$12 Salads Lobster, onion, peppers with mayonnaise, on a bed of Romaine lettuce Chef's Caesar Salad\$10 Romaine lettuce, Parmesan cheese, bacon, croutons, mixed in Caesar dressing. Add Chicken\$14 Mixed Greens Salad\$8 Mixed greens, onion, pepper, bacon, tomato, Parmesan cheese, and sliced avocado on the side. Ranch, Italian or Balsamic vinaigrette dressing Add Chicken\$12 Add Grouper or Snapper\$16 Strawberry Chicken Salad......\$14 Spinach, seasoned chicken breast, red onion, walnuts, and feta cheese served with Balsamic vinaigrette (Salads are served with seasoned garlic toast) Entrées **Cracked Conch**.....\$16 Fresh conch pounded, lightly floured and flash fried. Served with peas 'n rice, coleslaw and tartare sauce Beef Tenderloin Steak\$28

Served with mashed or baked potato, side of veggies or Caesar salad



Sandwiches or Wraps

Chicken Breast: Blackened.

Grilled, Jerk or Crispy
Fish Fillet: Blackened, Grilled
or Crispy \$16
Choose how you like your fish prepared.
Comes with lettuce, onion and tomato
Conch Burger\$14
Lobster Sandwich\$16
Conch Sandwich \$15
Caravel Burger \$12
Build your burger your way. Comes with
lettuce, onion, tomato and pickles
(All above come standard with French
fries or a side Caesar salad)
Add Avocado\$2 Jalapeno\$1
Fish & Chips
Chicken & Chips\$14

Caravel's Seafood Taste

Caravel Jerk Snapper
Whole or Fillet\$23
Peas'n rice, baked potato
Sides: plantain, coleslaw, mac 'n cheese
Captain Coconut Conch\$17
Captain Coconut Snapper
or Grouper Fillet\$23
Captain Coconut Lobster
(In season)Market Price
Served with: peas 'n rice, mashed potato
Sides: veggie, plantains, potato salad
or avocado
Chef Pecan Conch\$17
Pecan Snapper\$23
Grouper Fillet\$23
Sides: peas 'n rice, mashed potato,
fried plantain, coleslaw
Okra Fish \$23
Served with peas 'n rice or white rice
Sides: Potato salad, coleslaw
Chef Curry Shrimp\$21
Sides: White rice, fried plantain, coleslaw
Shrimp Dinner\$21
Choice of grilled or garlic sautéed with
white rice and corn on the cob nuggets
Lobster TailMarket Price
Jerk, grilled or steamed lobster tail served
with peas'n rice or white rice, and one
additional side of: baked mac 'n cheese,
coleslaw, veggies, or side salad
Snapper or Grouper
Fillet or Whole\$23
Grilled, steamed, fried or crispy.
Served with peas 'n rice or white rice and
one additional side of: baked mac 'n
cheese, coleslaw, veggies, or side salad
in the second of

Soups

For the Kids

Grilled Cheese	5
Hot Dogs & Fries	5
Burger & Fries	6
Chicken Strips & Fries	6
Spaghetti	
with Marinara or Buttery Sauce\$	6

EatingwithZiggy.com/tag/the-caravel-turks-and-caicos | See Reviews on TripAdvisor www.thecaravelrestauranttci.com | Facebook - thecaravelrestaurant | See MAP #38



CHOP5TICK5

AUTHENTIC ASIAN CUISINE

Chopsticks offers inspiring, light, healthy and delicious cuisine in an eclectic setting. Enjoy the inside, air conditioned dining room or an outdoor setting in the tropical gardens of the courtyard.

Each offers a formal, yet relaxed atmosphere.

For casual family gatherings there is a superb street front terrace.

DELIVERY AVAILABLE FOR SELECT LOCATIONS

CHOPSTICKS in Neptune Court is positioned within walking distance of most centrally located Grace Bay area resorts just south of Seven Stars and just past the Graceway Gourmet grocery store.

Call for Reservations / Carry-Out ~ 649 333 4040 or 649 941 2470

Open seven days - Lunch served from 11:30am to 3pm - Dinner served from 5:30pm to 10:00pm 111 & 112 Neptune Court, 30 Sandcastle Road, Grace Bay, Providenciales Email: info@chopsticks.tc Web: www.chopsticks.tc See Map #40





APPETISERS

Prices start at \$7
Honey Chilli Shredded Potato
Vegetable Spring Rolls
Hoisin Chicken in Lettuce
Hunan Chicken
Crab & Goat Cheese Wontons
Shredded Kale w/Sweet Ginger Soy
Honey Chilli Sliced Fish
Pepper & Salt Garlic Shrimp

DIM SUM

Prices start at \$10
Pork Dim Sum
Tibetan Chicken Momo
Vegetable Dim Sum
Shrimp Dim Sum

RICE & NOODLES

Prices start at \$5

Jasmine / Steamed Basmati
Fried Rice
Vegetable / Egg / Chicken
Hakka Noodles
Vegetable / Chicken / Beef
Singapore Style
Chicken Rice / Chicken Noodle
Special
Fried Rice / Hakka Noodle

MAINS

Prices start at \$14
Mixed Vegetables & Tofu
Sliced Pork
Diced Chicken
Sliced Beef
Sliced Fish
Scallops
Shrimp
Roast Duck







SOUPS

Prices start at \$7
Sweet Corn - Chicken or Vegetable
Hot and Sour - Chicken or Vegetable
Clear Noodle - Chicken or Vegetable
Chicken Wonton Soup

CHEF'S SPECIALS

Prices start at \$11

Burnt Garlic Rice with Dry Red Chili,
Spinach & Mushrooms

Chop Suey - Chicken or Vegetable

Lemon Chicken

Baby Pork Ribs in Honey Chili

Mushroom, Bamboo Shoot, Asparagus
& Bok Choy in Sweet Chili

Shrimp with Cashew in Mai Sauce

Grilled Lamb Chop in Sweet Chili

Peking Duck

ASIAN SPECIALTIES

Prices start at \$10 Chicken Satay Tom Yum Soup -Shrimp or Chicken Tom Kha Soup -

Shrimp or Chicken

Thai Beef & Mango Salad

Pad Thai Vegetable / Chicken / Shrimp

Special Pad Thai
Thai Curry Chicken or Vegetable
Green / Red

KIDS MENU

Prices start at \$6 Chicken Hakka Noodles Egg Fried Rice Honey Chicken Pop Corn Chicken

Menu prices subject to a 12% govt. tax. We do NOT apply a Service Charge. Please TIP your server if you have had an enjoyable meal. Many Thanks!







WEEKLY SPECIALS

Dinner served Six Nights from 6pm Closed Mondays

Oak Road off Governors Road

Reservations Recommended

TEL **946-5369**

EXECUTIVE CHEF STUART GRAY (See Chef story page 46)

Private Parties & Weddings Major Credit Cards Email cocobistro@tciway.tc www.CocoBistro.tc

See Map #44

Coco Bistro

COCO BISTRO features a stunning open-air dining room hidden away from the bustle of Grace Bay in a garden of coconut trees and tropical foliage. Ambience aside, Chef Stuart Gray has built himself an impeccable reputation based on consistency, creativity and a wholehearted passion and zeal for the foods he creates. He prefers to focus on creating dishes with the freshest of ingredients, and enhancing flavours with his own particular forte, distinctive and divine sauces. Coco Bistro offers a Continental Caribbean menu boasting the freshest local ingredients and offering fresh fish and meat prepared in distinctive new ways. Coco Bistro is definitely a restaurant you will want to visit more than once.

Loco Distro

Under the Coconut Palms

Starters

Conch 2 Ways - Sweet and Sour with Fresh Dominican Pineapple -Ceviche Martini Scented with Lemon and Hot Pepper \$16

Caicos Lobster* Bisque Flambeed with Cognac and Topped with a Lightly Spiced Cream \$15

Grilled Shrimp Satay on Sugar Cane Skewers with Banana Chutney, Jamaican Curry Dip and a Spicy Asian Hot Sauce \$16

Coco Bistro Style Ahi Tuna Tataki: Fresh Tuna served on a Crispy Tortilla with Red Onions, Scallion, Tobiko Caviar, Fresh Cilantro and Wasabi Mayo \$18

Caesar Salad with Crisp Bacon, Croutons, Anchovy Filets and Fresh Shaved Parmesan Cheese in a Spicy Dressing (no wimps please) \$14

Homemade Caicos Lobster* Ravioli with Sauteed Spinach, White Wine Cream Sauce and a Spicy Lobster Reduction \$15

Avocado and Lobster* Spring Rolls with a Thai Mango Salad and Sweet Chili Sauce \$16

HouseMade Corn Tortilla with Peking-Style Shredded Duck, Duck Bacon, Hoison Sauce, Cucumber, Green Onion and Sour Creme \$17

Spicy Shrimp Soft Tacos with Fresh Guacamole, Sour Cream and a Pineapple Tomato Salsa \$18

Arugula Salad with Candied Walnuts, Crumbled Blue Cheese, Poached Pear and a Honey Balsamic Dressina \$14

*Lobster dishes are Seasonal

Main Courses

Ph 946-5369

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Pan Seared Fresh Salmon with Smashed Buttered Red Skin Potatoes, Sauteed Spinach and a Lemon Caper Beurre Noisette with Tomato Confit \$38

Reservations Recommended

Simply Grilled Black Angus 16 oz Bone-in Prime Cut Rib Eye with Shoestring Fries. Garden Vegetables, Grilled Portabella Mushrooms and Bermuda Onions with a Side of Brandy Black Peppercorn Sauce \$46

Rare Grilled Local Yellowfin Tuna with a Lime Hoisin BBQ Sauce, Wasabi Mash Potatoes, Grilled Asparagus and Sweet Peppers \$39

> Locally Caught Lobster* Simply Grilled Served with Jasmine Rice, Snow Peas and Garlic Lemon Butter \$44

Roast Lamb Rack with a Herb Crust Served with Goats Cheese Scalloped Potatoes, French Beans, Beet Root Paint and a Caicos Lager Onion Sauce \$43

Homemade Ravioli of Conch and Flame Grilled Sweet Peppers with a Piguant Rose Sauce, Fresh Arugula, Homemade Pesto, Crisp Fried Beet Chips and Fresh Parmesan \$37

Blackened Mahi with Red Thai Curry Sauce, Jasmine Rice, Mango Chutney and Buttered Broccoli \$39

West Indian Style Shrimp Curry with Coconut Rice, Banana Chutney, HouseMade Indian Paratha Bread and Grilled Asparagus \$37

Penne Pasta with Caicos Lobster* Shrimp, Scallops and Arugula in a White Wine Tomato Cream Sauce Laced with Fresh Homegrown Basil and Topped with Asiago Cheese Shavings \$37 (Vegetarian Option if Desired)

Save Room for our Famous Coconut Pie!

FEATURED CHEF STUART GRAY

Coco Bistro

LOCATED IN A COCONUT GROVE IN GRACE BAY

A long-time Provo favourite, Executive Chef Stuart Gray has built an impeccable reputation based on consistency, creativity and a wholehearted passion and zeal for the foods he creates. Not a 'froufrou' chef by his own admission, Stuart prefers to focus on creating his dishes with the freshest of ingredients, preferably local, and enhancing the flavours with his own particular forte, his distinctive and divine sauces, masterfully prepared to compose the perfect balance to complement the dish without overpowering. An aficionado of fresh herbs and spices, Stuart cultivates his own herb garden that produces an abundant supply of basil, mint, lemongrass and a kaffir lime tree, whose extraordinary leaves are hailed for their intense pungency, particularly in Thai cuisine.

Preceding his arrival to Providenciales in 1993, Stuart honed his original culinary skills at Ontario, Canada's Georgian College, and went on to establish an impressive history at a succession of acclaimed and awardwinning destinations beginning with the Windsor Arms in Toronto, Ontario, which embraced the distinctive Relais & Châteaux affiliation, followed by Chewton Glen, a Michelin-star worldclass luxury hotel in the south of England. It was while there that Stuart seized the opportunity to take advantage of an executive chef position overseas, in the Turks & Caicos Islands. The rest is history, and Providenciales' good fortune. Stuart boasts an extraordinary and impressive list, beginning with Anacaona, The Terrace, a brief detour off island as a consultant to Clive & Stuart's Island Seafood restaurant in Dallas, Texas which included TV spots on Good Morning Texas, back on-island

One year in the making and over 100 pages, this elegant, beautifully photographed COOK BOOK is a must for any serious lover of Caribbean cuisine. Chef Stuart Gray's take on traditional and international dishes has made his restaurant, Coco Bistro, the creme de la creme of TCI eateries. 'Beautiful by Flavour, Coco Bistro' offers you the opportunity to recreate some of his most famous recipes. This is an elegant souvenir or the perfect gift from the islands. Available at Coco Bistro.

to Fairways Bar & Grill, Aqua Bar & Terrace and finally, Coco Bistro.

For a time, Stuart Gray was indeed a Chef with a lot on his plate, performing 'double duty' with the immensely popular Fairways Bar & Grill coupled with his reopening and metamorphosis of Coco Bistro.

Today, Stuart focuses his culinary passion exclusively on Coco Bistro. A dining establishment that naturally exudes atmosphere - vibrant and appealing Mediterranean architecture, enveloped in a tropical garden paradise beneath an animated canopy of about a hundred coconut palms. Stuart's imaginative vision and innovative creativity is discernible in all of Coco Bistro's elegant Caribbean cuisine boasting the freshest local ingredients and featuring fresh fish and meat prepared in distinctive new ways.

When not in the kitchen, his passion is redirected to spending time with his family and Provo's own Men's Ball Hockey League, a pastime stemming from his younger years in minor league ice hockey in Canada, where he grew up.

Not that long ago, when I asked Stuart about his future plans ... his response was simply ... to have the best restaurant on island. While a picture may paint a thousand words ... and Coco Bistro certainly paints a dazzling picture - listening to the resonance of a garden overflowing with the melodious sounds of diners enjoying and appreciating a Coco Bistro experience is without a doubt testimony to Stuart's overwhelming and tangible success, certain to stay a *long-time* Provo favourite!

SEE COCO BISTRO MENU PREVIOUS PAGE

STORY BY MANDY ROSTANCE-WOLF

Coco Bistro's Wedge Salad

INGREDIENTS

I head of iceberg lettuce, cut into quarters
I cup blue cheese dresssing*
I I/2 oz crumbled gorgonzola cheese

I/4 cup balsamic port reduction*
I2 red onion rings, sliced thin
8 oz fried chorizo
4 oz chorizo oil*
vegetable oil
salt and pepper

DIRECTIONS

- Season the lettuce on all sides with a touch of oil, salt and pepper.
- Then grill the lettuce on the BBQ until you see some grill marks.
- 3) Remove from the grill and place in the center of the plate.
- Drizzle the blue cheese dressing, chorizo oil and port reduction over and around the salad.
- Top with 3 red onion rings, the warm crispy chorizo and finish with crumbled gorgonzola cheese.

Blue Cheese Dressing* INGREDIENTS

I/2 white onion, diced
2 cups of blue cheese
 (preferrably gorgonzola)
I lemon - juiced
I/4 cup white vinegar
I tbsp white sugar
4 cups mayonnaise
 (store bought or homemade)
I fresh garlic clove
salt and pepper to taste

DIRECTIONS

 Puree all ingredients in a blender and season to taste. Refrigerate.

Balsamic Port Reduction*INGREDIENTS

Note: Better quality port, balsamic, and red wine will equate to a nicer reduction.

DIRECTIONS.

- Bring all ingredients to a boil and reduce until it coats the back of a spoon.
- 2) Remove and cool.

Chorizo Oil* INGREDIENTS

1/2 lb chorizo sausage, julienned

DIRECTIONS

- In a medium heated skillet, sauté the chorizo until crispy.
- 2) Strain out the oil and pat dry the chorizo on paper towels.
- 3) Reserve the oil and the chorizo.

Preparation time: 45 minutes Number of servings: 4

See more Coco Bistro Recipes www.CocoBistro.tc/cookbook

















~ SAMPLE MENU FROM OUR EVER CHANGING SELECTIONS ~

APPETISERS (from \$14)

Seafood Chowder featuring conch, lobster, chorizo, roast yam, light saffron, corn, fume blanc broth

Endive Salad, goat cheese, sliced pear, candied pecans, champagne vinaigrette, caramelised Bermuda onions

Coconut Tempura of Shrimp, crisp noodle basket, Barcelo honey rum, teriyaki, sweet and sour sauces

Kurabato Crispy Pork Belly, pickled watermelon and arugula salad, honey soy dressing

Island Tasting of Ceviches featuring conch and calamari, lobster, escolar (white tuna), ginger wakime

Oven Baked 'Gnocchi Cambazola', toasted walnuts, sunblushed apple relish

Guava and Tamarind BBQ Danish Baby Back Ribs, Haitian 'fire' slaw

ENTRÉES (from \$36)

Crispy Fried Whole Caribbean Yellow Tail Snapper, kaffir lime, basil, chili garlic and tamarind glaze

Coyaba Style Lobster Thermidor, an Island classic - sautéed chunks of lobster, dijon, mushroom crème, three cheese gratin (See Cover Photo)

Chargrilled NY Striploin Steak, rasta rings, tomato provençal, 'pommes pont neuf', bird pepper chimichurri

Ravioli of Conch and Crab, sautéed arugula, martini rosso crème, pink peppercorns, Manchego cheese, crisp basil

Oven Baked Tandoori Marinated
Fillet of Turks and Caicos Mahi Mahi,
Bombay potatoes, coconut curry, tropical

Bombay potatoes, coconut curry, tropica fruit merenge

Slow Braised Pork Osso Buccolettes,

Jamaican jerk jus, otaheite apple and cinnamon relish, yucca purée, fried sweet plantain

Duck Two Ways ~ Southwestern Mole Spiced Duck Supreme, leg confit, pickle of red cabbage, lychee relish, dark cacao jus Simple Char-Grilled Fillet of West Indian

Wahoo, fricasee of ackee, callaloo and rock shrimp, jasmine rice

Classic Fish and Chips, beer battered fresh strawberry grouper, green pea purée, white truffle fries, mango ketchup, sauce remoulade

Sesame Encrusted Nori Wrapped Yellow Fin Tuna Loin, wok braised vegetable stir-fry, ginger and wasabi

Vegetarian options available on request

DESSERTS (from \$10)

Sweets and Savouries

Selection of exotic tropical fruit sorbets and homemade ice creams

Calypso Caribbean Key Lime Pie, vanilla chantilly cream

Tempura of Banana and Caramel Cheesecake 'Xango'

Ultimate Petit Pot au Chocolate (70% valharona) poached in a Royal Worchester coddler, edible 24 carat gold leaf

Our Signature Apple Pie à la Mode

Callebaut White Chocolate and Tahitian Vanilla Bean Crème Brûlée Selection of International Cheeses, Assorted Crackers, caramelised sweet onion and guava jam

Classic Selection of Dessert Martinis and Sipping Island Rums







COYABA, an Arawak word meaning "heavenly," says it all. The intimate open air dining area is nestled amidst a lush tropical garden, enhanced by enchanting lights and soft music. Diners have a choice of garden seating under the stars, or under roof where soft greens and glowing lights complement your view. Dining at Coyaba offers an exceptional menu of exotic dishes you'll wish to sample over and over again; the biggest challenge of your evening will be making a choice from the menu. Chef Paul Newman combines flavours of the tropics in unique and sophisticated ways that will amaze and delight your palate. The dessert martinis are all the rage, and wine plays an important part in the Coyaba experience. They have a great selection of medium priced wines from which to choose in addition to a well-chosen Proprietor's List for the wine connoisseur.

Executive Chef and Owner, Paul Newman has been extending the boundaries of haute cuisine in the Caribbean for many years at 5 star resorts such as Little Dix Bay Hotel and Resort, Virgin Gorda, BVI; Half Moon Resort, Montego Bay, Jamaica; and Coccoloba Hotel, Anguilla. Newman is the Baille (1999-present) and founding member (1998) of the Turks and Caicos Chapter of the Chaine des Rotisseurs. He is also an active member of the Caribbean Culinary Federation, the American Culinary Association and La Toque Blanche. Passionate about creating innovative and imaginative cuisine that combines both Caribbean and European influences he strives to create a truly unique dining experience that excites and appeals to the senses. 👻

RESTAURANT

In Grace Bay at the Caribbean Paradise Inn See Map #48 Reservations Required PH 946-5186

FAX 649-941-3889 Email peaktci@gmail.com

Dinner Served Nightly from 6:00 - 10:00pm Closed Tuesdays ~ NIGHTLY SPECIALS ~ Extensive Wine List Tasting Menu **Private Events** Weddings & Parties



Major Credit Cards Cash, Travellers Cheques Visit us at CoyabaRestaurant.com









FEATURED CHEF Paul Newman

Coyaba Restaurant

IN AN INDUSTRY WROUGHT WITH

intangibles, overwhelming statistics substantiate that many restaurants are virtually 'set up to fail,' yet despite these formidable odds, and at the risk of sounding cliché, somehow Executive Chef and owner Paul Newman, and his partner Karen, have discovered the recipe to success with Coyaba. Not quite noon, this popular gastronomical gem in the Caribbean won't be welcoming its diners for several hours, nevertheless it is a hubbub of activity, already expecting a full house while the phone continues to ring incessantly.

The kitchen is an atmosphere of 'harmonious joviality' Chef Newman confesses, overall an exceptional working establishment for all of his employees. Remarkably, he reveals that he doesn't believe that cooking is an art, it's a craft, something you've been educated for, which in Paul's case, goes back to his origins in the United Kingdom. Following his culinary training, he worked in several five star London hotels in 'French Style' kitchens. With a great sense of humour, Paul recalls the French Chefs who would exclaim, "You are roast beef! Only French people can cook!"

Apprenticing in Switzerland, he was intrigued by a recruitment advertisement on the back of a magazine for a resort in Bermuda. So began his fate and his foray into the Southern Hemisphere that went on to encompass Bermuda, Anguilla, Cayman, Jamaica, St. Kitts and St. Lucia, not only gaining experience and notoriety in the capacity of his culinary métier, but furthermore for his sought after expertise as a consultant. Agriculturally based, many of these islands produced an endless and distinctive variety of indigenous products, which together with an international cuisine compliments of the multi-cultural base whose roots have been forged for centuries. This abundance of exotic, readily available ingredients, an absolute passion for fine cuisine, past European influences and a natural artistry and ability to create innovative and inventive dishes constitute



the engendering elements that epitomize the cuisine Paul creates in the Coyaba kitchen today. An ever-evolving and unparalleled avant-garde menu that reads like a gastronomical bestseller. Chef Newman advocates with an adamant certainty, "If the menu excites the Chef, it will excite the customer."

Initially visiting the Turks and Caicos Islands in the mid-nineties, Paul and Karen made a permanent move in late '97 and opened the original Coyaba, with partners, located in the grounds of Coral Gardens in December of 1999. Today, next to Caribbean Paradise Inn in its affable lush, tropical garden milieu, Coyaba continues to consistently transcend not only the extraordinary expectations of their guests, but also the boundaries of culinary sublimity. A combination that can only be brought about by the ultimate balance of knowledge of product, knowledge of preparation and knowledge of budget that comes from years of

experience, with a significant importance placed on what Paul feels is the key component, consistency. Those many years of experience have given Paul the ability to anticipate what his customers will order with an impressive rate of success. A visionary in the kitchen, Chef Newman orchestrates the finest in haute 'New World Fusion Cuisine' coupled with his savvy affinity and exceptional genius to turn the ordinary, into the extraordinary.

Rare respites from Coyaba are often enjoyed visiting New York City to experience fine dining from the other side of the table. Returning to old favourites and always eager to try new dining experiences, Paul also takes advantage of opportunities to attend educational culinary courses to keep current and up-to-date with his craft.

When a writer once asked Paul, "What makes a restaurant?" his humble, yet buoyant response was, "A pot, a pan, a stove and some food." In reality, it goes far beyond that, and

can probably best be elucidated as the tangibles. An ardent diner once conveyed to him that he "brings a passion, energy and excitement to Coyaba." Augmented by his uncanny ability to perceive and procure his diner's expectations and desires, Paul's auspicious philosophy is a simple one, "Consistently try to deliver a quality product to the customer."

Bon appetite!

Newman is the Baille (1999-present) and founding member (1998) of the Turks and Caicos Chapter of the Chaine des Rotisseurs. He is also an active member of the Caribbean Culinary Federation, the American Culinary Association and La Toque Blanche.

The Annual "Hot & Spicy Iron Chef" competition in Toronto declared a new champion on September 5th, 2011. After two days of intense battles, Chef Paul Newman of the Turks and Caicos Islands came out the winner.

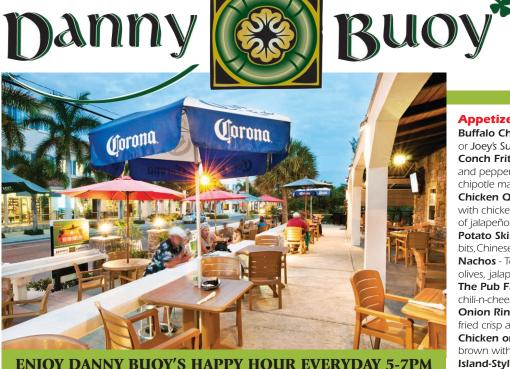
STORY BY MANDY ROSTANCE-WOLF

Coyaba Terk Chicken

By Executive Chef Paul Newman - Coyaba Restaurant - See menu page 48

Croquette: Combine mash potatoes, rice and seasonings Chicken: **Tropical meringue:** in a mixing bowl. Prepare breading station, preheat oil to 16 oz chicken breast supreme 1\2 green pepper 350F. Shape your croquette mixture with a mold of 1 bottle of your favorite wet jerk 1\2 red pepper any shape you like. The breading: flour, egg wash, spice or use your own recipe 1\2 yellow pepper breadcrumbs. Fry croquette in oil until golden **Croquette:** 1\2 mango brown keep warm in oven. 1\4 pineapple 1\2 cup cooked rice Chicken: Marinate chicken breast for 24 hours in wet 1\2 cup cooked mashed potato 1\4 ripe papaya jerk spice. Pre heat frying pan until very hot, add 1 scallion Some hot sauce vegetable oil to pan just before smoking point. Seasoning (we change our Olive oil Place chicken in pan gently, skin side down. Then put croquettes daily) Some cilantro pan in preheated oven at 350F. Turn chicken after Pinch salt and pepper 8 minutes or when skin is golden brown, continue Some milk for egg wash **Garnish:** to cook until internal temperature of 165F is reached. 1 cup flour 1 Green plantain Remove chicken and let rest on grill rack. 1 cup panko breadcrumbs Vegetable: **Sauce:** Once chicken is out of oven take frying pan used to cook chicken, drain off excess fat and add fine dice 1 cup uncooked callaloo shallots and red wine. Reduce red wine until shallots (also known as dasheen bush) have absorbed most of the wine, than add jus and 1\2 cup ackees jerk seasoning to taste. Add butter and lime Sauce: or lemon juice at the end and blend sauce. 1 shallot **Tropical meringue:** (Make a day in advance for 1\2 cup red wine best results) Chop all ingredients into fine dice, 1 cup beef or veal jus add together in mixing bowl and toss with Leftover wet jerk seasoning hot sauce, olive oil, salt, pepper and from marinade 1 tbsp butter chopped cilantro. Reserve in fridge. Vegetable: Sautée fresh callaloo and Squeeze of lemon or lime ackees in a pan with butter, salt and pepper Garnish: Slice green plantain lengthwise and deep fry until crispy

PHOTO BY WWW.LISAADARAPHOTO.COM





Appetizers - from \$9.00

Buffalo Chicken Wings - Choice of BBQ, Hot or Joey's Suicide Sauce.

Conch Fritters - Conch with finely diced onion and peppers deep fried in a tasty batter with chipotle mayo.

Chicken Quesadillas - Flour tortillas stuffed with chicken, cheese, diced onion and a pinch of jalapeños for kicks.

Potato Skins - Topped with cheeses, bacon bits, Chinese cut green onions and sour cream.

Nachos - Topped with beef chili, cheeses, black olives, jalapeños and a dollop of sour cream.

The Pub Favorite - French fries topped with chili-n-cheese or Mozzarella & gravy.

Onion Rings - Dipped in beer batter and fried crisp and golden.

Chicken or Fish Fingers - Fried golden brown with fries and coleslaw.

Island-Style Crab Salad - Tortilla basket with quacamole, tomato-black bean salsa.

Tacos for TWO! - 4 soft tacos with shredded lettuce, tomatoes, a blend of international cheeses, Baja sauce, sour cream and salsa. Your combo choice of fish, chicken or beef. **Mini Beef Chimis** - Tender roast beef, cilantro, jalapeño, three cheese blend, housemade quacamole, tomato salsa, sour cream.

Fried Velveeta Mac & Cheese - Crispy crumb coated macaroni and cheese wedges, smoked bacon, fresh jalapeños, passion fruit-herb drizzle. Popcorn Shrimp - Battered Florida rock shrimp with buttered popcorn, smoked jalapeño mayo. Homemade Chips and Salsa - Wedges of yellow tortillas served with house salvaith chipse.

Appetizer Sampler - Conch fritters with chipotle mayo, Buffalo chicken wings with BBQ or hot sauce, and fish fingers fried golden brown.

Soups and Salads - from \$12.00

Conch Chowder "Award Winning" -Conch in a cream based chowder with mixed vegetables & potato, served with a bread roll. DB's Signature Salad - Mixed greens, croutons, walnuts, citrus wedges, blue cheese, cranberries, tomatoes, and red onion with raspberry vinaigrette.

Caesar Salad - Wedges of Romaine lettuce with Parmesan cheese, croutons, lemon zest & tangy Caesar dressing. Add chicken or shrimp.

Caribbean-Style Grilled Chicken and Golden Pineapple Salad - Peanuts, cilantro, cherry tomatoes, Bermuda onion, curried yoghurt dressing.

DB's House Favorites - from \$13.00

DB's Big Burger - TWO all-beef patties, special sauce, cheese, lettuce, pickles, and onions on a sesame seed bun.

BBQ Pulled Pork Sandwich - Chef specialty shredded pork with Swiss cheese and sautéed onions on a hoagie bun.

DANNY BUOY'S ~ GRACE BAY ROAD ~ 649.946.5921 ~ www.DannyBuoys.com ~ Map #52



Flame Broiled Burger - Lean 8oz beef patty seasoned with spices, flame broiled to your liking & served open face on a kaiser roll with all the fixings.

Fish Tacos - Island spiced fish, two soft tacos with lettuce, tomatoes, cheeses, sour cream and salsa

Jamaican Jerk Chicken Wrap - Marinated chicken, pan-fried with rice, sweet corn, in a flour tortilla with cheddar cheese.

Chicken Caesar Wrap - Diced grilled chicken breast, crisp Romaine tossed with Parmesan, croutons, lemon and Caesar dressing in a flour tortilla.

Grilled Vegetable Sandwich - Charred zucchini, roasted peppers, red onion, Romaine, fresh Mozzarella, pesto, on our baquette bread.

The Bacon Chili Cheese Dog -

Fire-charred all-beef foot-long hot dog, smoked bacon, American cheese, chili con carne, on housebaked bread.

DB's Tuna Melt - Albacore tuna, sweet peppers, scallions, tomatoes, Emmenthal cheese, citrus-herb dressing.

Chicken Parmesan Sliders - Mini breaded chicken breast, marinara sauce, melted Mozzarella, homebaked bread.

Cajun-Style Fish Reuben - Battered fish, Russian dressing, sauerkraut, Swiss cheese, on rye bread.

Entrées - from \$16.00

Granny Chicken Un-Potpie - Mixture of chicken chunks, diced carrots, celery, onions and mushrooms, cooked in creamy chicken gravy, topped with a flaky puff pastry.

Shepherd's Pie - Seasoned lean ground beef with carrots, peas, corn, onion. Layered with mashed potatoes, then oven baked with cheddar

Penne Pasta - Penne pasta noodles with choice of red marinara sauce, bolognese sauce or white wine cream sauce. Add grilled chicken or shrimp.

Fish & Chips - Hearty portion of white fish dipped in beer batter, fried golden brown, served with fries.

Pan-Fried Grouper - Peas and rice, medley of fresh vegetables, mango chili butter sauce.

Fire-Seared Certified Angus Striploin -Roasted garlic mashed potatoes, charred vegetables, truffled brandy cracked pepper sauce. Sweet Chili Marinated Ahi Tuna - Roasted plantain, Caribbean peas'n rice, tomato-black bean salsa.

The Bird's Nest - Cherry tomatoes, grilled zucchini, roasted peanuts, fire-seared red peppers, steamed baby spinach, broccoli florets, caramelized garlic, Moroccan-style preserved lemon, Thai peanut sauce, with brown rice.

DANNY BUOY'S PIZZA MENU

"Hand Tossed Pizza Crust"
Order To Go - Call 946-5921

Dirty Breadsticks

Salt and Pepper Crusted Housemade Twists served with Warm Four Cheese Pizza Dip \$11

The Classic

Pepperoni, Mozzarella Cheese, Tomato Sauce, Hand Tossed Crust 6" Personal Pan Pizza \$13 12"/\$16 - 16"/\$20 The DB Combo

Pepperoni, Sausage, Mushrooms, Red Onion, Sweet Peppers, Black Olives

> 6" Personal Pan Pizza \$18 12"/\$21 - 16"/\$27 The Healthy One

Sweet Peppers, Mushrooms, Red Onion, Black Olives, Tomatoes, Roasted Garlic, Goat Cheese 6" Personal Pan Pizza \$15 12"/\$18 - 16"/\$25

The Jerked Gherkin Pizza
Dill Pickle, Jerk Season, Bacon,
Ground Beef, Cheddar, Mozzarella
6" Personal Pan Pizza \$15
12"/\$18 - 16"/\$21
The Alpha Male

Pepperoni, Sausage, Smoked Bacon, Grilled Chicken 6" Personal Pan Pizza \$15 12"/\$18 - 16"/\$25

The All White
Grilled Chicken, Mushrooms,
Alfredo, Parmesan, Chevre

Alfredo, Parmesan, Chevre 6" Personal Pan Pizza \$15 12"/\$18 - 16"/\$22

The Mexican

Cheddar, Beef Chili, Olives, Jalapeño, Shredded Lettuce 6" Personal Pan Pizza \$15 12"/\$18 - 16"/\$22 NEW - The Island Pizza
Grilled Ham, Fresh Jalapeños,
Charred Pineapple, Roasted
Plantain, Sweet Chili Sauce
6" Personal Pan Pizza \$13
12"/\$16 - 16"/\$22

Chef Joey's BBO Chicken Pizza
Grilled Chicken, Smoked Bacon,
Our Signature BBO Sauce,
Sautéed Onions, Cheddar
6" Personal Pan Pizza \$13
12"/\$16 - 16"/\$24

NEW - The Bacon Double CheeseBurger Pizza Ground Beef, Bacon, Mozzarella, American Cheese 6" Personal Pan Pizza \$16 12"/\$19 - 16"/\$23

The Quattro Formaggio
Alfredo Sauce, Mozzarella,
Parmesan, Swiss, Goat Cheese
6" Personal Pan Pizza \$14
12" \$17 - 16"/\$21
The Do It Yourself
12"/\$15 - 16"/\$19*

Sauces: Tomato Sauce, Alfredo Sauce, Barbeque, or Pesto Toppings: Mushrooms, Red Onion, Sweet Peppers, Spinach, Broccoli, Roasted Garlic, Fresh Tomato, Black or Green Olives, Pineapple, Jalapeño, Extra Cheese 12"/\$1 - 16"/\$2 Pepperoni, Sausage, Chicken,

Bacon, Ground Beef, Fish, Tuna, Anchovies 12"/\$2 - 16"/\$4 Conch or Shrimp 12"/\$3 - 16"/\$6



DANNY BUOY'S ~ GRACE BAY ROAD ~ 649.946.5921 ~ www.DannyBuoys.com ~ Map #52

FEATURED CHEF JOEL RHEAUME

Danny Buoy's

Chef Joel Rheaume remembers being fascinated observing the chefs at work when he was just a young boy of fourteen. Working as a dishwasher in Timmins, Ontario, Canada, he would often take the opportunity to 'taste the sauces' off the pots before they were washed. It didn't take long for the chefs to catch on to his oral fascination with their creations. They mischievously embellished the pots, before handing them over to Joel, with a few unexpected and unpalatable condiments, like hot sauce!

Not to be "deterred from his passion" or the rascally chefs, Joel completed his culinary education at Toronto's George Brown College, followed by a four-year apprenticeship at Toronto's historic Old Mill Inn. Over the next

several years his culinary compass would swing in a few different directions: first north to Muskoka – one of Ontario's popular resort destinations: then south east to the warm shores of Bermuda, under famed French chef Jean Claude Garzia at the Cambridge Beaches Resort & Spa; then due north again to Canada to the Edgewater Manor on the shores of Lake Ontario, before headhunters would entice him here to Providenciales in December 2001. As Grace Bay Club's Executive Sous Chef, he would be present throughout the expansion phase, later attaining Chef de Cuisine status. Joel would reset and retune his 'Provo' compass as he continued to hone his skills in a few different Provo establishments, including The Saltmills Restaurants as Executive Chef.

These days, judging from his enthusiasm and rather animated demeanor, I think Joel has not only found his "happiness," but

also his ideal niche at Danny Buoy's. He loves a challenge and admits, "My goal here is to try to change the mindset of people. It's not just a sports bar, we have great food," Joel maintains.

He's always loved to work with conch, which he admits is very versatile and adapts well to anything. His Coconut Conch Chowder recipe, originally made with Myers's Rum, now features our own Bambarra Black Rum that Joel hails for its smoothness, with a refined taste on the palate. An avid participant in our Annual Conch Festival, he's excited and pumped to win last year's prize for Danny Buoy's, proud of his 2nd place win in 2008 and his 1st place win in 2009 for The Saltmills Restaurants.

He has developed his own hot sauce, aptly named, Joey's Suicide Sauce. Made with local scotch bonnet peppers from North Caicos, "It's really intense" Joel confesses. In fact, he went on to tell me that

when people taste it, they cry! I couldn't help but ask, "So, that's considered a success, if they've cried?" Joel teasingly laughed and said, "Oh yeah!"

GET THE T-SHIRT

"I SURVIVED THE SUICIDE WINGS CHALLENGE AT DANNY BUOYS"

He's also come up with quite a culinary anomaly of his own called a Jerked Gherkin. "A Jerked Gherkin?" I exclaimed. "That's my new thing," Joel said with a bit of a grin. It's a jerked pickle with cheese and bacon that's wrapped in a flour tortilla, then deep-fried and served with a spicy sauce. It's what he calls "a new trend in pub food."

While the Jerked Gherkin may go down as quite the epicurean epitaph, its Joel's "island grilling" he takes pride in calling his Signature Dish. Jerked meats and BBQ chicken and ribs that he insists are "really incredible tasting." The Jerked meats are treated to a 'wet rub' made with all fresh ingredients, marinated for two days and then smoked for two hours. "It's intense" he smiles.

"I don't cook at home" Joel says, but he boasts that his wife is a "great cook." When I asked about his family, his smile was broad and instantaneous, together with an unmistakable glint in his eyes at the mention of his two young sons and the fact that his mom and dad also live here on Provo.

He enjoys going out for a taste of local food, in particular, the Cactus Bar for cracked conch and a Heineken, and enjoys simply relaxing, reading and going to the beach.

Not a fan of the traditional rules of chef habiliments, you'll never find Joel sporting a classic chef's toque, but a fashion trend of his own making, his trademark 'bandana.'

STORY BY MANDY ROSTANCE-WOLF



four months as these mouthwatering culinary-friendly crustaceans are strictly off-limits throughout this entire archipelago.

Then... at 12:00 a.m. each August 1st* the islands' sidewalks are 'rolled up' - okay, there really are a few - and anyone who has a boat, or knows someone who has a boat, or knows someone who knows someone who has a boat has 'gone lobster fishin'! That evening, island residents and visitors flock to local dining establishments, eager to rekindle their love and reawaken their palates with revered lobster favourites and hungrily anticipating the many new lobster creations our Great Chefs of Provo have conjured up.

Lobsters of the Caribbean variety are 'claw-

LOCAL FISH & SEAFOOD

Continued from page 19

tuna not only suffers from loss of flavour, but also you forfeit its incredible moistness.

GROUPER

While Nassau Grouper and Red Grouper are similar in texture and taste, the Red tends to be slightly sweeter and the Nassau grows to a larger size. However, the larger the fish, the tougher the meat - but once marinated, the fish can be extremely tender and succulent. Often prepared as fillets and steaks, Grouper has a mild flavour and is very moist and lean. Beneath the surface, they are quite sociable and if you see a picture of a diver engaged in a close encounter with a large fish - it's most likely a Grouper!

MAHI MAHI

Multi-coloured and chromatic shades of green, blue and yellow make Mahi Mahi one of the most radiant fish in the sea. A flavourful fish, its taste is similar to that of Swordfish and Wahoo - lean, firm and extremely moist with a hint of sweetness. It's ususally served up in in steaks and fillets. Mahi Mahi aka dolphin fish, but should never be confused with the mammal.

WAHOO

An absolutely delightful delicacy to discover on any menu, Wahoo can be prepared in an array of techniques, including lightly grilled or pan-fried. Its pale pink flesh cooks up snow-white and is always tender, with a slightly sweet and delicate flavour. It is often compared to albacore tuna because of its similarly mild, clean taste and firm, yet moist texture. Known for their lightning speed, ag-



gressive power and razor-sharp teeth Wahoo are a prized gamefish among the most avid and intrepid deep-sea sports fishermen and are a highly sought after catch by food connoisseurs and chefs alike!

LOBSTER

It hits the Turks and Caicos Islands in pandemic proportions like clockwork at precisely 12:00 a.m. each April 1st.* It affects men, women and children; the young and the old and residents and tourists alike. No one is spared from this insidious, indiscriminate and inevitable anomaly... the heartbreaking and tragic end of the Caribbean Spiny Lobster season. Each and every chef must throw in their proverbial kitchen towel for the next

*The beginning and end of Lobster Season can be changed due to catch rates and conservation measures.

less' nocturnal creatures that hide in the cracks and crevices of the coral reefs and come out to dine when you do! They are very elusive in the daytime, but their trademark long antennae can sometimes be spotted with a keen eye in popular snorkelling locations.

It is Serendipity if you are visiting the Turks and Caicos Islands and the season is open. Prepared in so many delectable and divine ways... cracked, blackened, baked, grilled, boiled, steamed, tempura, bisque, thermidor and in an endless medley of pasta variations. The lusciously sweet and succulently tender flesh is all found in the tail and turns a bright snow-white when cooked. The shell becomes a striking and brilliant shade of orange that makes for a dramatic and colourful presentation.

Low in saturated fat, cholesterol and calories, lobster is also a good source of protein

Continued on page 88



All-U-Can-Eat Seafood Buffet Wednesday from 6pm

Janardo Laporte | Saxaphone Thursday from 6pm

Daily Lunch & Dinner Specials

Fritters, Fingers, Wings, Rolls, Wraps, Sandwiches,
Soups, Salads, Pastas, Burgers
Fresh Local Fish, Conch, Lobster
Jerked, Blackened, Cracked, Crispy, Grilled, Steamed, Baked
Seafood, Fresh Local Fish, Chicken, Ribs

FRESH CATCH LOCAL BITES

Open Six Days 8am to 10pm Closed Sunday
Carry Out Available | **Tel 243-3167**Located in Grace Bay at The Saltmills
Follow us on FaceBook - See MAP #56

FRESH CATCH MENU ITEMS

NATIVE BREAKFAST

Boiled, Fried, or Steamed, Fish with Grits Chicken Souse with Johnnycake (on Saturdays)

BREAKFAST from \$7-12

INCLUDES ALL YOUR FAVOURITES

SAMPLES FROM OUR LUNCH MENU

LUNCH from \$8.50-16

Nachos

with Chicken, Beef or Shrimp

Avocado Salad

Mixed Salad

Conch Salad

Chicken Quesadilla

Spring Rolls

with Chicken or Lobster

Conch Fritters

Fingers

Chicken, Conch or Fish

Chicken Wings

Regular or with BBQ, Buffalo or Honey Soy

SANDWICHES from \$12-13

The Big South Burger Stuffed Blue Cheese Burger FC Club Sandwich Grouper Whopper Lobster Reuben

PITAS

Pita Break Pockets Beef, Chicken or Shrimp

FLATBREAD

Turks Flatbread

with Chicken, Beef,

Pork or Shrimp

FRESH HAUL from \$12-22

Coconut Shrimp

Crispy Fish

Pan-Fried Snapper

Whole or Filet

Grilled Snapper

With lemon butter sauce

Whole or Filet

Steamed Snapper

Whole or Filet

Cracked Conch

Battered, tenderised & panfried strips of local conch

Cracked Lobster

Battered & pan-fried chunks of lobster

PASTA from \$13-17

With alfredo or tomato sauce

Chicken Pasta

Conch Pasta

Shrimp Pasta

Lobster Pasta

KIDS MENU from \$3-10

Baked Macaroni

Jr. Burger

Chicken Tenders & Fries

Fish Fingers & Fries

Grilled Cheese Sandwich

with Fries

SAMPLES FROM OUR DINNER MENU

STARTERS from \$12-17 Appetizer Sampler

Conch Salad

SOUPS from \$13-15 Conch Chowder

Lobster Bisque

MAINS from \$19-29

Honey Glazed BBQ Ribs Island-Style Jerked Chicken FROM THE SEA from \$20-45

Grilled Filet of Grouper

In mango or guava butter sauce Blackened Grouper Filet

Topped with a mango salsa Bambarra Rum Shrimp

DESSERT from \$8-12

Banana Flambé Bambarra Rum Cake Strawberry Cheese Cake











DINING AT GANSEVOORT. UNFORGETTABLE. IRRESISTIBLE.

SEE MAP #58



APPETIZERS

Tuna Tartar, Yuzu, Salmon Roe, Avocado Pudding, Micro Cilantro \$25

Baby Beetroot Salad, Goat Cheese, Candied Radish, Black Sesame Crumble \$23

Deconstructed Caprese Salad, Buffalo Mozzarella, Mix Organic Tomato, Olive Sand \$26

Lobster Citrus Salad, Palm Heart, Lotus Root, Fresse, Mandarin Puree \$27

ASIAN APPETIZERS

CHICKEN WONTON SOUP, THIN RICE NOODLES, CILANTRO \$18

SHRIMP SALAD, VERMICELLI NOODLES, CHERRY TOMATOES, CUCUMBER, CARROTS

CORIANDER VINAIGRETTE \$27

MAINS

GRILLED LAMB RACK, GINGER BREAD CRUMB, SWEET POTATO, POMEGRANATE REDUCTION \$45
ORGANIC BEEF TENDERLOIN, POTATO CONFIT, PEARL ONION, CELERIAC PUREE, SUGAR SNAP, VEAL JUS \$49
AIRLINE CHICKEN BREAST, COUSCOUS, BABY ZUCCHINI, BABY CARROTS, THYME JUS \$35
THAI STYLE STEAMED SNAPPER, SWEET BELL PEPPER, SPRING ONION, CILANTRO \$36
BLACK COD, PICKLED BABY ROOTS VEGETABLES, DAIKON \$36
RISOTTO, WILD MUSHROOMS, ASPARAGUS \$30

PASTAS

CHEF JOEL SPECIAL LINGUINE AND MEATBALLS. APP \$18 MAIN \$37
LOBSTER LINGUINE "AL AJILLO" DRIED MIRASOL PEPPER, SHAVED GARLIC
CHERRY TOMATOES, PARSLEY APP \$32 MAIN \$50
SPAGHETTI, EVOO, CHILI, FRESH TOMATO, PARSLEY APP \$15 MAIN \$24

ASIAN MAINS

BEEF RENDANG, POTATO, JASMINE RICE \$35 GREEN CHICKEN CURRY, EGGPLANT, BABY CORN, BASIL, JASMINE RICE \$32 YELLOW FISH CURRY, CHERRY TOMATOES, OKRA, CHAYOTE \$35

Menu items and cost may be subject to change. Prices do not Include 12% Government Tax or gratuities.

Stelle open for dinner daily from 6 - 10 pm. Zest! open for lunch dailly from noon - 5pm and dinner from 6 - 9 pm.

STELLE AFTER DARK every Friday from 8pm - late enjoy the lounge vibe with music by our house DJ.



APPETIZERS

GAZPACHO SOUP \$15

CAPRESE SALAD \$25

FRESH VEGETABLE SPRING ROLLS \$18 sweet chili sauce

CORN JICAMA SALAD \$22
asian pear, cucumber, sweet corn, avocado
lime vinaigrette

ZEST CHICKEN COBB SALAD \$24 blue cheese with ranch dressing

YELLOW FIN TUNA CONFIT \$25
potato, cherry tomato, spanish onions, olives
green beans

VIETNAMESE CHICKEN SALAD \$22 chinese cabbage, carrots, nam prik dressing

THAI RARE BEEF SALAD \$25 cherry tomato, cucumber, spring onion, cilantro

RAW

CONCH CEVICHE \$17 yuzu, coriander

YELLOW FIN TUNA CEVICHE \$27 red onions, lime juice, sweet bell pepper crispy corn tortilla

CRISP

SHRIMP TEMPURA \$30 mango spicy mayonnaise, furikaki

CHICKEN SPRING ROLL \$25 pickled pawpaw, sweet chili sauce

MAINS

ON THE GRILL

MEATS

ORGANIC CHICKEN SKEWERS \$29 asian slaw, peanut sauce

JERK CHICKEN BREAST \$27 black beans salsa, crispy plantain cilantro vinaigrette

RUB WAGYU FLANK STEAK \$35 cherry tomato salsa, home-made potato chips

WAGYU BEEF BURGER \$25 tomato, pickles onions, cheese, lettuce, fries

SEAFOODS

CATCH OF THE DAY \$36 jumbo asparagus, sesame seeds saki-apple-soy sauce

MISO MARINATED WILD SALMON \$36 pickled paw paw, sweet potato fries

FISH TACO \$36 pico de gallo, guacamole, black beans, sour cream

PIZZAS

CLASSIC AMERICAN PEPPERONI, MOZZARELLA \$19

WHITE PIZZA WITH PROSCIUTTO, ARUGULA
TRUFFLE OIL \$24

WHITE PIZZA WITH ONIONS, TRUFFLE OIL \$19
MOZZARELLA AND BASIL \$19

SEE MAP #60

RESERVATIONS 649.232.4444 | RESERVATIONS@STELLETC.COM | GANSEVOORTTC.COM | @STELLE_ZEST



MAKI + SUSHI + SASHIMI

TUNA MAKI ROLL WITH SPICY MAYONNAISE \$25
SALMON MAKI ROLL WITH SALMON ROE, SEAWEED \$25
MANGO AND AVOCADO ROLL WASABI MAYONNAISE \$20
SALMON AND TUNA NIGIRI WITH TOBIKO, WASABI, PICKLED GINGER \$25
SASHIMI OF THE DAY \$27
SHUCK FANNY BAY OYSTER WITH VODKA- LIME FOAM (6 EACH) \$27

PIZZA

BBQ CHICKEN, TOMATILLO, AVOCADO \$25
WHITE PIZZA, PROSCIUTTO, ARUGULA, TRUFFLE OIL \$26
MARGARITA \$23

APPETIZERS + SALADS

CHICKEN, BABY ROMAINE, EGG, BACON, CROUTON, TOMATO-PARMESAN DRESSING \$25
SHRIMPS, SPINACH, BABY RADISH, GRANNY SMITH APPLE, SESAME DRESSING \$28
RADICCHIO, ENDIVE, CRISPY SUGAR COATED ALMOND, GOAT CHEESE, SHERRY VINAIGRETTE \$22
LOBSTER TEMPURA, ASIAN PICKLED PAPAYA, SEAWEED MAYONNAISE, SOY DIPPING SAUCE \$30
MACARONI, LOBSTER, PARMESAN CHEESE \$29

MAINS

FROM THE GRILL

STRIP LOIN 80Z \$49

ORGANIC CHICKEN BREAST \$35

SNAPPER FILLET \$39

CAICOS LOBSTER \$50

all garnished with kipfler potato, asparagus, zucchini sauce choices: café de paris or home-made sweet soy sauce

SIDES

SWEET POTATO FRIES \$8
STRAIGHT CUT FRIES \$7
EDAMAME WITH SAMBAL OR SALT \$10

Menu items and cost may be subject to change. Prices do not Include 12% Government Tax or gratuities.

Stelle open for dinner daily from 6 - 10 pm. Zest! open for lunch dailly from noon - 5pm and dinner from 6 - 9 pm.

STELLE AFTER DARK every Friday from 8pm - late enjoy the lounge vibe with music by our house DJ.



Earam masa a

ASK FOR OUR DAILY LUNCH SPECIALS

Located at The Regent Village.

Open for lunch and dinner.

Garam Masala serves authentic Northwest
Frontier Indian cuisine made with
traditional spices and methods.

The menu was created and all dishes
are prepared by two experienced chefs
from Northern India. (See page 64)
Genuine charcoal Tandoor oven.

LUNCH SERVED 11:30PM to 3:00PM DINNER FROM 5:30PM to 10:00PM Call for Reservations, Take Out or Delivery 941-3292 | 332-2000

Delivery available for select locations
The Regent Village - Ventura Drive
at the entrance to Villa Renaissance SEE MAP #62
info@garammasala.tc - www.garammasala.tc

SOUPS & APPETIZERS

Starting at \$7 Dal Curry Soup

Lentil soup delicately spiced, topped with cilantro

Tomato Shorba Soup
A tomato consomme with garlic.

tomato consomme with garlic ginger & cilantro

Onion Bhaji

Spiced & crispy deep fried onion fritters

Vegetable Pakoras

In-season vegetables, crisp fried in a light gram flour batter

Aloo Chaat

Spiced and crisp fried potatoes served with chutney

Mini Samosas

Chicken or vegetables with spices wrapped in a light pastry, a specialty of the house

Chicken Chaat

Chicken tossed with chopped onions, chopped cucumber; tomatoes and fresh coriander

Prawn Puri

Quick fried whole wheat Puri, topped with a dry prawn curry **Chicken Tikka**

Boneless chicken marinated in yogurt and herbs cooked in tandoor

Tandoor Prawn and Mango Salad

Lightly spiced tandoor cooked prawns perfectly combined with raw mangoes and cilantro chutney

Spinach Salad

Spinach tossed in sweet tamarind dressing with choice of a chicken or lamb

tikka skewer Fish Tandoori

Fillet of fish delicately marinated with spices and yogurt, cooked in tandoor

Haryali Chicken

Tender chicken marinated in a coriander paste, garlic, ginger, herbs and mint, cooked over charcoal

Achari Chicken Tikka

Spicy succulent chicken pieces marinated in a chilli, ginger, garlic and mustard paste

Paneer Tikka

Home-made cottage cheese, onion and peppers, marinated & cooked in our tandoor

Lamb Seekh Kebabs

Minced meat, spiced delicately, rolled on a skewer cooked in our tandoor

Tandoori Half Chicken

Half a chicken, (with bones) marinated in spices and cooked in our tandoor

Prawn Tandoori

King prawns, marinated in yogurt and herbs, cooked in our tandoor

Tandoori Mixed Grill Platter (for 2)

An assortment of our choicest tandoor delight

CURRIES

Starting at \$18

All curries served with steamed basmati rice or plain naan bread

Chicken Tikka Masala

Marinated and cooked in a creamy tomato-cashew based sauce and Indian spices - our chef's special

Chicken Do Piaza

Tender pieces of meat cooked with, onions, ginger and garlic paste and whole Indian spices

Chicken Kadahi

A signature dish of northern India - chicken cooked with red and green peppers in a rich onion and garlic based sauce

Chicken Curry

Chicken cooked in a light curry with a variety of aromatic spices

Chicken Korma

Tender chicken cooked in a cashew based rich sauce from the house of Nizams

Fish Kerala Masala

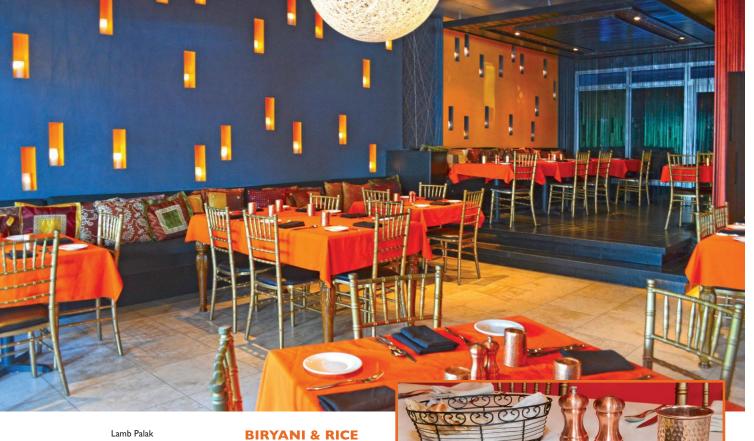
Marinated fish cooked in a spiced coconut milk sauce

Lamb Rogan Josh

Tender meat cooked in brown onion sauce packed with whole spice flavors

Lamb Vindaloo

A coastal specialty of meat and potato cooked perfectly in a tangy tomato onion sauce



Marinated lamb cooked in creamed spinach tempered with garlic, ginger & onions

Prawn Tikka Masala

Tandoor cooked prawns cooked in a yellow onion sauce Jeera Aloo (Bombay Potatoes)

A simple yet irresistible dish of potatoes spiced with cumin seeds and Indian spices

Aloo Ghobi Matter

A medley of potatoes, cauliflower & green peas lightly spiced

Sabji Jalfrezi

Seasonal vegetables cooked in tomatoes, onions and cumin

Kadhai Paneer

Cottage cheese cooked with red and green peppers in a rich onion & garlic sauce

Palak Paneer

Cottage cheese cooked in a spinach sauce tempered with garlic and garam masala

Garlic Mushroom Masala Stir fried mushroom and garlic cooked

with Indian spices

Mattar Mushroom

Green peas and mushrooms cooked in an onion tomato sauce and richened by cashews

LENTILS

Starting at \$14

Dal Makhani

A rich delicacy of three lentils cooked overnight with spices Dal Fry

Yellow lentils tempered with tomatoes, garlic and fresh spices

Chana Masala A Punjabi delight!

Chickpeas cooked in tomato, onion, ginger and garlic with lots of fresh herbs

BREAD SELECTION

Starting at \$3

Tandoori Roti Garlic Butter Naan Minced Chicken Naan

Starting at \$4 Basmati Rice

Perfectly steamed aged Basamati rice

Pilau Rice

Basmati rice tempered with saffron and cardamom pods

Coconut Rice

Basmati rice cooked with fresh coconut

Sabji Biryani

Vegetables cooked with basmati rice, saffron, cashews and raisins

Murg Biryani

Spiced chicken cooked with basmati rice, tempered with Indian spices

Hyderabadi Biryani

Marinated lamb chunks cooked with basmti rice, tempered with Indian spices

KIDS MENU

Starting at \$6 Egg Fried Rice

White rice fried with green peas and scrambled egg

Aloo Fry

Home cut fries

Chicken Fingers

Served with rice and steamed veggies or fries

Fish & Fries

Fish fingers served with fries

THE TASTING MENU

Some of our signature dishes to let you explore the cuisine \$38 **STARTERS**

Tandoori Prawns, Lamb Sheekh Kebab SOUP

Tomato Shorba

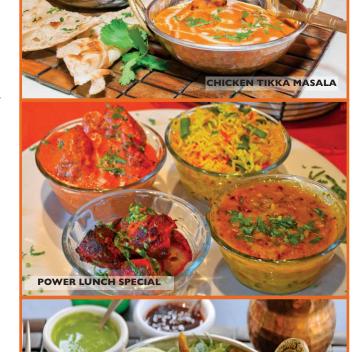
MAINS

Chicken Tikka Masala, Bomby Potatoes,

Dal Makhani,

Pilau Rice, Butter Naan DESSERT

Hot Gulab Jamun



LAMB SEEKH KEBABS

FEATURED CHEFS AT GARAM MASALA

LAXMI PRASAD & KESHAV CHANDER

GENERAL MANAGER AND OFFICIAL TRANSLATOR, AJAY VYAS WANTED to set the record straight on Indian cuisine. "Here we are talking about authentic Indian food. The cuisine that we do here from the Northwest Indian frontier – it's all about flavour. Dishes like Chicken Korma and Seekh Kabab, they originated in the time of the Mughals. They were Persians, they ate warm spice - they never ate chili (hot) spice. The Persian influences, whether it's cinnamon, black cardamom, or green cardamom are warming for sure, but not spicy. That is the cuisine that we are doing. We call ourselves an 'Indian' restaurant, but, in true sense, we are a Northwest frontier Indian cuisine restaurant."

Ajay's goal is to create a great experience for anyone who has never tasted Indian food before, and his passion for the food is heartfelt. "Once you get hooked on to the curry, there's no way you can go back. If somebody comes and eats a garlic butter naan, he is bound to be back," he insists and I have to agree.

And who better to prepare this authentic Northwest frontier Indian cuisine than authentic Northern Indian chefs, Laxmi Prasad (left) and Keshav Chander.

Their edification of Indian cuisine began purely by chance. Ajay recounted how they both started working young, as kitchen helpers, because it was the only job available at the time. Laxmi remembers how he would chop, do the prep and make the curries. Slowly he started loving the idea of working in the 'hot kitchen' and his seniors were helpful in teaching him. His interest continued to grow and so did his confidence when he started making dishes. That was twenty-five years ago.

Keshav listened closely to Laxmi describe his culinary beginnings and when we turned our attention to him, he simply grinned and nodded to Ajay, "Same."

Until coming to Providenciales in 2011, they had never worked together. But being from the same region, they knew each other. Both are versatile, both can cook on



the curry section, both can work on the tandoor and are equally talented," maintains Ajay.

Laxmi's favourite dish to prepare is Dal Makhani, one of the most popular lentil dishes in Indian cuisine that originated in the time of the pre-partition Punjab. A mix of three different lentils tempered with onion and garlic, this dish is left on the tandoor overnight to cook. The tandoor is switched off, but the heat slowly cooks the dal, making it rich and really thick. It is finished with butter and tomato puree.

For Chef Keshav, it's the flavours of Mutton Rogan Josh, tender cubes of meat cooked in a brown onion sauce base with herbs and light spices. Ajay explained, "A specialty from Kashmir, this dish comes from a very cold part of India. They use warm spices like saffron, cardamom and bay leaf in this curry. It's a deep red, ruby coloured, onion-based gravy. The flavour is fantastic when the lamb gets infused with all these flavours."

Before arriving here, Laxmi worked in Indian kitchens in Singapore and Japan. It must have been a bit of a shock landing in Provo after living in such populous, cosmopolitan destinations, which initially

prompted Laxmi to wonder, "Where have I landed?" Ajay said, "Slowly the place grew on him, he loves the place and he loves the people here."

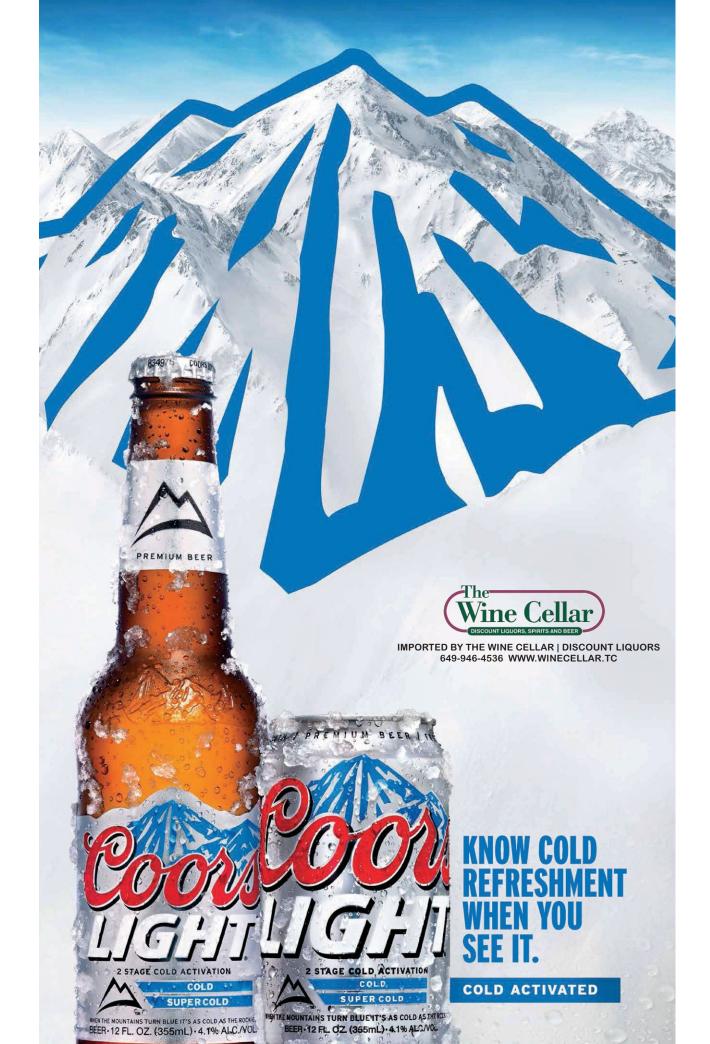
Keshav arrived via Thailand after working five years in an Indian kitchen there. Ajay admits, "He did not come with any expectations - he had never been to the Caribbean. Now he likes the place. He's happy."

In Keshav's spare time, he loves the beach and he loves to swim. Yet Ajay labelled Laxmi more of an explorer. You'll find him riding his bicycle, checking out the island.

They rarely dine out, because both of them still love home-cooked Indian food. They enjoy cooking at home on their day off. Ajay divulged, "I've been lucky enough to be invited a number of times. They go to the beach, come back and prepare food for all of us in the evening."

It's no secret that Jerk is very popular here in the Caribbean. A flavourful combination of spices with deep roots and traditions of its own. I was curious what Laxmi and Keshav thought of our local jerk chicken. Ajay translated my question. Without hesitation, they simultaneously smiled and enthusiastically nodded. No translation required.

STORY BY MANDY ROSTANCE-WOLF ~ PHOTO BY WWW.LISAADARAPHOTO.COM





OCEANFRONT DINING

Discover & Experience

All are welcome to enjoy Grace Bay Resorts' signature intimate dining experiences upon the shores of award-winning Grace Bay Beach. Each restaurant has a distinct, rustic flair with modern elegance that captures the beauty of the pristine Caribbean Sea to complement a palate of enticing Island flavors. As the premier oceanfront fine dining venue in Providenciales, and Grace Bay Club's signature restaurant, Infinti Restaurant & Raw Bar (formerly Anacaona) is an elevated dining experience defined by an elegant ambiance and sophisticated menu of Caribbean, European & American dishes.

GRILL ROUGE features a menu ranging from bistro fare to international comfort foods. Grill Rouge truly offers something for everyone — including a Saturday evening Beach BBQ and Tuesday evening Seafood Buffet. Enjoy Caribbean cuisine highlighting authentic influences and ingredients in a relaxed environment at Krave's comfortable setting in The Estate.

A front-row seat for amazing sunsets—along with your favorite cocktail—awaits at Infiniti Bar & The Lounge. The 90-foot bar is also the longest in the Caribbean, and stretches across Grace Bay Club to the beach. For relaxed, casual daytime drinks and dishes, our beachside pop-up bar and restaurant offers cutting-edge cuisine in a relaxed setting directly upon the shores of gorgeous Grace Bay Beach. Open daily all evening.







P: (649) 946-5050 | E: restaurants@gracebayclub.com













APPETIZERS - \$14 to \$29

Heirloom Tomato

Cherry Tomato Salad – Gazpacho – Tomato Sorbet – Tomato Brioche

South Caicos Lobster Salad

Heritage Beetroot "Wonton" – Pickled Golden Beet

Rare Seared Wild Salmon

Young Watercress – Sesame Shallot Dressing

Tasting of Turks Conch

Cracked – Salad – Fritters – Chowder

ENTRÉES - \$32 to \$44

Grilled TCI Spiny Lobster

Grilled Asparagus- Young Potatoes -Charred Lemon

Angus Beef Tenderloin

Porcini Fries – Young Vegetables

Tamarind Roasted Salmon

Roasted Vegetables – Wild Rice Salad

Veal Osso Buco

Roasted Orzo – Young Vegetables Citrus Gremolata

DESSERTS - \$13 to \$24

Chocolate Gourmandize

Shaved Banana, Chocolate Salt Vanilla Ice Cream

Ginger Beer Cake

Almond Crumble - Ginger Root Beer Sauce - Pear Ice Sorbet

RAW BAR - \$11 to \$32

Flight Of Raw Bar

Crudo

Mahi Mahi – Salmon – Angus Beef

Heirloom Tomato Ceviche

Young Okra – Peruvian Ginger Dressing

Salmon

Cucumber – Spiced Adobo Dressing Corn Tortilla Straw - Fennel

SAMPLE MENU, menu items, prices and times are subject to change

Reservations Required - 649-946-5050 | restaurants@gracebayclub.com Dinner Nightly - 6:30pm - 9:30pm | Dress Code, Island Elegant Full Bar and Lounge - Separate Lounge Area

Award Winning Wine List - Private Events Catering | All Major Credit Cards Accepted

GRACEBAYCLUB.COM | GRACE BAY, PROVIDENCIALES - See Map #66

INFINITI

COCKTAILS \$15

INFINITI MARTINI

Hypnotic, Malibu, Pineapple Juice

PHAT APPLE MARTINI

Apple Vodka, Apple Schnapps, Sweet & Sour

MOJITO MARTINI

Bacardi Limon, Citronage and Cranberry, Mint

POMEGRANATE MARTINI

Triple Sec, Pomegranate & Cranberry Juice Pomegranate Liquor, Vodka

CHOCOLATE MARTINI

Chocolate Liquor, Vodka, Baileys

LYCHEE MARTINI

Lychee Liquor, Vodka

PEAR-TINI

Grey Goose La Poire Vodka, Amaretto, Pineapple Sweet & Sour



PROVIDENCIALES DINING GUIDE

→ 67 → WINTER 2015 - SPRING 2016



served at INFINITI RESTAURANT & RAW BAR, GRACE BAY CLUB

INGREDIENTS - LOBSTER PICCATA

Lobster Medallion (cut in 3 pcs) 6 oz 2 tbsp All purpose flour Lemon rind 3 no. Lime Juice Egg 2 tbsp Parmesan Cheese Salt Fried Capers 1.5 tsp Pepper to taste Extra Virgin Olive Oil Salt White pepper Powder I/4th tsp Cherry Tomato Halves Lemon juice I tsp Oil I tbsp Chopped Parsley Butter Itbsp

INGREDIENTS - LEMON PASTA

Al dente cooked Angel Hair pasta

Lemon rind

Lime Juice

Salt

Pepper

Extra Virgin Olive Oil

Cherry Tomato Halves

Blanched asparagus - 2 no. Asparagus

Chopped Parsley

- 3 oz

1/4th Lemon

- ½ Lime

- to taste

DIRECTIONS - LOBSTER PICCATA

Marinate the lobster medallion with salt, pepper & lime juice, keep aside. Make the batter by mixing 3 eggs with the parmesan cheese & the fried capers. Roll the lobsters in flour then dip in the batter & pan fry in a pan with butter & oil. Cook till golden & then drain on a paper towel.

DIRECTIONS - LEMON PASTA

Warm some olive oil in a pan add the cherry tomatoes followed by the pasta. Season with salt & pepper. Add the blanched asparagus & finish with a squeeze of lime followed by the lemon rind & chopped parsley. Plate horizontally across the plate.





The Grill Rouge is a French American al fresco bistro beside the ocean, serving international bistro fare for breakfast, lunch and dinner. In an open air setting marked by brightly coloured seating and with a beach front lounge section, the restaurant invites families of all ages to enjoy flavourful cuisine. Both adults' and kids' menus are offered with a wide variety of grilled seafood and meat. The Grill Rouge also includes a swim-up bar at the pool, with fun and creative cocktails, and large selection of frozen drink specialties. Guests can walk up directly from the beach as The Grill Rouge is just steps from the sand.

GRILL

See Map # 69

P 649-946-5050

OPEN 7 DAYS | 7am - 9:30pm BREAKFAST | LUNCH | DINNER All Major Credit Cards Accepted

TUESDAY CARIBBEAN BEACH BBQ

> SATURDAY SEAFOOD BUFFET

Served 6:30pm-9:30pm GRACEBAYCLUB.COM

The Grill Rouge sample menu selections

Grill Specialties from \$19

Grilled Red Snapper
Asparagus
Sweet Potato – Roasted Corn Salsa

Shrimp Taco-Tini

Avocado — Shredded Lettuce Pico de Gallo — Fresh Lime

Parmesan Flat Bread

Chicken – Crispy Bacon Teardrop Tomato – Arugula

Charred Pork Chop

Jerk Spiced Zucchini Dirty Potato – Apple Aïoli

Grilled Island Lobster

Basil Mash Potato – Balsamic Vegetables – Key Lime Emulsion

Rasta Pasta

Spaghetti – Roasted Local Peppers – Shredded Chicken

> Turks & Caicos Conch Salad Crisp Potato - Spicy Guacamole







Appetizers and Salads from \$11

Lobster Salad

Fine Green Beans – Mango – Arugula – Citronade Aïoli

Thai Chicken & Glass Noodle Salad

Spicy Pine Nuts – Mango – Sesame Dressing

Blue Swimmer Crab

Chopped Niçoise Salad Lemon & Lime Dressing

Spinach – Papaya Salad

Spiced Shrimp Walnuts White Balsamic Dressing

Variety of Greens

Asparagus – Egg White Orange Dressing

Sweets from \$11

Warm Cassava Cake

Coconut Ice-cream - Cassava Chips

Espresso Tiramisu

Pistachio Biscotti - Caramel Popcorn

Menu items, prices and times are subject to change





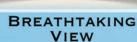






LIVE MUSIC

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ANGUS BEEF CHOP

MOUTHWATERING

FRIENDLY STAFF



HEMINGWAY'S AT THE SANDS RESORT ON GRACE BAY.

DINE FOR BREAKFAST, LUNCH AND DINNER.

AMERICAN/CARIBBEAN/SEAFOOD DISHES WITH FRESH SPECIALS DAILY.

RESERVATIONS 941-8408 EMAIL TERRYD@TCIWAY.TC

+70+

LUNCH SELECTIONS

Caesar Salad

Crisp romaine lettuce tossed in our homemade dressing Chicken 13.50 Fish 13.95 Grilled Shrimp 13.50

Mango Shrimp Salad

Spicy shrimp over mixed Provo lettuce with a sweet mango chutney 13.75

The "Papa" Burger

8oz ground sirloin grilled to perfection with cheese, lettuce, tomato, onion, pickle 13.50

Soft Grouper Tacos

Two soft flour tortillas filled with grilled grouper, sour cream and sweet mango chutney 13.95

Steak Sandwich

Open faced steak sandwich with grilled peppers and onions with a side of mushroom sauce 14.25

Chicken Sandwich

Lightly jerked marinated chicken breast on a fresh baked baguette with lettuce and tomato 13.25

Chicken & Chips - Caribbean jerk marinated chicken breast lightly breaded then fried - with fries and spicy cocktail sauce 12.75

Fish & Chips - Large pieces of grouper, breaded and lightly fried - with fries and tartare sauce 13.95

APPETIZERS

Black Angus Beef Skewers

New York strip served with a side of vegetables and teriyaki dip 11.25

Conch - Your choice of fingers, empanada, fritters or salad 12.95

Provo Tomato and Mozzarella

Provo grown tomatoes and basil accompanied with fresh Mozzarella cheese 12.50

Mixed Salad - Mixed Provo lettuce with onion, carrot, olives, and peppers.

Choice of honey Dijon, blue cheese, ranch or

vinaigrette dressings 10.50



WELCOME TO

HEMINGWAY'S ON THE BEACH LOCATED AT

THE SANDS

ON GRACE BAY ROAD

TEL 941-8408

OPEN SEVEN DAYS A WEEK

BREAKFAST FROM 8AM LUNCH 11AM - 6PM

DINNER NIGHTLY 6PM - 10PM

RESERVATIONS RECOMMENDED
ALL MAJOR CREDIT CARDS
TRAVELLERS CHEQUES
ARE ALL WELCOME

COVERED FULL BAR & DINING
OUTDOOR DECK SEATING
OVERLOOKING THE SEA

TAKE-OUT AVAILABLE SEE MAP # 70

Caesar Salad - Cool crisp romaine lettuce tossed with croutons and Parmesan cheese 10.50

Cuban Black Bean Soup

Served in a fresh bread bowl topped with sour cream 10.95

Conch Chowder - A traditional spicy island recipe with fresh local conch 11.50

DESSERTS

Fried Ice Cream - 9.50 Key Lime Pie - 9.00 Crème Brûlée - 9.00 Rum Cake - 9.50

(Lobster entrees only in season)

ENTRÉES

Hot Shrimp/Lobster Pasta

Jumbo butterfly shrimp or lobster with penne pasta tossed in a garlic and fresh herb cream 23.50 Shrimp 30.00 Lobster

Filet Mignon - Black Angus 8oz cut grilled to perfection and finished with a red wine and mushroom cream sauce 38.00

Curried Shrimp - Curried shrimp and vegetables in a banana leaf with white rice 26.00

Grilled 16oz Pork Chop

Served with potatoes and vegetables 34.00

Rack of Lamb - Slow cooked New Zealand lamb with a classic mint jelly 43.00

Angel Hair Primavera

A vegetarian's delight. Fresh vegetables tossed with thin pasta and herbs (Gluten free available) 22.00

Thai Chicken Stir Fry

Chicken, fresh vegetables and sesame seeds sautéed together with a secret Thai sauce and served over jasmine rice 25.00

FROM THE SEA

The Old Man and the Sea

Ask your server for tonight's fresh catch 36.00

Snapper Creole - Grilled snapper fillet topped with a traditional Island sauce 32.00

Seared Blackened Salmon

Served on a bed of garlic mashed potato 34.00

Mahi Mahi - Grilled Mahi Mahi topped with a maitre d' dill butter sauce 36.00

Chicken Breast Stuffed with Goat Cheese and Spinach

Served with a light Champagne cream sauce, rice and vegetables 27.00

Surf and Turf - Locally caught 7oz Lobster & 8oz Black Angus tenderloin 60.00

Lobster - Char-grilled and finished with lemon garlic butter 38.00

FEATURED CHEF Alix Saimpha

HEMINGWAY'S

Beachfront at The Sands on Grace Bay

THE CHEF AT HEMINGWAY'S has come a long way to pamper our taste buds with his fresh, colourful creations. Born 'just next door' in Cap Haitian, Haiti, Executive Chef Alix Saimpha has travelled many miles, both literally and figuratively since he first began to help his mom out in the kitchen.

His journey began in the early 90s. In his mid twenties, he was at college studying law, but the situation in Haiti was becoming heated. He decided to leave; an uncle was living on Providenciales and he came here.

Law wasn't an option for him in the TCI, so he put the knowledge he'd learned from his mother, a private chef in Haiti, to good use. He was hired on at Club Med, where for five years he worked and learned in their kitchen. In 1999, as a line-chef, he moved to the Allegro Resort (now the site of the Seven Stars Resort).

His big break came when he met the then Executive Chef at Ocean Club's Gecko Grille – John Brubaker. John brought him to the Gecko and mentored him. Alix said that was so important to him. He also met one of the principals of the Barefoot Café (which was where Jimmy's Dive Bar is now located) and eventually went to work there as the executive chef. His French-Creole conch dishes were a huge success.

Another turning point for this talented chef was a family reunion in Miami, where he played a large part in that event's meal preparation. A friend of the family was so impressed with Alix's creations that he offered to send him to Le



Cordon Bleu – the famous French culinary school. Chuck Hesse from the Conch Farm also helped send Alix to Paris. Alix explained that Chuck Hesse and Barb Young were the first couple he met on Providenciales who encouraged him and helped him get to where he is today.

In 2004 Alix packed his bags and headed for Paris, where he immersed himself in all things cuisine every day for six months.

Speaking of that time he said that he most enjoyed learning about the spices, seasoning, and creating sauces and understanding various techniques proven in the culinary world. He still keeps in touch with the dinner guest who helped him – who has since moved to Paris himself.

Alix also spent three months in New Orleans as a chef, and at the Naked Conch Café on Grand Turk. In fact, as the chef at Barefoot, his conch creation won a first at the first Conch Festival competition. He hammered his reputation for

creative conch cuisine when Hemingway's won Best in Show at the 2012 and the 2013 Festivals

Another notable restaurant where Alix honed his craft was Bay Bistro, where he was the sous chef before he moved to Hemingway's as the executive chef in 2007.

He's been there for eight years now, and he says of Terry Drummey's well known and popular beachfront eatery at The Sands Resort: "I am at home here. It's busy, the team is very strong. It's good to be here."

His specialty is fish: grilled grouper, mahi mahi, or salmon for dinner, and soft grouper tacos for lunch. He is also the king of conch, as you now know, and is equally familiar with Black Angus beef, chicken and lobster.

The 50 year old is married and has three children, all of whom help mom and dad in the kitchen of their Blue Hills home. Alix is pleased that his children seem to share his passion and hopes that other local children will be encouraged to take up cooking rather than going off to law school, as he nearly did. He'd like to see many more local executive chefs in the restaurants on Providenciales and across the TCI.

Hemingway's beachfront deck has the perfect view of the turquoise ocean, over golden plumes of sea grass. The open air, covered dining area is comfortable year round. Enjoy contemporary Caribbean-Creole and American cuisine, for breakfast, brunch, lunch or dinner.

STORY BY KATHI BARRINGTON ~ PHOTO BY WWW.LISAADARAPHOTO.COM

CURRIED LOBSTER with Jasmine Rice Sautéed Spinach and Cherry Tomatos

BY HEMINGWAY'S EXECUTIVE CHEF ALIX SAIMPHA

CURRY LOBSTER

1½ lbs chunk Lobster meat

½ tsp salt

½ tsp cumin

1 tbsp chopped garlic

1 small onion diced

2 sprigs thyme

½ cup coconut milk

1 cup pineapple juice

2 tbsp vegetable oil

4 tbsp curry powder

tbsp chopped fresh ginger

Heat the oil in a deep pot on medium heat.

Add chopped onion and garlic.

Let cook for 2 minutes.

Add fresh thyme, ginger and curry powder.

Stir until it forms a paste.

Add cumin, salt, pepper and pineapple juice.

Let simmer for 3 to 5 minutes, until curry starts to cook down.

Add coconut milk and lobster chunks.

Let simmer for 2 minutes.

JASMINE RICE

1 cup Jasmine rice

1½ cups of water

1 tsp salt

2 tbsp butter

Bring water, salt and butter to a boil.

Stir in rice and bring back to a boil.

Cut the heat, cover the pot and let simmer for 15 minutes.

(Do not take off lid to check rice or stir, you may get gummy rice)

SAUTEED SPINACH AND CHERRY TOMATOS

1 tbsp olive oil

4 small shallots diced

pint cherry tomatos cut in half

ES DINING GUIDE

2 bunches spinach

In a large skillet, heat the oil over medium high heat.

Add shallots and cook stirring often, until soft and starting to brown; about 4 minutes.

Add tomatos gradually. Add the spinach. Cook until tender.

Season with salt and pepper.



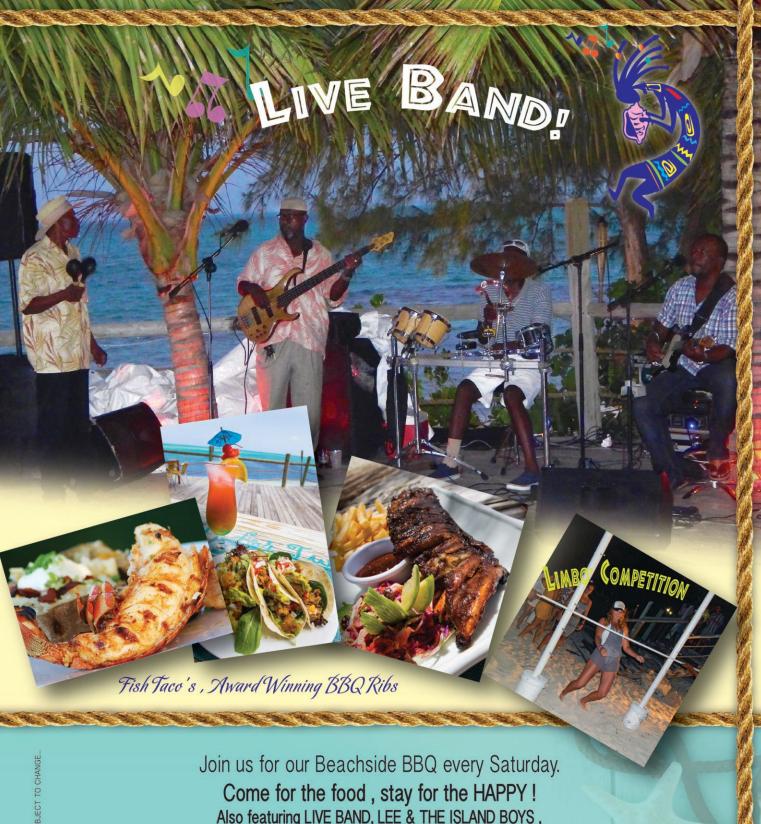
PHOTO BY WWW.LISAADARAPHOTO.CON



Nestled in the beautiful Blue Hills, come enjoy the panaromic ocean front view from our deck by the sea as the uber relaxing Kalooki's Beach Restaurant & Bar serves up Caribbean infused dishes.

Menu Sample

Lemongrass Flavored Seafood Chowder \$9	Kalooki's Taco (Fish or Conch)	\$16
Kalooki's Conch Fritters\$8	Three Bean Veggie Stew	.\$15
Lobster Bruschetta\$12	Curried Tofu	.\$17
Grilled/Curried/Sautéed Lobster\$Mkt	BBQ Ribs	\$18/\$25
Cracked Conch\$15	Jerk Chicken	\$17
Rasta Shrimp\$23	Fish Fingers	.\$10
Filet Snapper\$Mkt	Kid's Cheese Pizza	.\$7



Also featuring LIVE BAND, LEE & THE ISLAND BOYS,

and our famous 'limbo' competition.



Located in the 'Soul of Provo' - Blue Hills











MENU ITEMS AND PRICES ARE SUBJECT TO CHANGE



LUNCH · DINNER · DRINKS · WINE · CHEESE · DESSERT







SAMPLE LUNCH MENU

Foie Gras & Brioche ... 26 Tuna Carpaccio ...25 Escargots ...14 Tapas Platter ...18 Fish & Chips ...18 Burgers ...15 (Chicken, Beef or Conch) Chicken Fingers ...14 Fried Calamari ...22 Merguez ...15 Conch Fritters ...10 Spring Rolls ...12 Cheeseboard ... 26 Charcuterie ...25 Conch Chowder ...10 Black Bean Soup ...10

Salads & Wraps

Sandwiches/Paninis ...13

Greek Salad ...15 Caesar Salad ...14 Salad Nicoise ...18 Tuna Salad ...18 Caprese Salad ...14 Goat Cheese Salad ...14 Conch Salad ...16 Lobster* Salad ...25

Desserts

Chocolate Mousse ...12 Crème Brûlée ...12 Tarte Tatin ...15 Marquis ...15 Macaroon ...15 Cafe Gourmant ...15

SAMPLE DINNER MENU Appetizers

Foie Gras & Brioche ...26 Tuna Carvaccio ...25 Conch Ceviche ...24 Conch Chowder ...10 Conch Salad ...16 Greek Salad ...15 Caprese Salad ... 14 Escargots ...14 Caesar Salad ...14 Fried Calamari 22 Lobster* Salad ...25 Black Bean Soup ... 10 Goat Cheese Salad ...14

Main Courses

Snapper Beurre Blanc ...33 Pan Fried Mahi Mahi ...33 Grouper ...33 Lobster* ...36 Chilean Sea Bass ... 36 Steak au Poivre ... 34 Rack of Lamb ...35 Lamb Shank ...35 **Duck Breast ...35**

Lobster* Pasta ...34 Shrimp & Scallop Seafood Risotto ...35 Cheeseboard ... 26

Duck Confit ...36 **Wahoo ...33**

Mussels ...25 Tuna Steak ...34

*Lobster is served In-Season only

Dinner Reservations Recommended 946.5234 OPEN FROM 11AM MONDAY - SATURDAY

GRACE BAY ON REGENT STREET IN THE REGENT VILLAGE Follow Us on FaceBook - See Map #76



Charcuterie | Wine | Cheeses | Pastries | Bread

Le Comptoir Français, formerly Julien's Wine & Deli, is the sister shop to Le Bouchon du Village.

This attractive, aromatic boutique/deli opened in October 2014, just two doors down from Le Bouchon, in the Regent Village. They specialise in gourmet goods, wine, cheeses, deli meats and baked goods.

Added to the menu of Julien's 'famous' deli sandwiches are daily-made salads and pastas and of course the wonderful, freshly baked breads and pastries to go.

For Sale in the Shop

Spices | Seasonings | Seasoned oils | Salts
Wines from Italy and France and around the world
Rums | Italian pastas | Wine glasses
Cuban Crafters fine cigars
Seasonal gifts

Coffees Drinks

Regular coffee ...\$2 | Cappuccino ...\$6 | Latte ...\$5 Macchiato ...\$5 | Espresso ...\$4 | Iced Tea ...\$2 Iced Coffee ...\$5 | Mocha ...\$6 | Caramel ...\$6 Wine by the Glass ...\$9 | Beer ...\$6 | Water/Sodas ...\$2-4

Pastries & Breads

Demi Baguette ...\$2.75 | Sour Dough ...\$3.25 Croissant ...\$1.60 | Chocolate Croissant ...\$1.80 Almond Croissant ...\$2.00 | Mini Brioche ...\$2.00 Cinnamon Roll ...\$1.60 | Pain aux Raisin ...\$1.80

Salads

Caprese ...\$12 | Caesar ...\$11 | Greek ...\$12 Couscous ...\$5 | House ...\$8 | Chicken ...\$12 Tuna ...\$10 | Potato ...\$5 | Macaroni ...\$3.50

Sandwiches

all \$10 each

Julien Classic | Parma Ham | Roast Beef Turkey | Garlic Sausage | Salami | Ham Mortadella | Chicken | Tuna | Caprese

OPEN from 8AM to 6PM MONDAY - SATURDAY | Call 946-5299 | Cell 244-1134 GRACE BAY ON REGENT STREET IN THE REGENT VILLAGE

LeComptoirFrancaistci@gmail.com - Follow Us on FaceBook - See Map #77



SMALL PLATES

ARANCINI | deep fried risotto balls stuffed with provolone | pesto | herbed tomato sauce 7 MEATBALLS | beef and pork meatballs | tomato sauce | parmesan 12 SOUP | chef's daily soup 8

PASTA

ORECHIETTE | pork + fennel sausage | chicken | mushroom | marsala wine | alfredo 22 SPAGHETTI "CAPRESE" | olive oil poach tomato | fresh basil | mozzarella cheese | garlic 20 LINGUINE | shrimp + conch | roasted tomato + zucchini | garlic white wine sauce | basil 24 PENNE OR SPAGHETTI (choice of) tomato basil | spicy tomato | vodka rose | alfredo 16 prosciutto +4 / chicken +5 / shrimp +9 / lobster +16

*gluten free pasta available for an extra \$3

SANDWICHES

THE JERSEY PARM | breaded chicken cutlet baked with marinara | provolone cheese | spicy pickled peppers 13 THE CLUB | crispy chicken | aioli | prosciutto di parma | eggplant 'agrodolce' 13 "SANGUICH" | sliced flank steak | melted swiss | pickled peppers + eggplant | caramelized onions 14 MEATBALL | beef + pork meatballs | marinara sauce | melted provolone 14 SIDES: polenta fries +3 /+7 / cup of soup +4 / green salad +3 / caesar salad +7

PIZZETTE

THE QUEEN MARGHERITA | fresh mozzarella | basil | tomato sauce 16 BOBBY LUPO | pork + fennel sausage | roasted bermuda onion | mushroom | provolone 20 PRIMAVERA | artichokes | house-made ricotta | zucchini | spicy marinara 21 ADDITIONS: mushrooms +2, green olives +2, spicy pickled peppers +2, roasted onions +2 fennel sausage +3, pepperoni +3, extra cheese +3, artichokes +4, prosciutto +4

please allow a minimum of 20 minutes per pizza

LARGE PLATES

TUNA 'NIZZARDA' | seared tuna | potato | artichoke | green olive | boiled egg | haricot vert 20 LUPO 'CAESAR' | grilled romaine lettuce | capers | italian ham | crouton | caesar dressing 12 ARTICHOKE | marinated artichokes | mushrooms | bread | cherry tomato | green onion | parmesan cheese 15 LOBSTER SALAD | marinated caicos lobster | avocado | mixed citrus | basil | white balsamic 20 CARICO | faro wheat | spicy broccoli | salted almond | avocado | fresh mint | pickled peppers | charred corn 14 ADDITIONS: seared tuna +12 / chicken +6 / shrimp +9 / lobster +16 / olive oil poached tuna +5

LUPO ITALIAN RESTAURANT

tel 649-431-5876 | info@lupo.tc

*prices and menu items subject to change without notice

SEE MAP # 78











DINNER

PICOLO GUSTI

ALL'AGLIO | garlic bread | rosemary garlic butter | parmesan 6 BRUSCHETTA | diced tomato | fresh garlic | local basil | tomato infused olive oil 2.50 (per piece) FUNGHI | roasted mushrooms | house made ricotta | scallion | balsamic 3 (per piece) THIS & THAT PLATTER | marinated olives | butter beans in 'vinny' | eggplant 'agrodolce' 15 CHEF'S BORED | chef's selection of cured meats | marinated olives 18 BIG MOUTH PLATTER | chef's selection of cured meats and cheeses | marinated olives 35

FRITTI

POLENTA FRIES | truffled garlic + artichoke aioli 7 MOZZA STICKS | breaded mozzarella sticks | marinara sauce 9 ARANCINI | deep fried risotto balls stuffed with provolone | pesto | spicy tomato sauce 7 FRIED CALAMARI | semolina flour | marinara sauce 15

ANTIPASTI E INSALATE

SOUP | chef's daily soup 8

MEATBALLS | beef and pork meatballs | tomato sauce | parmesan 12 BEEF CARPACCIO | marinated artichokes | truffle parsley pesto | ricotta salata 16 CALAMARI DON VITO' | seared calamari | spicy tomato | sicilian olive | caper | grilled bread 16 CAPRESE | cherry tomato | fresh mozzarella | garden basil 12 LUPO 'CAESAR' | grilled romaine lettuce | capers | italian ham | crouton | caesar dressing 12

TRICOLORE | arugula | cherry tomato | shaved parmesan | white balsamic 11

LOBSTER SALAD | marinated caicos lobster | avocado | mixed citrus | basil | white balsamic 18

PASTE

ORECHIETTE | pork + fennel sausage | chicken | mushroom | marsala wine | alfredo 22 TAGLIATELLE | ragu alla bolognese 19

LASAGNA | layered with beef and pork ragu & house-made ricotta cheese 18

RIGATONI | caicos lobster | cauliflower | spicy breadcrumb | alfredo 24

RAVIOLI | stuffed with mushrooms + truffles | parmesan mascarpone cream 23

LINGUINE | shrimp + conch | roasted tomato + zucchini | garlic white wine sauce | basil 24

PENNE OR SPAGHETTI (choice of) tomato basil | spicy tomato | vodka rose | alfredo 16

prosciutto +4 / chicken +5 / shrimp +9 / lobster +16

gluten free pasta available for an extra \$3

PIZZETTE

THE QUEEN MARGARITA | fresh mozzarella | basil | tomato sauce 16 BOBBY LUPO | pork + fennel sausage | roasted bermuda onion | mushroom | provolone 20 PRIMAVERA | artichokes | house-made ricotta | zucchini | spicy marinara 21 ADDITIONS: mushrooms +2, green olives +2, spicy pickled peppers +2, roasted onions +2 fennel sausage +3, pepperoni +3, extra cheese +3, artichokes +4, prosciutto +4

please allow a minimum of 20 minutes per pizza

PESCE E CARNE

BRANZINO | stewed lentils | spicy broccoli | salsa verde 32 BISTECCA | triple seared black angus flank steak | smoked potato | romesco | grilled onion 30



FEATURED CHEF Matthew Doerner



He has honed his skills working in many of Toronto's famed kitchens, under some of the world's renowned culinary players, yet Chef Matthew "Matt" Doerner seems to have found his absolute niche and genuine passion here in the Turks and Caicos Islands, at LUPO. "I love it here. This is home," he says with a smile.

Matt's love of cooking began at home. Born and raised in Toronto, he recalls as a teenager, "I started in my mom's kitchen and my Oma's (grandma's) kitchen too. Food was always interesting to me. The overall love started there." A mix of Serbian and German on his father's side and Canadian with a wee dram of Scottish ancestry on his mother's side, made for some exciting cuisine growing up.

He reminisced of his Oma's noodles and his mother's roast beef and stews. Then he grins as he recalls 'chevapchichis,' a Yugoslavian spiced meatball. It's a classic family recipe they still enjoy today.

He attended Toronto's George Brown Chef School, and had the pleasure of training under Chef John Higgins.

Chef Matt came up in the kitchens when multi-course tasting menus and avant-garde styles of food with foams, gels and meat glue, were all the rage. "It was incredible to do all of that and learn the techniques. I lost touch with it; certain aspects I still enjoy, but it doesn't do anything for me anymore, not here," Chef Matt confessed.

'Here' is LUPO, where he enjoys the freedom and latitude to be very creative. No stranger to Italian-Mediterranean cuisine, he spent five years in Toronto, mainly training at what he called, the best Italian restaurant. 'That's where the love for it came — learning a whole cuisine based on



a culture. A very specific cuisine, it's very regional, and it's also personal too," he maintains.

His modus operandi? "How do you take something super simple and make it the best thing you've ever eaten? I'm trying to take our simple dishes and elevate them to a level that is just a bit higher," he contends.

A staunch believer in simplicity, he upholds this culinary philosophy: "If you can do a dish with five ingredients, or less, and make it the best thing in the world – that to me is good cookin!"

He sources as much local food as he can, including grouper, snapper and octopus, plus rabbits from Kew Town and duck eggs for pasta dishes.

When asked about his favourite ingredient or element he said, "A lot of chefs

will say, give me a truffle, give me caviar, give me foie gras. That to me is passé. Give me a fresh egg! Give me a farm fresh egg — chicken, duck, anything — I love eggs. I love the simplicity and they are one of the hardest things to cook." His favourite way is poached or sunny side up. "I like a really runny yolk. Something about that self-saucing ability," he explained. Then he regaled me with the delicious details of a Raw Yolk Pasta dish he's creating for the high season menu.

When I asked Matt what he did in his spare time, he leaned forward and said with a facetious chuckle, "Definitely SLEEP!" He enjoys the beach and says, "I swim when I can. Sometimes life gets in the way."

His wife cooks local dishes and Dominican dishes too. "We share responsibilities at home," he says. "When she cooks, I step back," he confesses and boasts, "Her peas

and rice kick ass."

So, what title do you go by? I asked. "I go by Man in the Kitchen!" he quips jokingly. "I go by Chef, it's a very respectable title. In the kitchen, I'm Matt. I'm just me. I'm a goofy, hard-working individual. I like to keep the rapport light-hearted. I like to have fun when I'm working. I try not to take myself too seriously."

Chef Matt maintains the importance of balancing work with fun, referring to a favourite movie quote from National Lampoon's Van Wilder: "If you take life too seriously, you'll never get out alive." He says, "I've used it a thousand times over. It makes sense. You have to be serious, but you also have to know how to have fun. Being in the kitchen, it's a pressure cooker back there, in more ways than one," we both laughed.

STORY BY MANDY ROSTANCE-WOLF - PHOTO BY LISA ADARA PHOTOGRAPHY

BURGERS Nº FRIES



Zemar's 8 oz Burger

This robust burger is created with special peppered beef and embellished with fresh lettuce, onion and juicy tomato. Order with a side of fries or a green salad. This is a huge hit with visitors and residents. Enjoy dining on the new, covered deck at Turks Kebab Turkish & Mediterranean Restaurant, at Alverna's Craft Market, Grace Bay.

The Roma Burger

This awesome burger begins with a patty of freshly ground 100% Angus beef and wild mushrooms. The patty sits on a layer of spicy marinara sauce, and is topped by Provolone. The finishing touch is the basil pesto. An added bonus: it comes with hand-cut truffle fries. This is an amazing burger. Served as a Friday Special at Lupo in the Regent Village.



The Vix Lamb Burger

Encased in a freshly baked brioche bun, the succulent lamb patty, flavoured with Chef Walky's special seasoning, is accessorised with your choice of cheese, onion, pickles, lettuce and tomato. This favourite comes with truffle fries, and is served at The Vix in the Regent Village.



Magnolia Restaurant & Wine Bar

Magnolia Restaurant & Wine Bar is owned and operated by long time residents & successful restauranteurs Gianni & Tracey Caporuscio. They have been serving simple, uncomplicated European style food at Magnolia since 2002.

Magnolia sits high atop Turtle Cove & the marina with views from Blue Hills to Grace Bay. It is the perfect spot to enjoy dramatic sunsets while sipping a glass of wine or one of their many specialty cocktails.

When darkness falls the flickering lights of boats in the marina, homes in Blue Hills and resorts in Grace Bay light up the night sky. Open deck dining is offered with gentle breezes to keep you comfortable. Magnolia offers an extensive wine list with selections from across the globe and choices by the glass are numerous. Sesame Crusted Rare Seared Tuna is

> their signature dish served with a creamy soy ginger sauce, the perfect accompaniment.

To end your evening, the Banoffee Pie is a customer favourite. A graham cracker crust topped with homemade toffee, slices of fresh banana and finished with coffee whipped cream, simple but delicious!



Wine Bar Open from 5pm • Dinner Served from 5:30pm • Located at the Miramar, Turtle Cove
Terrace Dining • Wine Bar, Lounge and Deck • Closed on Mondays • Reservations Strongly Recommended • Tel 941-5108
Indoor seating only available during inclement weather • See Map #82 • magnoliaprovo@live.com • www.magnoliaprovo.com

RECIPE FOR TWO

8 oz - raw yellow fin tuna (sashimi grade)

1 tbsp finely chopped cilantro 1 tsp finely chopped jalapeno

- 1 scallion finely chopped
- 1 tbsp soy sauce
- 1 tbsp water

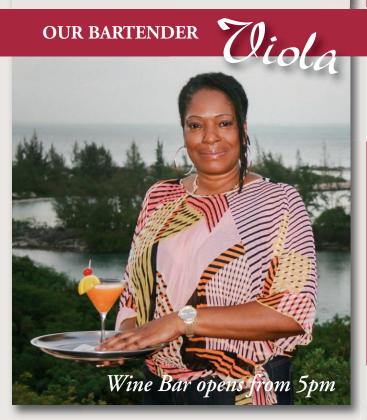


- Peel plantain and slice into thin pieces. Fry in hot oil until golden brown and crispy. Season with salt, pepper, paprika, and garlic.

PROCEDURE

- Finely chop up the tuna and set aside in the fridge.
- Combine soy sauce and water, add the jalapeno and cilantro. Stir to combine.
- Add this mixture to the tuna and stir to combine evenly.
- Divide the plantain chips onto 2 plates.
- Place a round mold in the center of the 1st plate and using a teaspoon, fill the mold with half of the tuna tartare mixture pressing down lightly with the back of the spoon and carefully remove the mold. Repeat on the 2nd plate.
- Garnish with greens or fresh herbs.

Buon Appetito!



Magnolia's Sample/Nenu

APPETISERS

- Chicken & Vegetable Spring Rolls \$10

 Asian chili dip
- Mushroom & Goat Cheese Strudel \$13 (v) garnished with house-made pesto
 - Panko Crusted Shrimp \$14 srirachi cocktail sauce
- Roasted Beets & Fresh Mozzarella \$12 (v)(gf) balsamic vinaigrette



ENTREES

- Sesame Crusted 'Rare' Seared Tuna \$35 soy-ginger sauce, jasmine rice, sautéed snow peas
 - Black Angus Beef Tenderloin \$34 (gf) red wine jus, herb mashed potatoes, sautéed mushrooms & spinach
- Oven Roasted New Zealand Rack of Lamb \$34 basil-pesto tossed homemade potato gnocchi, roasted parsnip puree, sautéed broccoli, sweet balsamic reduction
- Bacon Wrapped Oven Roasted Pork Tenderloin \$26 (gf)
 apple-bacon jam, herb mashed potatoes,
 seasoned vegetables
 - Grilled Shrimp \$27 (gf)

 Caribbean curry sauce, sautéed snow peas, jasmine rice,
 homemade plantain chips

DESSERTS (\$10)

• Banoffee Pie (v)

bananas & toffee on a graham cracker crust, finished with coffee whipped cream

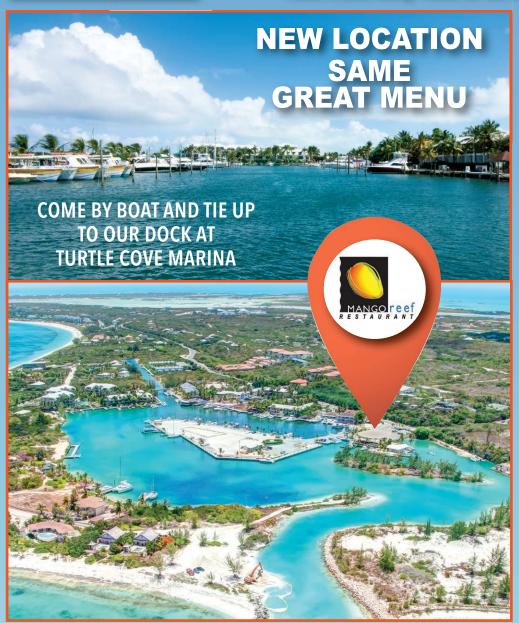
- Vanilla-Roasted Strawberries (gf) with Madagascar vanilla beans & red wine, served warm over vanilla ice cream & finished with a sweet red wine reduction
 - Lemon-Lime 'Curd' Pie whipped cream, toasted coconut
 - Warm Chocolate Cake chocolate ganache, scoop of vanilla ice cream
 - gluten free menu options available -



on the Water

AT TURTLE COVE MARINA

Mango Reef specialises in fresh local flavours and seafood, with a selection of international favourites and homemade desserts. Dine over the water on our deck, indoor or patio dining. Indoor bar and outdoor casual bar.



The exquisite, reasonably priced menu includes lobster in-season, all freshly prepared by French and Asian Chefs. Children are welcome and the restaurant offers a dedicated children's menu including delicious desserts.

Mango Reef Restaurant is open all year round for breakfast, lunch and dinner from 8 am to 10 pm.

On Monday - Thursday (except holidays) Mango Reef Restaurant offers a Set Price Dinner Menu for only \$44.00.***

~ LUNCH ~

Salads & Platters -

From \$11

Caesar Salad

Fresh Garden Salad

Super Reef Salad

French Goat Cheese Salad

Thai Rare Beef Salad

Thai Tuna Salad

Carpaccio

Coconut Shrimp

Sushi & Sashimi of the Day

Fish & Chips

Burgers & Sandwiches -

From \$9

Burger

Chicken Ranch

RIT

Club Sandwich

Norwegian Club

Turkey Club Sandwich

Tuna Club Sandwich

Lobster Club Sandwich

Paninis - From \$12

Wraps and

Quesadillas - From \$14

Fajitas - From \$18

Pizza 10" or 16" -

From \$12

Grilled - From \$21

Filet Tenderloin 8oz

Grouper

Snapper

Tuna

Salmon

Shrimp Kebab

Jerk Chicken Breast

BBO Ribs

Surf & Turf

VISIT US AT WWW.MangoReef.com FOLLOW US ON

facebook



~ DINNER ~

Appetisers From \$11
Caesar Salad
Thai Tuna Salad

Thai Tuna Salad Tuna Carpaccio Beef Carpaccio Coconut Shrimp

Escargots (dozen) Crispy Aumoniere

of Scallop

Deep-Fried Spring Roll Mango Scallop & Salmon Salad

Fresh Tuna Roll

Shrimp, Conch & Calamari

Ring Tempura Conch Fritters Conch Salad

Conch Spring Rolls

Entrées - From \$23

Seafood Pasta
Shrimp Pasta
Vegetarian Curry
Vegetarian Pasta
Mee Goreng
Yellow Fin Tuna
Atlantic Salmon
Ikan Curry Grouper

Sushi & Sashimi of the Day

Dominican Paella Filet Tenderloin 8oz T-Bone Steak 16oz Rack of Lamb Shrimp Kebab Snapper Grouper

Grouper
Surf & Turf
BBQ Ribs

** Lobster - From \$16 to \$36 Lobster Salad • Lobster Wonton Lobster Pasta • Lobster Curry • Lobster Ravioli Grilled 8oz Lobster • Duo of Lobster 8oz

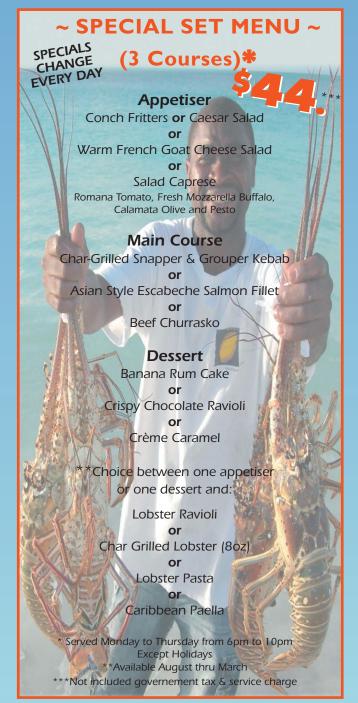
~ DESSERTS ~

Lobster Tail 8oz "French Style"

From \$8

Tarte Fine Vanilla Crème Brûlée
Opera Cake Lemon Pie
Warm Chocolate Cake
Coconut & Caramel Crème
Banana Split Ice Cream or Sherbet





Located at Turtle Cove Marina, Providenciales, Turks & Caicos Islands Tel 649-946-8200 - info@mangoreef.com - www.MangoReef.com Open Seven Days • 8:00 am -10 pm • Breakfast • Lunch • Dinner Full Bar and Lounge - Carry-Out - Catering - All Major Credit Cards - See Map #84



RESTAURANT ANDCATERING appreciate fresh seafood, a casual, relaxed atmosphere, lively Diamond Stubbs Plaza on the Lower Bight Road.

Call 649.242.6780

Open 10am-10:30pm Monday-Saturday Sunday 3pm-11pm - See Map #86 Carry Out and Catering Available









MR. GROUPER'S RESTAURANT AND CATERING

Starters
Turks Conch Fritters\$10 Fresh conch mixed with onion, garlic,
bell pepper, celery, cilantro and served with
spicy mayo and cocktail sauce
Lobster* Fritters (seasonal)\$14
Fresh Lobster* mixed with onion, garlic,
bell pepper, celery, cilantro and served with
spicy mayo and cocktail sauce
Coconut Shrimp\$14
Coconut breaded shrimp served with
mango chutney sauce
Breaded Shrimp\$16
Italian breaded shrimp served with
the chef's tartare sauce
Jerk Shrimp Kabobs\$16
Spicy Jamaican-style jerk shrimp
served on a bed of organic mix greens
Chicken Fingers\$10
Italian breaded chicken breast strips
deep fried and served with spicy mayo and
cocktail sauce, French fries or salad
Fishing Fingers\$12
Italian breaded fresh fish strips deep fried,
served with spicy tartare sauce, and
French fries or salad
Deep Fried Grouper Spring Rolls\$12
Deep Fried Lobster* Spring Rolls \$14
Deep Fried Conch Spring Rolls\$12
Spicy Buffalo Wings\$11
Served with French fries or salad Mr. Grouper's Conch Drops\$12
Conch muss with heavy cream, onion,
cilantro and ginger, wrapped in a wonton
skin, served with tropical mango salsa
Salads
Caesar Salad\$10
Crispy Romaine heart tossed in anchovy
dressing, topped with crispy bacon, garlic
croutons and shaved Parmesan cheese
Add: Chicken\$4 Shrimp\$7
Garden Salad\$9
Organic mixed greens, green peppers,



sweet peppers, onion, dice tomatoes, shredded carrots, served with your choice of Balsamic, ranch or Italian dressing

Spicy Conch Salad\$10.50
Fresh conch mixed with peppers, tomato,
and lime juice onions and cilantro
Mr. Grouper's Salad\$17
Romaine lettuce, sweet pepper, green
peppers, tomatoes and bacon bits
Lobster* Salad\$18
Boiled lobster* with pepper and lime juice
with French mayonnaise dressing, served
on a bed of mixed greens
Soups
"1st place winner in the 2013 Conch Festival"
Creamy Conch Chowder\$9
Tenderised local conch, with potatoes,
bacon and heavy cream
Seafood Chowder\$17
Fresh conch, fish, shrimp and lobster*
in a tomato base chowder
Sandwiches
Grilled Grouper Sandwich\$13
Grilled Grouper Sandwich
Lobster* Sandwich\$16
Lobster* Sandwich\$16 Blackened Grouper Sandwich\$14
Lobster* Sandwich\$16 Blackened Grouper Sandwich\$14 Fried Grouper Sandwich\$13
Lobster* Sandwich\$16 Blackened Grouper Sandwich\$14 Fried Grouper Sandwich\$13 Jerk or Grilled Chicken Sandwich\$12
Lobster* Sandwich

10	
1 TO 1	

Lobster* Pasta (seasonal)\$20

Shrimp Pasta.....\$18

Chicken Pasta\$13
Fish Pasta\$15
Conch Pasta\$14
Veggie Pasta\$12
All Pastas are served with a choice of
Alfredo marinara garlic butter or rosé sauce
Main Courses
Blackened Grouper\$18
Grilled Grouper\$17
Coconut Crusted Grouper\$21
Served with mango chutney sauce
Crispy Grouper Filet\$16
Whole Fried Grouper\$18
Whole Pan Fried Snapper\$18
Grilled Snapper Filet\$20
Coconut Crusted Snapper\$24
Served with mango chutney sauce
Grilled Mahi Mahi\$26
Blackened Mahi Mahi\$28
Oxtails\$15
Chicken 4 Ways
Jerked Chicken\$13 Baked Chicken\$11
BBQ Chicken\$13 Steamed\$12
Cracked Conch\$15
Stewed Conch\$17
Pecan Crusted Conch\$21
Served with a spicy mango butter sauce
Jerk Pork Chops\$14
Breaded Pork Chops\$13
Cracked Lobster* (seasonal)\$19
Simply Grilled Lobster* Tail\$32
Jerk Lobster* Tail\$36
Creole Lobster*\$20
Coconut Curry Lobster*\$22
Garlic Shrimp\$18
BBQ Spareribs\$14
All Main Courses are served with your choice
of two sides: Peas & Rice, Baked Potato, Po-
tato Salad, Steamed Veggies, Fried Plantains,

Coleslaw, Mac and Cheese, French Fries **Desserts**

Haitian Mango Cheese Cake	\$9
Coconut Tart	-
Local Rum Cake	\$10
Rum Raisin Ice Cream	\$3.50
Vanilla Ice Cream	

We serve fresh coconut water



GRILLED WAHOO AT OPUS



LOCAL FISH & SEAFOOD

Continued from page 55

and selenium... if all that sounds too good to be true, it is. Someone had to be the devil's advocate here - these nutritional facts only hold true without the butter! Pass me a vat! Nothing can match sinking your teeth into that sinfully decadent and mouth-watering meat as a deluge of hot, melted butter drips down your chin!

It is said that absence makes the heart grow fonder... and when it comes to the opening of each new season after a seemingly interminable 'lobster-less' drought in the Turks and Caicos Islands... nothing could be truer!

CONCH

Repeat after me, "KONK" - the word conch begins and ends with a 'K' sound. And while we're on the subject, "cay" is pronounced "key." These are two fundamental pronunciations certain to separate you from first time visitors and tourists. However, if you are sporting a recently plaited head full of braids and beads... you're on your own!

So now that you know how to distinguish yourself from the fresh, new, pasty arrivals, let's get down to the 'meat' of the Queen Conch matter. While the iridescent pink-lipped shell is quite beautiful, the 'meat' of this mild, sweet-tasting mollusc is not about to win any beauty contests. In fact, when the conch shell is 'cracked' to release the meat, what comes out... and let's not beat around the Broom Bush here... looks rather peculiar and unappetising. But once that meat has been expertly trimmed and skillfully tenderised, it becomes the royal ingredient for countless culinary creations that will delight and amaze your palate. Conch appears on just about every menu

here in the Turks and Caicos Islands, from beachfront and barefoot, to 5-star fine dining establishments.

Once your server has taken your conch order, don't be surprised to hear a rather loud and recurring 'whacking' sound emanating from the kitchen. Do not be alarmed. This is not reason to believe that the chef and your server are having a brutal altercation or on-the-job dispute. On the

contrary, he/she is 'bruising' or tenderising this prized ingredient, a necessary and essential step for conch creations.

No one loves a conch fritter more than I do. Tender, mouth-watering, flavourful and finger-lickin' good, these golden-fried nuggets of

conch chowder is the heart and soul of Caribbean comfort food, a surefire cure for anything that ails - or doesn't! It's rich, it's delicious and it will stick to your ribs. Conch salad or ceviche is conch in its most natural form., Marinating the 'raw' meat in citrus juice, typically lime juice, 'cooks' the meat. Then it's tossed with chopped onions, bell peppers, tomatoes and sometimes a little added 'heat' from our Scotch Bonnet peppers.

Not only does conch rack up points for taste and versatility - it's also hailed for its nutritional value as a great source of protein. It's also considered an aphrodisiac. Dubbed 'The Viagra of the Turks and Caicos,' legend has it that eating the long, tubular-shaped, transparent 'worm' or 'pistle' that is extracted from the shell increases male stamina. So, if you're out on a boat charter and 'conching'



minced conch are the epitome of casual, laid-back, island-style decadence, but don't stop there. Embark on your own 'conchquest' and take pleasure in discovering and experiencing our veritable cornucopia of conch creations! Cracked conch is addictive, lip-smacking, delicious and every bit as mouthwatering as the infamous fritter. Bitesize morsels of conch are dipped in flour and an egg-wash batter and deep-fried. Both cracked conch and fritters are typically served with a tasty and tangy dipping sauce. I dare you to eat just one. A hearty bowl of

is on your itinerary, when your captain teasingly dangles that wacky-looking worm in the air, eagerly recruiting someone 'man enough' to take the bait, don't be shy fella's! If nothing more... it makes for a memorable photo-op and entertaining post-vacation fodder to share with family and friends back home.

Exploring and experiencing the cuisine of any far-flung destination is one of life's most exciting and delicious pleasures, and I'm convinced that once you've explored and experienced the 'marine cuisine' of the Turks and Caicos Islands, you'll be hooked!

VISIT OUR 2ND LOCATION ON AIRPORT ROAD - 347,9092

Make us your FIRST STOP or LAST STOP on Providenciales, for the FRESH LOCAL SEAFOOD and ISLAND SIDE DISHES you cannot get enough of.

Visit us at our **Second Location** on **Airport Road**, **upstairs at #17 Sammy Been Plaza**, the last large plaza on the RIGHT, just before entering (or LEFT after exiting) the **Providenciales International Airport**.

17 SAMMY BEEN PLAZA Just steps from the Airport

Take Away Only call 649.347.9092

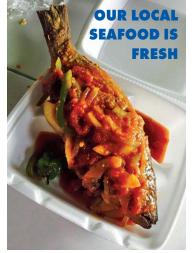
Open 9:00 AM to 10:00 PM Monday - Saturday Closed on Sunday - See Map #89

SEE MENU FOR MR. GROUPER'S PAGE 87











"We deliver to businesses, hotels and vacation villas across the island."







DISCOVER & EXPERIENCE

Noodle Bar + Kitchen is much more than a celebration of international noodle, pasta and rice dishes—its "Kitchen" also serves a wide selection of Caribbean classics and delectable grilled meat and seafood dishes. Each plate incorporates our chef's fresh, Caribbean perspective, and special menus offered most nights provide added variety.

The comfortable poolside environment tempts guests to linger and enjoy delicious desserts, or after-dinner drinks at the intimate cocktail bar. The restaurant also hosts our daily full American breakfast, and an array of lighter meal options at lunch.

Perhaps the only thing that could improve the pristine shores of West Bay Club's wide stretch of Grace Bay Beach is a waterfront dining venue open daily for lunch and dinner. Beginning in fall 2015, this improvement will become a reality as West Bay Club launches Drift.

Dinner menus will feature a variety of Island favorite dishes, including lobster, seafood and grilled meats. Nightly specials will highlight flavors and ingredients from around the world, as well as signature dishes of the resort's skilled culinary team. The lunch menu will cater to those seeking a casual lunch option, with dishes such as tacos and sandwiches punctuated with creatively-used local ingredients.



P: (649) 946-8550 | E: stephen@thewesbayclub.com THEWESTBAYCLUB.COM

PROVIDENCIALES DINING GUIDE









noodle BAR + KITCHEN AT WEST BAY CLUB

APPETIZERS - \$9 to \$15

BBQ Mussels Chili Garlic Crumbs – Papaya Salsa

Crispy Pork Salad Spinach – Roasted Cashew Nuts – Sweet Chili Dressing

LOCAL FLAIR - \$16 to \$35

Lobster Salad Arugula – Avocado – Mango Salsa

Caribbean Jerk Chicken Rice & Peas – Fried Plantain Mahi Mahi Ceviche Lime & Orange – Cilantro – Papaya – Crispy Shallots

South Caicos Seafood Pot Conch – Snapper – Lobster – Mussels – Jerk Crostini

Foil Grill Whole Snapper Wilted Garlic Kale – Sweet Potato

Jamaican Chicken Curry Season Rice – Scott Bonnet Mango Chutney

Season Rice – Scott Bonnet Mango Chutey

INTRODUCING DRIFT

LET'S START - \$8 to \$10

Tiger Shrimp Toast – Avocado – Spicy Almonds - Black Bean Salsa

Chilled Garden Pea Soup – Crispy Prosciutto – Black Pepper Creme Fraiche

SIMPLY GRILLED \$32 - \$45

Red Snapper • Mahi Mahi • Atlantic

Sole • Lobster Tail • Chicken Breast

- NY Striploin Angus Flank Steak
- Pork Belly your selection comes with two sides

SWEET ENDINGS \$10 - \$12

French Vanilla Beignets - Nutella Dip - Berry Compote - Mascarpone Ice cream

SAMPLE MENU, menu items, prices and times are subject to change $% \left\{ 1,2,\ldots,n\right\} =\left\{ 1,2,\ldots,n\right\}$

Reservations Required - 649-946-8550 | stephen@thewestbayclub.com Dinner Nightly - 6:30pm - 9:30pm | Dress Code, Island Elegant • Private Events | All Major Credit Cards Accepted

THEWESTBAYCLUB.COM | PROVIDENCIALES - See Map #90

COCKTAILS \$14

WATER MELON MOJITO:

Bacardi, Fresh Lime, Mint & Watermelon Bacardi Rum & Lime Juice

STORMIN NORMAN:

Bambarra Silver, Peach Schnapps, Crème de Banana, Pineapple & Orange Juice with Bambarra Black

WEST BAY SUNSET:

Peach Schnapps, Bambarra Silver, Passion Fruit, Lime & Orange Juice

RASTA PUNCH:

Appleton Special, Pineapple & Orange Juice, with Myer's Dark Rum

NIGHTLY GLOW:

Absolut Vodka, Peach Schnapps, Grand Marnier, Blue Curacao Blended with Passion Fruit

DRUNKEN LOBSTER:

Bambarra Gold, Strawberry, Mango & Pina Colada Puree with Bambarra Black

DAIOUIRIS:

Mango, Strawberry, Banana, Pina Colada, Passion Fruit, Margarita or Mojito





VANILLA BEIGNETS + NUTELLA DIP

served at DRIFT, WEST BAY CLUB

VANILLA BEIGNET BITES:

• 1/4 cup warm water • 3 teaspoons active dry yeast • 1 teaspoon sugar • 2 tablespoons butter, melted and cooled • 1 cup half-and-half • 2 teaspoons vanilla extract • 2 eggs • 3 cups all-purpose flour • 1/3 cup sugar • 1/2 teaspoon salt • 1/2 teaspoon ground cardamom • canola oil, for frying

VANILLA POWDERED SUGAR:

•1/2 cup powdered sugar • 1/2 teaspoon vanilla powder

NUTELLA DIP:

• Nutella pack - I • Warm Milk - ½ cup • vanilla - I teaspoon

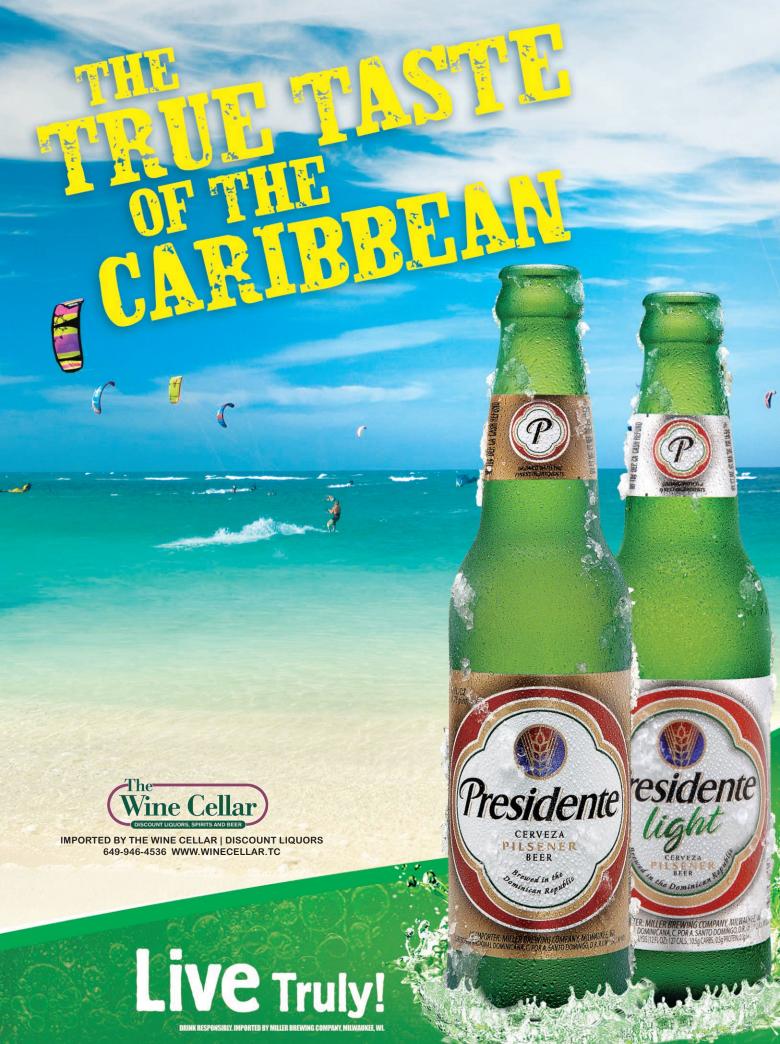
DIRECTIONS:

In a small bowl, combine warm water, yeast and I teaspoon of sugar; set aside to activate yeast. In a medium bowl, add butter, half-and-half and vanilla extract; stir and set aside. In a small bowl whisk eggs; set aside.

In a bowl of a free standing electric mixer, add flour, sugar, salt and cardamom. Place bowl on mixer stand which has been fitted with a dough hook. Turn mixer on low speed and combine dry ingredients. Turn mixer to medium speed then add activated yeast mixture. Add half-and-half mixture, then add the whisked eggs. Mix until well combined, scraping the sides of the bowl when necessary. Dough will be slightly sticky (if it's not, add more flour, 1/4 cup at a time). Place dough on a lightly floured surface and knead, about 2-3 minutes; adding additional flour only when needed.

Lightly coat a large bowl with cooking spray and place dough into the bowl. Cover with plastic wrap and keep warm until dough has doubled in size, about 2 hours. After dough has risen, place on a lightly floured surface and gently knead. Roll dough into a rectangle, about ½-inch thick. With a pizza cutter, cut dough into small rectangles, about 1 x ½-inch pieces. Heat oil to 375°F; carefully place dough in hot oil and fry until golden brown, about 45-60 seconds. Turn Beignets so both sides are golden brown. Remove from oil and drain on paper towels; dust with vanilla powdered sugar while bites are still warm.

Scoop the Nutella from the pack add warm Milk, vanilla flavor into it mix it together well with whisk.





OPUS

WINE · BAR · GRILL

Appetisers

cucumber, avocado, lime aïoli	.\$14
Lobster summer rolls with sweet chili dipping sauce	\$15
Caicos conch ceviche	.\$13
Fennel, herbed goat cheese, beet & arug napoleon, walnut & Parmesan crumble	
Spicy chili steak wraps, lemon hummus,	
red onion, arugula	.\$15
Soups & Salads	
Shrimp bisque, shrimp wonton	.\$12
Turks conch chowder	.\$10
Vine ripe tomatos, toasted Mozzarella, Kalamata pesto, basil tempura	.\$12
Arugula, watermelon and feta	

Opus Caesar, Parmesan cup\$10 Chilled iceberg wedge\$9 Located across the street from Provo Golf Course at Ocean Club Plaza East

Serving Dinner Monday to Saturday 6 pm-10 pm Closed Sunday

946-5885

Elegant garden or air-conditioned dining

Live Music with Local Artists

www.opustci.com

See Map #94

Entrées

Littleco
Nori & wasabi crusted yellow fin tuna, sesame ginger fried rice, rum soy sauce, grilled boc choy\$34
Seared Atlantic salmon, braised leeks, lemon-chardonnay sauce, sautéed spinach, baby potatoes\$32
Jerk spiced filet of mahi, ratatouille, mango salsa\$29
Bone-in rib eye, caramelised cherry tomatoes & red onions, crumbled gorgonzola\$36
Black angus filet, mushroom ragout, potato puree, red wine demi\$38
Herb roasted chicken, tomato thyme cream sauce, fried plantain\$29
Seasonal vegetable green curry, jasmine rice, coconut milk\$27
Shrimp and vegetable penne pasta, garlic and wine cream sauce\$27

PROVIDENCIALES DINING GUIDE

♦ 94 ♦ WINTER 2015 - SPRING 2016

Fresh Locally Caught Seafood









WINE · BAR · GRILL

LIVE MUSIC UNDER THE TREES

The Wine

We are proud to offer the largest wine list on the island including a diverse selection by the glass.

Enjoy bottles from the world's major grapegrowing regions. Relax with an old favourite or try something new while on your vacation.

The Bar

Our candle lit mahogany bar is the perfect place to enjoy a cocktail before or after dinner. The Caribbean is known for its amazing Rum & Opus has more than 50 of the finest examples. Can't decide on just one? Order a Rum Tasting Flight to compare three different selections.

The Grill

Fresh Locally Caught
Seafood is always available
and will depend on what
the fishermen catch that
day. Our waters offer an
abundance of Lobster,
Snapper, Grouper, Wahoo
and Conch.We love to
cook with it and consider
it a house specialty.



Amuse Bouche takes on a whole new meaning at Parallel23.

Asia meets Africa by way of the Caribbean.

Wildly imaginative, undeniably delicious, stunningly beautiful.

You will ask yourself if it is too pretty to eat. The answer?

It tastes even better than it looks.

THE PALMS, LAID-BACK LUXE. 649.946.8666 | thepalmstc.com



Open Nightly | Dinner 6:00 – 10:30pm L'Attitude Bar 5:00pm – Midnight | See Map # 96











SAMPLE MENU SELECTIONS

STARTERS

Chilled Citrus Lobster \$23 Citrus steamed lobster tail, fennel confit, orange and ginger marmalade, orange gel, pea shoots

Angus Beef Tartar \$18 Tender diced beef seasoned with capers and shallot, Espilette aioli, micro arugula salad, fried quail egg

Diver Scallops \$22 Pan seared Diver scallops, brown butter, cauliflower puree, compressed Granny Smith apple, candied hazelnuts

PASTAS AND RISOTTOS

Butternut Squash Ravioli \$34 Creamy butternut squash filling in light ravioli pasta, citrus beurre blanc, tomato concassé, Goat's milk cheese, toasted pecans, herb pesto

Smoked Salmon Tagliatelle \$34 Candied fennel, Scottish cold smoked salmon, Limoncello and green pepper corn cream sauce, baby arugula over house tagliatelle pasta

Lobster Risotto \$36
Squid ink Arborio rice, butter poached
Caicos lobster, herbed breadcrumb,
Puttanesca sauce and fresh wasabi cress

ENTREES

Seabass \$38

Chilean seabass with fried cabbage, Turks Head Amber reduction and candied parsnips

Poached Caicos Lobster \$52
Tender poached lobster tail, served with cremini mushroom ravioli, sautéed field mushrooms, truffle butter, white wine velouté and fresh herbs

Wagyu Entrecôte \$58
Eye of Wagyu Rib, ragout of braised rib
cap, soy and truffle oil roasted mushrooms,
Asian pear salad, crispy garlic chips

DESSERTS

Sticky Toffee Pudding \$14 Warm date pudding, filled with toffee sauce and salted caramel ice cream

Pistachio Trio \$12 Pistachio Bayarian crear

Pistachio Bavarian cream on pistachio shortcake with pistachio espuma, red wine reduction and salted pistachio granola

Chocolate Mousse \$14
Creamy dark chocolate mousse, flourless chocolate biscuit, candied citrus compote, rosemary infused chocolate sauce

EXECUTIVE CHEF LAUREN CALLIGHEN - THE PALMS

It's a long way from Newfoundland, Canada, where fried moose is on the menu to wowing the crowd at Parallel23 with exquisitely prepared fresh local ingredients, but Executive Chef Lauren Callighen has made the journey in style.

Born and raised in St. John's, a small city in Canada's most eastern province, she actually started out studying marketing with a business major and waitressing on the side. When the chef needed help in the kitchen one summer, it was all the inspiration she needed to pursue a career as a chef. After attending culinary school in Ottawa, she went on to work in some of Ottawa's hottest kitchens including the elite Tulips and Maple Catering Company under Chef Timothy Wasylko.

Lauren traded Canadian winters for the tropical shores of Providenciales in 2005. She joined the opening team at The Somerset on Grace Bay becoming Executive Chef in 2008. In 2012, Lauren joined The Palms Turks & Caicos (formerly Regent Palms) team as Executive Sous Chef working under German Chef Ingo Möller. In the fall of 2013, Lauren took the reins of the kitchen team at The Palms as Executive Chef and is working her magic on the diners of Parallel23 and 72West.



Chef Lauren considers "recreating a feeling or memory through food" one of her proudest achievements.

She enjoys the creative freedom to explore "off the wall" ideas, loves cooking fresh fish, and has a soft spot for soups, which she considers "an underrated art." And she is the first to admit that becoming a chef is not for everyone.

"You have to be a bit nuts working 10 to 12 hours a day in a hot kitchen!"

Right now, diners at Parallel23 and 72West are enjoying the results of those

10 to 12 hour days. 72West will be serving up their award-winning conch chowder as part of a more Caribbean focus this season. And Parallel23 always pleases with local fish including grouper, wahoo and red snapper as well as aged prime beef. Considering that one of her favorite things is to create special menus for special events, why not put her to the test? Give her a challenge, and enough notice.

We're sure you'll be delighted.



SEARED HAMACHI APPETIZER

Serves 4

INGREDIENTS

12 oz Hamachi loin, cleaned ½ cup soy sauce juice of 2 oranges, freshly squeezed ½ cup white wine 2 tbsp white wine vinegar 6 tbsp mirin (Japanese rice wine) 1 tsp anise seed ½ tsp white pepper, ground 1 tsp rosemary leaves 1 bay leaf 1/4 cup coarse salt 1 bunch mint leaves, chopped finely 1 tbsp pink peppercorn, coarsely ground zest of 1 orange zest of 1 lemon zest of 1 grapefruit zest of 2 limes 1 cucumber, medium size, sliced thin on a mandolin 1 tsp sesame oil
½ a mango, julienne sliced
¼ of a red onion, julienne sliced
1 tsp black and white toasted

METHOD

- 1. Take cleaned Hamachi loin and cover with coarse sea salt, set aside for 15 minutes, while this is curing, combine soy sauce and orange juice, heat on medium heat and reduce by half, set aside to cool
- In a separate bowl, combine white wine, white wine vinegar, and 4 thsp mirin, place one third of this mixture in a saucepan and heat over low heat, add rosemary leaves, anise seeds, pepper and bay leaf
- 3. Infuse the herbs and spices in the mixture over low heat for 8 minutes
- Remove from fire, strain and combine with remaining two thirds of white wine mixture
- Rinse salt off Hamachi loin, and place in the white wine brine, marinate it for 20 minutes
- Remove Hamachi loin from white wine brine and place in soy sauce/ orange reduction for 20 minutes, turning frequently

- 7. In a clean bowl, combine zest of all citrus with mint and pink peppercorn
- Remove Hamachi loin from soy mixture and crust the fish with the citrus mixture, at this point, the fish can be refrigerated overnight if so desired, otherwise, let it sit with the citrus crust for one hour
- In a heavy skillet, such as cast iron, heat 2 the of good quality olive oil over medium heat, sear Hamachi loin with crust on all sides
- 10. Set aside and brush off excess citrus crust
- 11. Marinade cucumber slices with remaining 2 tbsp mirin and sesame oil for a couple of minutes
- 12. To plate place marinated cucumber on plate, slice Hamachi loin into thir slices, each portion should be 3 oz of fish, garnish with mango and red onion julienne





77VVFST& PLUNGE BAR

AT THE PALMS





Open Daily | 649.946.8666 | thepalmstc.com | See Map # 100

SAMPLE MENU SELECTIONS

LUNCH

Caicos Conch Ceviche \$15 Cucumber, tomato, chili oil, jalapeno, radish with lemon lime marinated conch

Jerk Chicken Pizza \$16 Slow roasted Jerked chicken, tomato Jerk sauce, lime sour cream, green onions

Palms Fish Tacos \$21
Two grilled flour tortillas with marinated local Mahi Mahi, pickled cabbage,
Pico de gallo and lime cilantro sauce,
served with fries

Caicos Lobster Clubhouse \$28 Classic three tier sandwich with Caicos Lobster on house baked brioche with bacon, Sriracha mayonnaise, avocado, tomato and bibb lettuce, served with fries

DINNER STARTERS

Caicos Conch Chowder \$13 Creamy sweet corn and saffron cream based chowder with tender Caicos conch, garnished with crispy bacon and green onion

Coconut Fried Lobster \$22 Coconut crusted Caicos Lobster served with Bambara rum and mustard sauce

Caribbean Plantain Salad \$14
Avocado mixed with cherry tomatoes and lime vinaigrette with sweet Bermuda onion, fried ripe plantains and fresh cilantro

DINNER ENTRÉES

12 Oz. Ribeye \$40 Grilled Prime Ribeye served with truffle mac & cheese and grilled asparagus

Caicos Lobster Pasta \$34
Tender Caicos lobster in a garlic cream sauce, roasted red peppers and baby spinach

Grilled Vegetable Spaghetti \$24 Grilled vegetables and spaghetti tossed in a light pesto sauce, with parmesan cheese

Roasted Chicken Breast \$32 Jerk spiced chicken breast with Caribbean rice and beans and charred sweet corn

DESSERTS

Raspberry Charlotte \$10 Raspberry Bavarian cream, Ladyfinger sponge, raspberry mirror

Black Forest Mousse Cake \$12 Fudge cake, white and dark chocolate cherry mousse, chocolate flakes

Blueberry Parfait \$12 Blueberry compote, lemon cheesecake, granola crumble



PAVILION ENFOLDS YOU IN THE FRESHNESS of PROVIDENCIALES, IN AN ATMOSPHERE BOTH EXQUISITE & RELAXED.

Pavilion brings a new take on Caribbean cuisine. Visitors and locals alike will savour flavours from around the world. Special moments. Unique experiences.

Let Pavilion entertain you...

Pavilion's menu draws from international cuisine; it has something for everyone. Enjoy whole fried snapper, savour handmade pastas, carve into Omaha centre-cut ribeye steak - roasted in our Wood Stone oven ensuring your meal is cooked to perfection. The Raw Bar serves the freshest seafood: from ceviches to barely seared, Asian-inspired tuna tataki.

Let Pavilion at The Somerset bring you the world to savour.

Pavilion is the place where friends are made and memories are created...













MAIN DINING ROOM

BREAKFAST 7AM - 10.30AM | DINNER 6PM onwards | dress: casual elegant

POOL & BEACH RESTAURANT

HOURS 11.30 - 6PM | dress: beach casual

RESERVATIONS 649.339.5900 | PAVILION.COM

RESERVATIONS@PAVILIONTCI.COM



APPETIZERS FROM \$16 - 24

HEIRLOOM TOMATO SALAD | burrata | balsamic reduction | nicoise olive
YELLOW FIN TUNA | togarashi tataki | soy-glazed spicy pineapple
HAND ROLLED POTATO GNOCCHI | caicos lobster | fresh tomato basil

Ceviches

SNAPPER | coriander seeds | cilantro | tomato | red onion | lime
CONCH | coconut milk | lime | cilantro | avocado
OCTOPUS | roasted tomato | basil | olive oil

MAIN COURSES FROM \$27 - 89

12 OZ. BEEF RIB EYE | peppercorn sauce

HERB CRUSTED RACK OF LAMB | chimichurri sauce

PAN ROASTED CORNISH HEN | andouille sausage | orzo | roasted corn

WHITE CORN AGNOLOTTI | corn and polenta stuffed rustic pasta

Fish and seafood

LOBSTER THERMIDOR | brandy garlic cream | gruyere crust | fried polenta
FRESH CAUGHT PROVO GROUPER | ras el hanout | tabouleh salad | tzatziki
WHOLE FRIED LOCAL SNAPPER (for 2) | soy ginger glaze | wilted greens
PAELLA RISOTTO | local seasonal seafood | carnaroli rice

SIDES \$8

Jalapeno-cheddar mac and cheese Sauteed mixed baby vegetable Roasted green asparagus and parmesan cheese

DESSERTS FROM \$9 - 12

WHITE CHOCOLATE AND MANGO CHEESECAKE | berry-anise coulis

ISLAND COBBLER | raw sugar molasses crumble | rum-raisin ice cream

DARK CHOCOLATE MASCARPONE TART | strawberry puree | fresh berries









MENU ITEMS AND PRICES ARE SUBJECT TO CHANGE.









MAIN DINING ROOM

BREAKFAST 7AM - 10.30AM DINNER 6PM onwards Closed for Dinner on Thursday dress: casual elegant

POOL & BEACH RESTAURANT

11.30AM - 6PM dress: beach casual

Private Beach Dining

Available on Request

RESERVATIONS 649.339.5900 RESERVATIONS@PAVILIONTCI.COM

WWW.PAVILION.COM

SEE MAP #101

CARIBBEAN BEACH PARTY

EVERY TUESDAY NIGHT 6:30 P.M.

ON THE SOMERSET RESORT BEACH BEACH BONFIRE - MUSIC - DANCING

EVERYBODY WELCOME!

\$49 PER PERSON \$64 W/LOBSTER! \$25 CHILDREN UNDER 12

MENU

COLD

MIXED GREEN SALAD

MOROCCAN TABBOULEH

CHILLED WATERMELON AND PICKLED GINGER GAZPACHO

MIXED BEAN SALAD

ROASTED BEET SALAD

FROM THE GRILL

MONTREAL-SPICED FLANK STEAK

JERK CHICKEN

MISO-MARINATED CAICOS MAHI-MAHI

COCONUT MILK-MARINATED SHRIMPS

FLASH-GRILLED YELLOW FIN TUNA WITH TOMATO SALSA

YUZU AND HERB CAICOS LOBSTER TAIL

SIDES

PEAS AND RICE CORN ON THE COB ROASTED BABY POTATOES ZUCCHINI GRATIN

ASSORTED DESSERT BUFFET

CALL: 649.339.5900



PELICAN BAY Restaurant and Bar

Breakfast • Lunch • Dinner Catering • Special Events

Dinner Reservations Recommended Tel 941-2365 / 431-9103

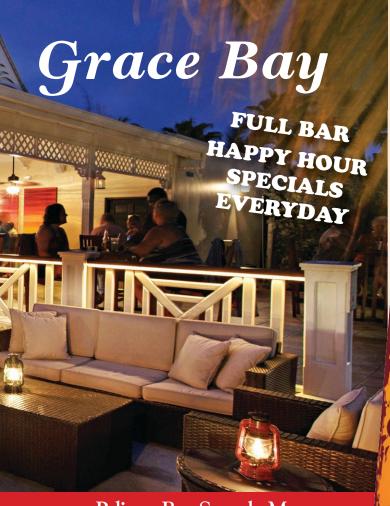
AT ROYAL WEST INDIES RESORT

ALL MAJOR CREDIT CARDS www.PelicanBayTCI.com See Map #104

- Bambarra Mai Tai Bambarra Silver
 Reserve, Mango, Pineapple, Lime
- Crazy Monkey (Frozen) Stoli Vanilla & Caramel Vodka, Banana Puree and Baileys
 - Caipiroska Belvedere Intense Vodka, Lime, Raw Sugar, Syrup
 - Patron Mojito Patron Silver, Mint Leaf, Lime, Club Soda
- Pisco Sour Chilean Pisco, Whole Fresh Lime, Simple Syrup, Aromatic Bitters
 - Mario's Mojito (Frozen) Bambarra Silver,
 Mint Leaf, Passion Fruit, Ting

THE LOCAL MENU

- South Caicos Conch Chowder Potatoes, Carrot, Celery, Onion, with Fresh Herbs
- Salt Cay Steam Fish Simmered in Creole Sauce,
 Bell Peppers, Onions, Tomato Base
 - Island Style Curry Fish Local Snapper Simmered in Coconut Curry Sauce
 - Creole Lobster 8oz South Caicos Lobster, Sautéed in Creole Sauce, Sweet Bell Peppers, Onions, Tomato Base Sauce
 - Steam Oxtail Slow Cooked Oxtails, Butter Beans, Fried Okra
- Jerk Cornish Hen Organic Whole Cornish Hen, Jerk Sauce, Finished with Guinness



Pelican Bay Sample Menu

12" or 16" PIZZA

- Margherita Buffalo Mozzarella,Fresh Basil, Homemade Tomato Sauce
- Pepperoni Pepperoni, Tomato Sauce
- From the Reef Lobster & Conch sauteed in Garlic & Herbs, Tomato Sauce
- Kitchen Sink's Pepperoni, Bacon, Ham, Sausage, Mushroom, Olives, Onions
- The Pelican Conch, Shrimp, Calamari, Catch of Day, Tomato Concasse, Mushroom, Pesto Sauce
- Caribbean Jerk Pulled Pork, Pineapple, Bell Peppers, Homemade Tomato Sauce
 - The BBQ Chicken, Onion, Pineapple, BBQ Sauce
 - The Jerk Jerk Chicken, Sweet Peppers, Jerk Sauce

APPETISERS

- Greek Salad · Feta Cheese, Peppers, Kalamata Olives, Cucumber, Bermuda Onion
 - Coconut Tiger Shrimp -

Lightly Fried, Sweet Chili Nectar

- Curried Beef Spring Roll Cumin Ground Sirloin, Cilantro Honey Sauce
- Louisiana Chicken Wings Hot or BBQ
 - Conch Fritters / Cracked Conch



CHEF SPECIALITES

- Lamb Provençal Herb Crust, Crushed New Potatoes, Roasted Olive, Merlot Jus
 - Penna Pasta Pesto Primavera -

Housemade Pesto, Roasted Vegetables

- Blackened Local Mahi Mahi Citrus Rice,
 Tropical Fruit Salsa, Fried Plantains
 - Fleur De Mer 4oz Lobster, Grilled Daily Catch, Cracked Conch, Basmati Rice Pilaf, Sautéed Seasonal Vegetables
 - DAILY CATCH Pan Seared with Basmati Rice Pilaf, Seasonal Vegetables

Pelican Bay Sample Menu

LOCAL LOBSTER

- 8oz Jerk Lobster Tail Jerk Sauce Finished with Guinness, Peas & Rice, Cole Slaw
 - Butter Poached 8oz Lobster Tail -Herb Potatoes, Sunblushed Tomatoes, Capers, Mojo Garlic Butter
 - 8oz Lobster Mango Thai Red Curry -Seasoned Vegetables, Basmatis Rice Pilaf (Lobster served in season only)

SANDWICHES/SALADS

Peppered Salmon Niçoise -

Boiled Egg, Kalamata Olives, Haricot Vert, New Potatoes, Roasted Peppers, Romaine

Southern Fried Chicken Salad -

Romaine, Cucumber, Pineapple, Onion, Tomato, Candied Pecan, Honey Mustard

- Curry Conch Island Curry Sauce, Peas & Rice, Vegetables, Coconut Milk
- Devonshire Fish & Chips -

Local Fish, Hand-cut Chips, Garden Peas

Sunday - Wednesday - Friday Special Events with

LIVE ENTERTAINMENT 5:30 to 10pm



All the best local produce from the Turks & Caicos Island!

\$55 for Adults \$19 For Children

Appetizers

Platter of Conch (Family Style)

A freshly prepare basket of Cracked Conch and Conch Fritters, Chowder, Tender South Caicos Conch, Carrot, Celery, Onion, finished with Fresh Herbs

Seafood Market

- · Caicos Conch
- Caicos Lobster* or Jumbo Shrimp
- *In Season
- · Local Snapper Local Grouper
- · Weekly Chef Fresh Seafood

Every Friday

5:30PM-10PM

Choose your selection of seafood and it will be prepared at the En-Papillote or Fry Station

En Papillote Station Creole Sauce

- West Indies Curry
- Sesame Sov
- · Lemon-Caper-Parsley Butter

Fry Station

- · Cajun Seasoning
- Coconut Crusted
- · Panko Dusted
- · Italian Breadcrumbs

Stew Pot Minimum 8 hours of stewing, Weekly changing TCI Specialties,

Accompaniment Honey Baked Sweet Potato

- Coconut Rice
- Sautéed Vegetables

Stir Fry Station

- Rice Noodle served to your preference
- · Beef Ala Pad Thai
- Seafood Green Curry
- · Chicken Consommé
- · PB Special Shrimp Stir Fry







PELICAN BAY RESTAURANT & BAR | Royal West Indies Resort Tel.: 649-431-9103/9101 Email: info@pelicanbaytcl.com www.pelicanbaytcl.com



EVERY WEDNESDAY PELICAN BAY'S

Lobster Extravaganza!!

5:30PM - 10PM

ALL YOU CAN EAT!

GRILLING STATION

- Grilled Caicos Lobster
- Fresh Local Fish
- Cilantro Chimichurri Marinade, Cuban Mojo Marinade, Jerk Marinade.
- Grilled Jerk Chicken
- Grilled Minute Steak

PASTA STATION

 Penne Pasta with Fresh Home Made Sauces: Tomato Marinara, Creamy Alfredo & Basil Pesto.

FRY STATION

 Cracked Lobster • Lobster Fritters, Conch Fritters • Fried Local Snapper

NTERTAINMENT !! During Lobster Season Only

SIDE DISHES

- · Peas & Rice
- Double Baked Dutch Potatoes
- Sauteed Vegetables
- Grilled Corn

DESSERT

· Chef Daily Dessert Special





RESERVATIONS REQUIRED 649-431-9101/9103 or Info@pelicanbaytci.com Pelican Bay Restaurant and Bar. Royal West Indies Resort, Grace Bay, Providenciales.





Turks & Caicos leading supplier of wine, spirits and beer since 1988. The islands largest selection of wines from around the world. Complete assortment of premium spirits.

EXCLUSIVE DISTRIBUTOR OF MANY GREAT BRANDS INCLUDING...



























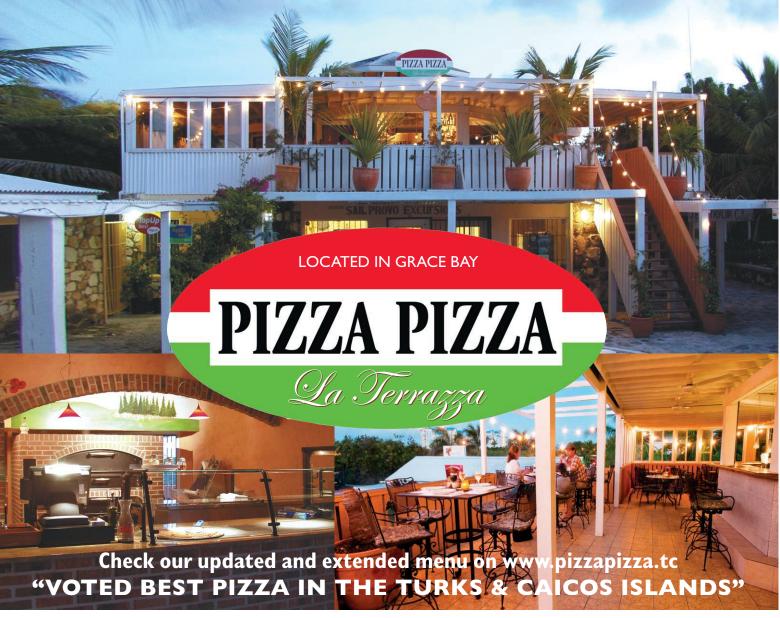












PIZZA PIZZA LA TERRAZZA UPSTAIRS AT GRACE BAY PLAZA

941-8010

Enjoy our full Genuine Italian Menu with fresh baked nightly specials, pasta, salads and garlic bread. Full bar, beer and wine. Dine in or carry-out. Open 7 days 11:30am 'til LATE.

(See MAP #108)

GENUINE BRICK OVEN PIZZA



FREE DELIVERY FOR MINIMUM ORDER

PIZZA PIZZA

LOCATED AT CINEMA PLAZA
LEEWARD HIGHWAY

941-3577

Our pizza dough is freshly made everydayhomemade sauce and the freshest toppings. Specialty pizzas. Dine in or carry-out. Open 7 days 11:30 to 9:30 Friday/Saturday 'til 10pm. (See MAP #109)



PIZZA PIZZA LA TERRAZZA MENU

LA TERRAZZA FAMOUS PIZZA

LA IERRAZZA FA	MOUS PI	ZZA
	Med 12"+	Lg 16″+
Kitchen Sink	16.75	24.49
Pepperoni, Sausage, Green Pepper, O	nion,	
Mushroom, Black Olive, Broccoli, Extra	a Cheese	
Marinara	10.99	17.49
Tomato Sauce, Garlic, Oregano (no ch	eese)	
Veggie	15.75	22.49
Green Pepper, Onion, Mushroom,		
Black Olive, Broccoli, Sliced Tomato		
Hawaiian	15.49	22.99
Ham, Pineapple, Extra Cheese		
Meat Lover	16.99	24.99
Pepperoni, Sausage, Ground Beef, Me	atballs	
Double Dutch	16.99	23.49
Double Beef, Double Onion		
Bismark	16.49	23.49
Ham, easy sunny-side-up Egg on top		
Seafood	18.99	26.99
Squid, Conch, Mussels, Clams, Shrimp,		
Crab, Baby Octopus, Herbed Garlic		
Margherita	18.99	25.99
Special Tomato Sauce, Fresh Mozzarel		
Red Goat	18.99	26.99
Goat Cheese, Roasted Red Peppers		
BBQ Chicken	16.99	24.99
BBQ Chicken Breast, Red Onion, Fresh	Cilantro	

CREATE YOUR OWN PIZZA

Cheese Pizza	12.49	19.49
Toppings	1.19	1.89
MEAT, Dannauani Carranna	Hat Italian Carrana	ماليم طلام ما الم

MEAT: Pepperoni, Sausage, Hot Italian Sausage, Meatballs, Ham, Beef, Spicy Chicken*, BBQ Chicken*

VEGETABLES: Mushrooms, Onions, Green Peppers, Roasted Red Peppers*, Artichokes*, Black Olives,

Green Olives, Extra Sauce, Extra Cheese, Broccoli, Red Onions, Garlic, Sliced Tomato, Jalapeños

FISH: Anchovies, Tuna, Shrimps**, Lobster**
(*Charged Double, **Charged Triple)

IMPORTED PASTA MIX & MATCH

Mix and Match your favourite

pasta with the sauce of your choice 15.99
PASTA (imported from Italy):

Spaghetti, Penne, Fusili, Farfalle, Linguine, Ziti, Rigatoni RED BASE SAUCE:

Basil Tomato, Bolognese (beef, red wine), Meatballs (beef)
WHITE BASE SAUCE: Carbonara (bacon),
Alla Vodka (Ketel One), Alfredo (ham, mushroom)
OTHER SAUCES: Pesto (basil), Papalina (red pesto, hot)

DESSERT/COFFEE/BEVERAGES

Cakes/Pies - 6.99	Espresso (illy) 1.99	Soda Can 12oz 1.99
Chocolate Caramel	Macchiato 2.49	Water 20oz 1.49
Cheesecake	Cappuccino 2.99	Red Bull 3.99
Boston Cream	Irish Coffee 9.99	Beer 4.99
Key Lime	Bailey's Coffee 9.99	Guinness 5.99

Wine: Please see our wine list

APPETISERS/SIDE ORDERS

Garlic Bread 2.49 Add Cheese +.49
Baguette cut, smothered with our blend of garlic and herbs,
brick-oven toasted

Bruschetta 5.99

Grilled Crostini bread topped with our homemade Italian salsa

French Fries 3.29

Buffalo Wings 7.99 lb

Ask for Mild, Medium, Hot or Nuclear

Onion Rings 5.99

Mozzarella Sticks 6.99

Served with zesty Marinara Sauce

SALADS

All salads are served with homemade Balsamic dressings unless requested otherwise.

Available: Ranch, Blue Cheese, Thousand Island, Caesar

	SIDE	PLATE	FAMILY
Mixed Salad	3.99	7.99	14.99
Caprese	6.49	11.99	22.99
V-R Tomato, fresh Mozza	arella, basil Bals	amic dressing	1
Caesar Salad	4.99	9.49	17.99
AD	D TO ANY SA	LAD:	
Grilled Chicken	+2.99	+4.99	+7.99
Grilled Shrimps	+4.99	+8.99	+11.99

BRICK OVEN

BAKED SPECIALITIES

BEEF LASAGNA 15.99

Our original northern Italian recipe made with beef, red wine, cheese, tomato and natural spices

BAKED ZITI 15.99

Ziti pasta in a blend of tomato sauce, roasted garlic, Provolone, Mozzarella and fresh basil

GRILLED PANINI

All of our Panini are hot pressed on our Italian cast iron grills and served with fries

Croque Monsieur (Ham & Cheese, White Sauce) 7.99 (add fried egg) +1.99

Cubano (Roasted Pork Tenderloin, Ham, Cheddar,

Mustard, Pickles) 10.99

Sanremo (Grilled Chicken Pesto, Provolone & Sweet Red Onions) 9.99

Columbia (Prosciutto, Brie Cheese, Radicchio) 12.99

BLT (Bacon, Lettuce, Tomato) 9.99

Zahara (Tuna Salad, Sweet Provolone, Lettuce, Tomato, Mayonnaise) 9.99

Provo-sciutto (Provolone, Prosciutto, Roasted

Red Peppers) 12.99

Governor (Turkey, Bacon, Guacamole, Mozzare

The Governor (Turkey, Bacon, Guacamole, Mozzarella, Salad, Ranch Dressing) 11.99

Chicken Milano (Breaded Chicken, Lemon, Black Pepper, Mayonnaise, Salad) 11.99

Caprese (Fresh Mozzarella, Tomato, Basil Pesto, Balsamic Vinaigrette) 10.99

All prices subject to 12% government tax and 10% service charge (15% for parties of 5 or more)

MENU ITEMS AND PRICES ARE SUBJECT TO CHANCE

OUR CUISINE is modern-contemporary, fused with the history of the Turks & Caicos Islands. Starting from our colonial past as a salt mining center, this salt collected by Bermudian settlers was traded from the Caribbean to Newfoundland offering a rich bounty of foods, techniques and spices. Enjoy your evening with us as we celebrate the cultural diversity of the islands.



APPETIZERS Atlantic Diver Scallops24 Almond vinaigrette, bacon powder, peach confit Edamame, pineapple, pink ginger, coconut Avocado, cucumber, green apple Mozzarella, balsamic pearls, basil Duo of Yellow Fin Tuna22 Sesame, avocado, cucumber, squid ink, wasabi Scallop, lobster tartar, conch fritter Smoked Salmon 19 Rillettes, horseradish, pickled cucumber, potato salad Whipped Buffalo Milk Ricotta (v)....... 19 Pickled summer berry, organic beets Roasted butternut squash, morel cream sauce Shrimp Salad 21 Sambal, zucchini noodles, mango, apples Garden Pea Risotto 14/26 Green asparagus, garlic aioli, parmigiano reggiano

FOR 2 TO SHARE

SEE MAP #110

24oz Roasted Beef Chateaubriand Hazelnut & potato gratin, sautéed mushroom, béarnaise sauce 49 per person

Chef's Tasting Menu Wine Pairing 89 per person 40 per person

ENTRÉES

Slow Roasted Pork Belly Sweet potato mash, apples, Brussels sprouts, asparagus spears, jus	28
Grilled Rock Lobster Turned Potato, market vegetables, herb-lemon butter	46
Roasted Chicken Breast Cannellini Beans, spinach, confit tomato	29
Roasted Duck	32 curds
Milkfed Lamb	42
Mahi Mahi Brandade, chorizo, cuttlefish, avocado	36
South Caicos Snapper Cauliflower cous cous, curried madras oil, toasted pine nuts, tzatziki	34
Heritage Beef Tenderloin Corn, gold beets, veal sweetbreads, jus	42
Tiger Shrimp	38 r, chili
Seared Yellow Fin Tuna Wasabi Yukon mash, balsamic mirin, vegetable tie, horseradish cream	38
Grouper Heart of palm, edamame beans, green asparagus, mango chili glaze	38
Pearl Barley Risotto (v)	25

(v) vegetarian

Prices are in USD and not inclusive of 15% service charge and 12% government tax.

If you have any food related allergies or special dietary requirements, please do not hesitate to let us know.

Consuming raw or undercooked meats, fish, shellfish or fresh eggs may increase your risk of food-borne illness

Serving dinner Monday through Saturday, 5:30 - 9:30 pm Reservations 649.339.3777 • www.SevenStarsGraceBay.com



Welcome to the Sharkbite!

Perched 30 feet over the water in Turtle Cove Marina. Sharkbite features lunch. dinner and a family friendly children's menu. There are nightly specials as well, ensuring something for everybody.

Have a seat on one of our three waterfront decks and watch for fish, turtles & sharks while enjoying the amazing breeze. If the weather doesn't cooperate Sharkbite has plenty of indoor seating.

So please stop by the Sharkbite, have a cocktail, and enjoy the breathtaking views of the marina. Open 7 days a week for lunch and dinner.



Visit Sharkbite and use this **Rum Punch Coupon** Buy one, get one Limit I coupon per customer



On the water at Turtle Cove Marina, providing the best breeze in Provo

Food served from 11am to 10pm nightly

Reservations - Call 941 5090

Free Wi-Fi

Try your luck in our Private Slot Parlour

Big screen TVs with satellite

Purchase the most popular apparel on island

Live music Friday nights

Take-out service available

www.thesharkbite.com

Nightly Specials

See Map #112

Facebook: the sharkbite 649.941.5090

PROVIDENCIALES DINING GUIDE

Turtle Cove

+112+

MENU ITEMS AND PRICES ARE SUBJECT TO CHANGE

Where the locals go every night

Friday Night Happy Hour 5pm - 7pm Beer \$4 Wine \$5 Mixed Drinks \$5



A Few of our Favorites

- Nacho Frenzy
- Sharkbite Burger
- Almond Crusted Grouper





Snapper Tropical

Cracked ConchFirecracker ConchNew England StyleConch Chowder

- Penne Alfredo with Blackened Chicken
- Spaghetti Bolognaise



- Jerk Chicken & Pineapple Salad
- Goombay Grouper Sandwich
- Fish & Chips
- Fresh Caicos Lobster
- 20 Different Types of Wings
- Portobella Salad
- Veggie Wrap
- Poutine
- Kid's Menu



Lunch & Dinner

Starters

Chips & Salsa	\$6
Chips & Fresh Guacamole*	^{\$} 12
Local Fish Tostada	\$10
Ceviche Local Fish/Conch	\$15/\$17

Plates

Nachos	*13
tri color tortilla chips, sauteed onions, peppers, tomatoes, cheddar ‡ jack cheeses, salsa rioja, pico de gallo and sour cream	

Some	Salad				\$12
chopped	romaine,	onions,	peppers,	tomatoes,	

chopped romaine, onions, peppers, tomatoes, cheddar & jack cheeses, cumin-lime vinaigrette, fresh guacamole*, served in a large tortilla shell

Some Caesar \$13

chopped romaine, roasted tomato, chipotle caesar dressing and oregano croutons

Burritos \$13

onions, peppers, tomatoes, black beans, rice, cheddar & jack cheeses in a flour tortilla with salsa rioja

Quesadillas \$1:

cheddar \$ jack cheeses, sauteed peppers, onions, tomatoes, griddled in a large flour tortilla with pico de gallo

Tacos \$13

three flour tortillas, sauteed peppers, onions, tomatoes, cheddar ‡ jack cheeses, lettuce, pico de gallo and salsa rioja

add on:

aud on,				
Black Beans or	\$4	Steak		\$8
Ground Beef		Conch		\$9
Vegan Quinoa	\$4	Lobster	market	price
Chicken or	\$5	Fresh Guac	amole*	\$3
Local Fish		Sour Cream		\$1

Coffee & Teas

\$3,50	Cappuccino	\$4.50
\$5.50	Cafe con Leche	\$4.50
\$2.75	Cafe Latte/Mocha	\$5
\$3,75	Iced Coffee	\$4
	\$5.50 \$2.75	\$2.75 Cafe Latte/Mocha

Bulk Coffee & Tea available!

Ask about our fresh made desserts...

 Due to island limitations and seasonal availability, our fresh guacamole is not always available.

Menu Items and Prices Subject to Change.

View our full menu online at: somewhere cafe and lounge, com



Fajitas

cheddar & jack cheeses, salsa rioja, pico de gallo, sauteed jalapeños, onions, peppers, tomatoes, served with warm flour tortillas

\$16

\$20

\$28

market price

add an

Black Beans or	\$4	Conch or Shrimp	\$11
Chicken		Lobster market	price
Local Fish	\$6	Fresh Guacamole*	\$3
Steak	\$9	Sour Cream	\$1

BBQ & Sandwiches

Pulled Pork "Dirty Fries"	^{\$} 11
Pulled Pork Tacos	\$15
Pulled Pork Quesadilla	\$14
Pulled Pork Sandwich	\$14
Hamburger/Cheeseburger	\$13/\$14
Chicken Sandwich	\$1 4
Fish Sandwich	\$16

Entrees

BBQ Ribs	\$15
1 lb of tender pork spareribs, chipotle molasses	
bha sauca shoashrina franch fries cale slaw	

Southwest Spiced Chicken

Southwest Spiced Chicken
Southwest spice rubbed half chicken with cumin
and coriander, cuban style black beans and rice,
sautéed kale

Carne Asada \$24

tequila marinated flank steak, served with sauteed onions, peppers, tomatoes, herb compound butter, choice of mexican or white rice, french fries or add salad \$1

Grilled Ribeye

black angus rubbed with espresso, served with chipotle molasses bbg sauce, sauteed onions, peppers, tomatoes, choice of mexican or white rice, french fries or add salad \$1

Pescado Veracruzano Style

pan seared local fish (please ask your server), veracruzano sauce of tomatoes, olives, capers, with sauteed onions, peppers, tomatoes and mexican rice

Breakfast served daily till 11am

Tex-Mex Burrito	\$10
Chorizo Burrito	\$11
Chorizo Tacos	\$14
Huevos Rancheros	\$12
Steak and Eggs	\$18
Omelette	\$11
Somewhere Platter	\$12
Fruit Bowl	\$12
Coconut Banana Pancakes	\$11
French Toast	\$11
Breakfast Sandwich	\$12

THE CHEFS AT SOMEWHERE CAFE

AMY FABARA - EXECUTIVE CHEF JASON MITCHELL - CHEF DE CUISINE EMILSON CRUZ - SOUS CHEF

WHEN I SAT DOWN WITH THIS culinary 'tag team' it was exciting to witness not only their tangible synergy of personalities, but also a genuine camaraderie based on mutual respect.

Chef De Cuisine Jason Mitchell is the proverbial new kid on the block, having recently "pulled the trigger" to join the Somewhere family that includes Executive Chef, Amy Fabara and Sous Chef, Emilson Cruz.

Jason (at left) had arrived in the midst of the September heat wave; quite a climate change from Jackson Hole, Wyoming. "What do you think of Provo?" I asked. "It's warm!" he said, with just a hint of sarcasm on 'warm.' He's been in the biz for over twenty years, more recently in the private sector teaching culinary arts, working as a private chef, hosting a radio program on food, and music, and as Executive Chef at The Granary at Spring Creek Ranch, Jackson Hole, WY.

Sous Chef Emilson Cruz (at right) has ten years of on-the-job training under his toque. The chefs good-humoredly tease that he graduated 'The School of Hard Knocks.' He supported himself from the age of fourteen, attending school by day and rushing to work in a restaurant kitchen nights until 3:00 a.m. His drive and determination are nothing short of impressive and awe-inspiring. When he arrived in mid-December 2012 it was sink or swim for Emilson, and that had nothing to do with Grace Bay Beach — he was literally thrown 'into the fire' at the peak of the high season, which some industry insiders jokingly call 'hell week.'

Executive Chef Amy Fabara (center) has been running this successful and popular Café 'remotely' for the most part since, adding motherhood to her role. Still very much involved in the day-to-day function of the Café, she admits that she misses the creativity and passion, but this revamped structure has afforded Emilson the chance to really grow.

Amy acknowledged, "It is a special kind



of family environment in the kitchen that I think is really, really unique. I don't think you ever see that in any other profession. It's the way cooks are with each other. It's a love-hate relationship too. We're all emotional beings, at the core. There's always this level of passion." Jason interjected, "And social rejects too." Amy laughed and added, "Yeah, we really are." "That's why we're not in the front of the house," quipped Jason.

It's a high stress environment, I offered. Emilson agreed, "Yeah, you've gotta have tough skin to work in the kitchen. You cannot be the weakest link, you have to be in synchronisation with almost everybody there. You have to know how to dance with your coworkers. If one person slips, everybody else just falls." Amy cut in, "It's a silent dance too – it's not like there's a lot of talk. It's an ebb and flow that happens in the kitchen among you the longer you work together. You're working in a tiny little space, but you never run into each other you never burn each other or cut each other because you all know exactly where to be." Emilson laughed and said, "If you get burned, you get burned in the first week. I got burned a lot the first week!"

Faces may change, but the Somewhere philosophy never does. "Clean and fresh.

Less is more. Restraint is a good thing. We want something that's approachable, familiar, simple, and clean," Amy maintained.

In addition to an amped-up wine list and cocktail menu, Amy promises a lot more specials for the new season. "We will always have our static menu that everybody loves. Everyone comes to the café for the Nachos and Fish Tacos. Having the level of talent in these two [Jason and Emilson] will give us an opportunity to step outside of those parameters and explore some different flavour profiles, still within the parameters of Tex-Mex, but more creative," she explained.

The chefs have kept Jason very busy since his arrival, but not necessarily in the kitchen. What I dubbed, baptism by food – not fire. Experiencing firsthand the variety of the islands' restaurants and food trends, from fine dining to local fare, including our famous Fish Fry, this rite of passage has been somewhat of a culinary marathon.

Joined at the hip, at least for now, this culinary collaboration of Amy, Emilson and Jason are eager to put these new kitchen dynamics to the test. Jason is pragmatic and unpretentious in his approach, and acknowledges, "A chef is only as good as the people he works with."

STORY BY MANDY ROSTANCE-WOLF ~ PHOTO BY WWW.LISAADARAPHOTO.COM







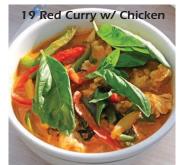




Variety is the spice of life - at THAI ORCHID, variety presents itself in over 60 mouth watering and tempting selections. All items are prepared on the mild side. Enjoy lunch or dinner in our air-conditioned dining room, or quick and delicious take-out.

Open Monday to Saturday 11am to 10pm Open Sunday 4pm to 10pm











Cash | Visa | MasterCard | Discover | Travellers Cheques





OPEN SEVEN DAYS ~ MONDAY - SATURDAY 11 AM to 10 PM ~ OPEN SUNDAY 4 PM to 10 PM

~ THAI ORCHID TAKE-OUT MENU ~

APPETISERS

1 Siam Rolls \$9.95 5 pcs Crispy spring rolls with chicken, cabbage, carrots and celery

2 Angel Wings \$9.95

Deep-fried seasoned chicken wings with sweet & sour chili garlic sauce

3 Satay Chicken or Beef \$9.95 4 pcs Charcoal grilled marinated chicken or beef in special coconut curry sauce on skewers with a spiced

4 Golden Bags \$9.95 5 pcs Golden fried seasoned shrimp and chicken, water chestnuts, shiitake mushrooms, celery and onions wrapped in spring roll skins and served with a plum sauce

peanut sauce and cucumber salad

5 Shrimp Blanket \$13.95 5 pcs Delicate whole shrimp in spring roll skins, golden fried and served with a sweet and sour chili sauce

6 Tofu Triangles \$9.95 8 pcsGolden fried tofu served with sweet & sour sauce with crushed peanuts

7 Meee Krob \$13.95

Crispy noodles, shrimp and egg with sweet & sour sauce, cilantro, scallions

49 Vegetable Tempura \$13.95 Served with peanut sauce

66 Shrimp Cakes \$14.95 8 pcs Shrimp, curry, kalifer lime leaves and roasted peanut minced & deep fried **67 Deep Fried Beef \$14.95**

Beef slices in special sauce & black pepper deep fried with hot sauce

SOUPS

8 Tom Yum Hot & sour broth seasoned with lemongrass, lime, pik pow sauce, mushroom, tomatoes, cilantro

9 Coconut Soup

Seasoned with Thai spices, lime juice, mushrooms, tomatoes and cilantro

10 Vegetable Soups

A clear soup with assorted vegetables SOUP CHOICES Shrimp \$12.95 Chicken, Vegqie, Tofu \$9.95

50 Egg & Meatball Soup \$21.95 Scrambled egg, minced pork & shrimp balls in a seasoned broth

51 Calamari Soup \$23.95 Calamari stuffed with minced pork in a seasoned broth

65 Noodle Soup \$18.95A seasoned broth with beef, pork or chicken. With Shrimp **\$21.95**

SALADS

11 Grilled Beef Salad \$21.95

Grilled sliced beef tossed with celery, cucumber, red onions, tomatoes, garlic and lime juice

12 J.P. Salad \$16.95

Chicken & egg on a bed of lettuce, cucumber, tomatoes, red onions, red cabbage, bell peppers with sweet and sour crushed peanut dressing

52 Larb Gai \$18.95

Spiced, minced chicken with fresh mint, red onions, dried chili, lime juice and cilantro

53 Larb Pork \$18.95

Spiced, minced pork with fresh mint, red onions, dried chili, lime juice and cilantro.

NOODLES

13 Goong Ob Woon Sen \$21.95 Steamed shrimp with glass noodles, sliced pork, onion, ginger, butter, milk & black pepper

14 Pad Thai \$19.95

The most famous Thai noodle dish, rice noodles, pan fried with egg, crushed peanuts and chicken With Shrimp \$21.95

15 Tofu Vegetable Pad Thai \$19.95

Rice noodles pan fried with tofu, vegetable, egg, bean sprouts and crushed peanuts

16 Seafood Drunken \$24.95 Stir-fried flat rice noodles with chili peppers, garlic, bean sprouts, bell peppers, string beans and basil leaves

17 Pad See You \$19.95
Pan fried flat rice noodles with egg & choice of chicken, beef, or pork with broccoli & carrots. W/shrimp \$21.95

18 Rad-Na \$19.95

Your choice of chicken, beef, or pork w/ broccoli, carrots, flat rice noodles in brown sauce **W/Shrimp \$21.95**

54 Pad Woon Sen \$19.95Your choice of chicken, beef, or pork stir-fried with glass noodles, egg, shredded cabbage, carrots, mushrooms, bean sprouts and scallions With Shrimp \$21.95

CURRY

19 Red Curry - Red curry, coconut milk with bamboo shoots, green peas, bell peppers and basil leaves

20 Green Curry - Green curry and coconut milk with bamboo shoots, green peas, bell peppers, basil leaves

21 Yellow Curry - Yellow curry and coconut milk with potatoes, pineapple, onions, tomatoes and snow peas

22 Panang Curry - Green beans, bell peppers and basil leaves

55 Masaman Curry - Thai favourite curry with sweet potatoes, onions, carrots and roasted peanuts in coconut milk

CURRY CHOICES:

Chicken **\$19.95** Beef or Pork **\$20.95** With Shrimp **\$21.95**

Vegetable or Tofu \$19.95

56 Chicken Mango Curry \$19.95 Chicken, ripe mango and onions on a Karee curry sauce and coconut milk

23 Roasted Duck Curry \$23.95
Boneless roasted duck in red curry
and coconut milk with pineapple,
cherry tomatoes, bell peppers, basil

FRIED RICE

24 Thai Fried Rice - Stir-fried rice with egg and tomatoes, garnished with cucumber

25 Pik Pow Fried Rice - Spicy fried rice in pik pow sauce with egg, onions, bell peppers, fresh basil

26 Pineapple Fried Rice - Stir-fried rice with chicken, beef, pork or shrimp, egg, pineapple, onions, raisins, tomatoes, roasted cashews and a light curry powder

27 Mango Fried Rice - Stir-fried rice with egg, mango, onion, ginger, carrot and sweet peas

57 Basil Fried Rice - Stir-fried rice, egg, onions and fresh basil FRIED RICE CHOICES: Chicken, Beef, Pork **\$19.95**

LUNCH PORTION \$11.95 With Shrimp \$21.95

LUNCH PORTION \$12.00 58 Tofu Veggie Fried Rice \$19.95 LUNCH PORTION \$11.95

Stir-fried rice with tofu, egg and assorted vegetables

HOUSE SPECIALTIES

28 Cashew Nuts with Chicken, Beef, Pork or Shrimp - Your choice sautéed with roasted cashew nuts, pineapple, mushrooms and scallions

29 Broccoli Chicken, Pork, Beef or Shrimp - Your choice stir-fried in oyster sauce with carrots, broccoli

30 Basil Chicken, Beef, Pork or Shrimp - Your choice stir-fried with mushrooms, onion, bell peppers and basil leaves

31 Ginger & Scallions - Your choice sautéed with shredded ginger, mushrooms, onion, red peppers, baby corn and scallions in soy sauce

32 Garlic & Peppers - Your choice sautéed with garlic and pepper sauce, steamed broccoli & lettuce

33 Sweet & Sour Chicken or Shrimp - Sautéed tender chicken or shrimp in a sweet and sour sauce with pineapple, onion, cucumber, tomatoes, bell peppers and scallions

34 Chicken or Beef with Peanut Sauce - Sautéed marinated chicken or beef with light curry powder and peanut sauce served on a bed of steamed mixed vegetables

59 Snow Peas - Your choice sautéed w/snow peas, onions, mushrooms and carrots in a brown sauce

60 Baby Corn & Mushroom -Your choice sautéed with mushrooms, baby corns, carrots, onions and scallions in a brown sauce
SPECIALTY CHOICES:

SPECIALTY CHOICES: Chicken, Pork or Beef \$19.95 With Shrimp \$21.95

VEGETABLES

35 Rama Garden \$19.95

Steamed mixed vegetables topped with a spiced peanut sauce

36 Spicy Tofu \$19.95

Stir-fried tofu with baby corn, mushrooms, snow peas, sliced bamboo shoots and cashew nuts in a chili and qarlic sauce

37 Rainbow Basil \$19.95Stir-fried mixed vegetables and basil in

a brown sauce
61 Tofu Radprig \$19.95
Fried tofu topped with garlic, chili,

tamarind sauce and crispy basil 62 Basil Tofu \$19.95

Stir-fried tofu with garlic, chilies, onions, mushrooms, bamboo shoots, bell peppers and fresh basil

SIDE ORDERS

Steamed Jasmine Rice \$2.00 Peanut Sauce \$2.00 Cucumber Salad \$2.00 Steamed Rice Noodles \$3.00

SEAFOOD

38 Diamond Turks \$25.95Tender scallops stir-fried with garlic sauce and scallions

39 Shrimp Crispy Basil \$24.95 Sautéed shrimp in pik pow sauce, string beans, bell peppers & cashew nuts, topped with crispy basil 40 Seafood Pik Pow \$24.95

40 Searood PIK POW \$24.95
Sautéed seafood with bamboo shoots, baby corn, bell peppers , mushroom, onions, snow peas, basil leaves in a pik pow saucel

41 Chili Shrimp \$24.95Glazed shrimp topped with chilies, bell peppers, mushrooms and basil

42 Chili Fish \$24.95

Choice of fish topped with onions, bell peppers and basil leaves

43 Garlic Snapper \$24.95 Grilled snapper sautéed in garlic with peppers on bed of steamed broccoli

44 Pla Radprig \$24.95Fillet of snapper topped with garlic, chili, tamarind sauce and crispy basil

45 Snapper Choo Chee \$24.95
Grilled snapper sautéed in choo chee

sauce, bell peppers, basil leaves

63 Basil Seafood \$24.95

Sautéed shrimp, scallops, calamari
and chunks of scrod fillet with a garlic

and chilie sauce, bell peppers, onions

and fresh basil

64 Sweet & Sour Fish \$24.95

Sautéed fish in a sweet and sour sauce with pineapple, onions, cucumbers, tomatoes, water chestnuts, bell

DUCK

peppers and scallions

46 Tamarind Duck \$25.95

Half boneless roasted duck topped with shredded ginger, mushroom, onion, bell peppers, pineapple, tomatoes and scallions in tamarind sauce

47 Bangkok Duck \$25.95
Half boneless roasted duck, sliced and glazed with the chefs tangy sauce, served with sautéed mixed vegetables

48 Crispy Duck \$25.95

Half boneless roasted duck and crispy duck noodles with steamed broccoli, carrots and cauliflower, served with a garlic and sweet chili sauce

BEVERAGES

Thai Iced Coffee or Tea \$3.50
Jasmine Tea \$5.00
Organic Green Tea \$5.00
Water \$2.00
Pellegrino \$10.00
Wines by the glass \$10.00
Wines by the bottle \$45.00
Coors Light, Corona, Heineken, Presidente, Turk's Head \$6.50
Guinness, Thai Singha \$7.00
Vodka/Gin \$10.00
Rum \$10.00
Scotch/Whiskey \$12.00
Liqueurs \$12.00
Cognac \$12.00

Order by Number Call for Carry Out 946-4491

Menu Items are on the Mild Side. If you Prefer Extra Spice ask for 1 Chili, 2 Chilies or 3 Chilies (Be Careful!!!)

TKIKUT

Island Eatery

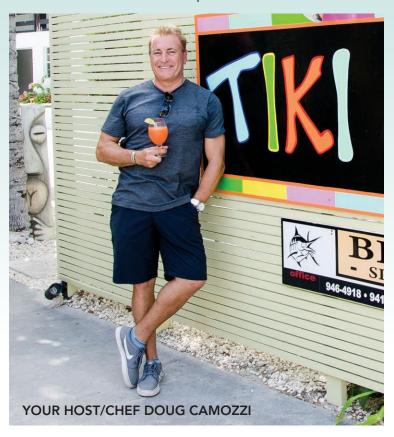
On the Water at Turtle Cove... the Soul of Provo

E: tikihut@tciway.tc | T: 649.941.5341

OPEN 7 DAYS FOR LUNCH & DINNER

SEE OUR FULL MENU AT www.TikiHut.tc

See Map #120













Wednesday - Famous Chicken & Rib Night Live Music - 23 years and going strong!

Ribs & Chicken Wednesday Menu

Served with Sautéed Veggies and Garlic Mashed Potatoes **Baby Back Ribs . . . 16.99 Herb Roasted Chicken . . . 16.99**

Combo ½ Chicken & ½ Ribs . . . 16.99 Vegetarian option w/ Rice . . . 14.99

Steak Crab Fish Pasta

8 oz Filet Mignon | 12 oz New York Strip | 22 oz "Cowboy Cut" Rib Eye 18 oz Certified Angus T-Bone | Surf and Turf 8oz Crab / 8oz Filet Mignon King Crab (Seasonal) | Fresh Tuna | Grilled Red Snapper | Tiki Fettuccini Vegetarian or Chicken Fettuccini Primivera



APPETISERS

SALADS & SOUPS

Black Bean Soup
South of the TIKI Pork Green Chili 10
Caicos Conch Chowder9
Fresh Arrugula, Parmesan, Tomato .14
Tropical Chicken Pineapple Salad16
Caicos Conch Salad12
Turtle Cove Caprese14
Fresh Fish Salad20
Tiki Garden Salad12
Caesar Salad
DOCKCIDE DACTA

DOCKSIDE PASTA

Fettuccini Alfredo Half 10 Full 1	7
Add Shrimp / Chicken . Half 15Full 2:	3
Ravioli Special of the Day2	2
Chicken Bow Tie Pasta2	4
Farfalle Pasta with Chicken, Mushroom,	
Vadalia Onion in a Bambarra Rum Cream	n

LOBSTER SPECIALS

CRACKED LOBSTER 18
COCONUT CRUSTED LOBSTER 18
LOBSTER WRAP
LOBSTER SALAD24
LOBSTER PASTA
LOBSTER TAIL45
SURF & TURF55
8oz Lobster Tail & 8oz Filet Mignon

DOCKSIDE FAVORITES

Curry Seafood Trio (seasonal) 33
Mahi Mahi, Shrimp & Conch, curried to
order with White Rice & Mixed Vegetables
FRESH Island Fish market\$
Snapper, Tuna or Mahi Mahi, with Lemon
Butter or White Wine Sauce
Fish & Chips
Lightly Breaded, w/Fries & Mango Slaw
Tiki Baby Back Ribs
Provo's Favourite for 23 years! Two sides
Jamaican Jerk "Porterhouse"
Pork Chop - 16 oz
Jerked, with Native Peas & Rice and
Mango Coleslaw or Plantain
West Indian Chicken
Pounded Chicken Breast Rolled & Stuffed
with Coconut Curry Shrimp
Jamaican Jerk Chicken20
Jerk Chicken (bone-in), Island Peas & Rice
and Mango Coleslaw or Plantain
Curry Chicken20
West Indian Curry (bone-in)
Caicos Crack Conch20
Conch, Pounded, Lightly Floured & Flash
Fried, with Dill Tartar Sauce

TIKI'S FAMOUS CERTIFIED ANGUS BEEF

A Piece of Colorado in the Tropics!
Choose any Two: Baked Potato, Island
Peas & Rice, Homemade Fries or Mixed
√egetables
10oz Filet Mignon
12oz New York Strip
22 oz "Cowboy Cut" Rib Eye 42
18 oz T-Bone
34 oz Tomahawk "Long Bone" Rib Eye
Only one in the Caribbean!58
Surf and Turfmarket\$
Seasonal with King Crab or Local Lobster

Thursday Special - **King Crab Night**Fridays - **Steak Night** Featuring our
Certified Colorado Black Angus Steaks | 941.5341









VIA VENETO RESTAURANT

Wine Bar - Restaurant - Pizzeria open from 5:30 pm to late

Phone 941-2372 Closed on Thursdays



Dining at Via Veneto, a modern Italian restaurant in the heart of Grace Bay, is like having a round trip ticket to Rome just for dinner, without even having to leave the island.

Every detail of our world-class interior and flavorful fare is imported directly from Italy or lovingly hand made in-house with imported Italian ingredients.

From the sleek Carrara marble bar to the massive clay oven, the extensive wine list to the sparkling water, every surface, taste, and detail was directly sourced from our homeland.

Even the extraordinary, awarded culinary staff was brought over from Italia, in order to serve you the most exquisite and authentic Italian food available on this side of the Atlantic.

Each Saturday we hold our well known "Pizza Night" (only Pizza on Saturdays)
Happy Hour daily from 5:30pm to 7:00pm (buy one get one free)

We hope to welcome you soon and make your vacation special!

Walking distance from Grace Bay Resorts on second level at Ports of Call - See MAP #122

Facebook: Via Veneto Turks and Caicos Tripadvisor: Ristorante Via Veneto Website: www.vvtci.com Email: info@vvtci.com



Examples from our Menu

Fried Potato Croquette With Black Pepper and Italian Parmesan

Fresh Cherry Tomatoes Bruschetta

Selection of Italian Cold Cuts

HomeMade Ricotta Cheese and Porcini Mushrooms Ravioli With Butter Sauce and White Truffle Olive Oil

HomeMade Tagliolini With fresh Lobster and Cherry Tomatoes (seasonal)

Spaghetti Pasta With Carbonara Sauce Roman Recipe (Bacon Egg, Parmesan-Pecorino Cheese and Black Pepper)

> HomeMade Lasagna With Besciamelle and Meat Tomato Sauce (Recipe from Bologna)

Grouper Filet Mugnaia Style Served with Buttered Green Peas and Baby Carrots

> Beef Scaloppine With Sicilian Marsala Wine Served with Portobello Mushrooms

Egg Plant Parmigiana on Creamy Cheese Fondue

HomeMade Tiramisu with Chocolate Chips

Chocolate Lava Cake With a Chocolate Chilly Pepper's Heart and Mint Ice-Cream

HomeMade Ice-Cream ,,,,and more



Seasonal Specials Catering Menus Available Contact us for Meetings, Weddings & Conferences













www.thevix.com

Open for Breakfast, Lunch and Dinner • Tel: (649) 941.4144 • info@thevix.com



BREAKFAST & BRUNCH • from \$10

- Huevos Rancheros
- Philly Steak Omelette
- Smoked Salmon & Spinach Egg White
 - Eggs Benedict
 - Grits & Corned Beef
 - Italian Breakfast Bread Rolls

LUNCH MENU • from \$12

- Jerk Chicken Wrap
- Blackened Fish Taco
- Beer Battered Fish N Chips
- Organic Greens in Blood Orange Vinaigrette
 - Shrimp & Spinach Salad
 - Vix Crab Club

BAR MENU • from \$8

- Maple Roasted Bacon & Peanut
 - Rum & Coke Wings
 - Artisan Grilled Sausages
- Baked Bean & Spinach Quesadillas
- Beer Soaked Sweet Potato Fries

- MAINS from \$14
- Blackened Grouper
 Grilled Lobster Tail with Lemon Butter
 - Vix Fish 'n Truffle Chips
 - Honey Sriracha Salmon
 - Grilled Snapper with Island Salsa
- Grilled Lamb Chops with Pomegranate Pan Jus
 - Double Decker Cheese Burger
 - Steak Frits
 - Jerk Pork with Peas 'n Rice
 - Slow Cooked Chicken Marsala
- Grilled Eggplant with Ricotta and Balsamic Pearls
 - Zucchini Pasta with Basil Cashew Pesto
 - Massaman Yellow Curry with Basmati Rice

KIDS MENU

- Chicken Tenders
 - Fish 'n Chips
- Grilled Ham & Cheese
- Spaghetti Marinara
 - Mini Pizzas

Please note that the above menus are indicative and subject to change based on seasonal availability and chefs creations.

We also are prepared for gluten / nut / dairy intolerance and can prepare vegan meals on request.



Snapper a la plancha with Island Salsa

Island Salsa

- 1 ripe mango, peeled and diced
- 1 cup diced fresh pineapple
- 1 cup diced papaya
- 2 tablespoons minced red onion
- 1 teaspoon jerk seasoning
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons fresh lime juice
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon freshly ground pepper

Snapper

- · 4 (4oz.) red snapper fillets
- Juice of 1 lime (1/4 cup)
- 2 tablespoons chopped fresh parsley, chives, and/or thyme
- Salt and pepper to taste
- Lemon wedges (optional)

- 1. Combine: all salsa ingredients except fruits in a medium bowl; mix well. Fold in fruits. Cover and chill.
- 2: *Place:* fillets in a shallow dish and rub with lime juice, herbs, salt and pepper.
- 3: *Heat:* griddle. Lightly oil fillets and place on grill or broiler pan.
- 4: Cook: fish 4 to 6 minutes; turn and cook for 3 to 5 minutes, or until the fish is slightly firm to the touch.
- 5: Serve: fish with Island salsa and lemon wedges, if desired.



Beachside BBQ on the Dune DJ Poolside Music Saturday 6-9 p.m.

Select Two Entrées

Jerk Chicken • Baby Back BBQ Ribs • Jerk Conch

Jerk Shrimp • Jerk Snapper Fillet

Buffet Style Sides
1/2 Price Meals for Kids 3-12

For Reservations call 649-333-7700 ext. 4140



Daily Happy Hour 2 for 1 Specials 5-7 p.m.

Try our famous Rum Punch and Local Beer.

Jojo's Café & Dune open 7:30 a.m. - 9:30 p.m.



See Map # 127

WINTER 2015 - SPRING 2016





NOODLES

TEMPURA NOODLE SOUP

Udon Noodle Soup

Vegetable \$16, Chicken \$18, Shrimp \$21, Mix (Vegetable, Shrimp, Chicken) \$23

RAMEN NOODLE SOUPS

Japanese Fried Noodle Soup -Comes with Boiled Egg, Sliced Fish Cake and Green Onion. Soups are Miso based or (Tonkotsu) Pork based.

Ramen Miso

Seafood (Shrimp, Mussel, Snow Crab, Scallop) \$23, Chicken \$18, Shrimp or Chashu (Pork) \$21, Seafood (Shrimp, Mussel, Snow Crab, Scallop) \$23

Ramen Tonkotsu

Chicken \$20, Shrimp or Chashu (Pork) \$23, Seafood (Shrimp, Mussel, Snow Crab, Scallop) \$25

DANCING NOODLES (Yaki Udon)

Japanese Thick Noodles

Vegetables \$15, Chicken \$19, Beef \$22, Shrimp \$22, Mix (Beef, Chicken, Shrimp) \$24.25

YAKISOBA

Japanese Fried Noodles

Vegetable \$16.50, Chicken \$19, Beef or Shrimp \$22, Mix (Shrimp, Chicken, Beef, Vegetable) \$24

SALADS & SOUP

Miso Soup - Japanese traditional soup, tofu, scallion, seaweed \$4 House Salad - Mixed vegetables w/ginger dressing \$6 Seaweed Salad - With roe \$8

Seaweed Salad - With roe \$8 **Citrus Salad** - Seaweed salad, cilantro, with citrus dressing \$8.75

Crispy White Fish Salad -

Deep fried white fish, mixed veg with ginger dressing \$13.75 **Karaage Chicken Salad** -

Deep fried chicken and mixed veg with special sauce \$13.75

Gary's Salad - Fresh fish, seaweed salad with ginger dressing \$15.75

Seafood Salad - Shellfish, seaweed salad, roe with ginger dressing \$15



APPETISERS COLD

Conch Ceviche (Citrus

Martini) - Local fresh conch, seaweed salad, fresh vegetables, citrus dressing \$10

- Tuna Tataki Seared tuna and scallion, ponzu sauce \$14.25
- Spicy Tuna Martini Tuna, avocado, seaweed salad, scallion, fish roe, spicy mayo \$12.25
- Sashimi Blossom -
- Sliced raw fish, scallion, roe, chef's special sauce \$16.50
- Sashimi Blossom New Style Sliced seared raw fish, chef's special sauce \$17
- Tuna Tataki Seared tuna and scallion, ponzu sauce \$14.25
- **Beef Tataki** Seared beef, scallion, ponzu sauce \$14.25

APPETISERS HOT

- Edamame Soy beans with sea salt \$6
- **Spicy Edamame** Soy beans mixed with sweet chili sauce \$6.50 (regular \$5.50)
- Gyouza (Fried or Steamed) Pot sticker (pork w/veggies) \$8.25
- Syumai (Fried or Steamed)
 Japanese dumpling (shrimp
- w/vegetables) \$8.25
 Spring Roll Appetiser Vegetable spring roll
- (egg roll) \$7.25 ■ Soft Shell Crab Appetiser -Deep fried soft shell crab \$11

TEMPURA

Shrimp \$10 Vegetable \$9 Lobster from \$21.25 Shrimp & Vegetable \$17.75

GRILLED ENTREES

Garlic Fried Rice - Chicken \$13, Beef \$17.25 or Shrimp \$17.25 CHICKEN

Teriyaki Chicken - Boneless chicken with Teriyaki sauce, vegetable satay \$17

Spicy BBQ Chicken - Boneless chicken w/spicy BBQ sauce \$17 Curry Chicken - Japanese curry, served with boiled rice \$17 BEEF

With Fried Rice & Vegetable Satay **Spicy BBQ Steak** - Beef with spicy BBQ sauce \$38 **Rib Eye Steak** - 12oz \$36

T-Bone Steak - 16 oz with fried rice and vegetable satay \$42 **Filet Mignon** - 8 oz with fried rice and vegetable satay \$39

Rack of Lamb - \$39

LAMB

SEAFOOD

Hamachi Kama - Yellowtail collar, smooth, rich in flavour \$14 Lobster Yoshi Style - Lobster with Yoshis sauce, shrimp, avocado, small spice, fried rice, vegetable satay \$39.95 vegetable, citrus \$34

Teriyaki Salmon - Served with vegetable satay \$29.95



SURF & TURF

With Fried Rice & Vegetable Satay Rack of Lamb & Lobster Tail - (seasonal) \$49.95

Filet Mignon & Lobster Tail - (seasonal) \$55

SUSHI SET MEALS

HARU (Sushi combo) - 10 pc of nigiri (chefs choice) \$34.25 NATSU (Roll combo) - 24 pc Rainbow roll, California roll, Dynamite roll \$35.75

AKI (Sushi & Roll Combo) 5 pc of Nigiri, Rainbow roll \$33.25 FUYU (Nigiri & Sashimi

Combo) 5 pc of nigiri and 10 pc of sashimi \$35.75

KIRIN, SAPPORO, ASAHI, JAPANESE BEERS • SAKE • SHOCHU • WINES



Sashimi Platter - Variety of sashimi (20 pc) \$42.25 Sushi Boat Rolls - Variety of Sushi Rolls (56pc) for 4 to 6 people \$79 (Volanco, Caribbean, Crunchy Shrimp, Spider, Spicy Tuna Crunchy, Spicy Conch, California

BOX SET MEALS

with Masago)

Including Miso Soup House salad or seaweed salad (\$2 extra) California Roll (4pc) Tempura (shrimp, vegetable)

Azabu (Chicken) - Teriyaki Chicken \$28.25

Aoyama (Beef) - Beef Steak \$33.25

Roppongi (Salmon) - Teriyaki salmon \$33.25

Shibuya (Shrimp) - B.T. shrimp (6pc) \$32.25

Tokyo (Beef & Chicken) - Beef Steak, Teriyaki Chicken \$40.75

Shinjyuku (Tempura) - Shrimp Tempura (4pc), Vegetable Tempura (5pc), house salad or seaweed salad (\$2 extra) California Roll (4pc) \$28.25

Akasaki (Vegetarian) - Spring roll, House salad or seaweed salad (\$2 extra), avocado & cumcumber roll (4pc), tempura (vegetable) \$26.25

NIGIRI | SASHIMI

NIGIRI

Two pieces thinly sliced raw fish or seafood made with sushi rice.

IMIH2A2

Two pieces thinly sliced raw fish or seafood with no rice.

Conch \$6 **Egg** \$5 Escolar \$7 Fish Roe \$6 Fresh Water Eel \$7 Mackerel \$6

Octopus \$7 Salmon \$7 Salmon Roe \$7.25 **Scallop** \$7.25 Spicy Scallop \$7.25 Shrimp \$6 Squid \$6 Surf Clam \$6 Sweet Shrimp \$7.50 Tuna \$7.50 Yellowtail \$7.95



SUSHI ROLLS (7-8 pieces)

- California with Masago -Crab stick, avocado, roe \$9
- California Blue Snow
- crab and avocado \$13.25 ■ Eel with Avocado - BBQ eel,
- avocado \$12
- Flamingo Snow crab, cucumber, salmon roe, fish roe \$16
- Lobster Tempura Cucumber Lobster tempura, cucumber \$12
- Mexican Shrimp tempura & cucumber, spicy sauce \$11
- Negihama Yellowtail, cucumber, scallion \$13..75
- Philadelphia Salmon and cream cheese \$11.25
- Salmon with Avocado -Salmon and avocado \$11.25
- Shrimp Tempura Roll -Shrimp tempur & cucumber \$11

- Shrimp with Avocado -Shrimp and avocado \$10.25
- **Spicy Conch** Local conch, cucumber, roe, spicy sauce \$10.25
- Spicy Dynamite Yellowtail, salmon, tuna, roe, spicy sauce \$11.25
- Spicy Octopus Octopus, roe, cucumber, spicy sauce \$12.25
- Spicy Tuna with Crunchy
- & Cilantro Tuna, crunchy, cilantro sauce \$11.25
- **Spider** Soft shell crab tempura, cucumber \$14.25
- Tuna (tekka maki) -Tuna (seaweed outside) \$9.25
- Tuna with Avocado -Tuna and avocado \$11.25

VEGETARIAN ROLLS

- Asparagus Tempura Asparaaus Tempura (inside out) \$9.25
- Avocado & Cucumber -Avocado and cucumber \$9.25
- Spring Roll with Avocado -Avocado on top of spring roll \$12
- SPECIAL ROLLS (8-10 pcs)
- Butterfly Eel, shrimp, avocado on top of shrimp tempura roll \$18.25
- Blue Water Yellowtail. avocado on top of a French roll, scallion \$21.75
- Caribbean Tuna, salmon, avocado on top of a spicy tuna roll, scallion, roe \$19.25
- Crunchy Shrimp Shrimp, avocado on top of a shrimp tempura roll \$18.25
- Cool Water Tuna, yellowtail, avocado on top of cucumber, lobster \$24 or snow crab \$21.75

- Eel Story Eel, avocado on top of an eel roll \$22
- Kamikaze Deep fried, snow crab, cucumber, avocado, scallion, roe, spicy sauce \$20.25
- Lobster Tempura Roll -Lobster tempura, avocado, cucumber, masago \$23.25
- Rainbow Tuna, salmon, shrimp, eel on top of a California roll, roe, scallion \$17.25
- Red Tuna Story Tuna, avocado on top of a spicy tuna roll, roe, scallion \$21
- Rock'n Roll Deep fried, fresh fish, cream cheese, roe, scallion, spicy sauce \$17.25



- Soyokaze (no rice) shrimp tempura, avocado, spicy mayo on top of spicy tuna with cilantro wrap, Nori, deep fried \$14.50
- Volcano Snow crab, cucumber, shrimp, avocado, scallion, roe \$21.25
- Tsunami Lobster or snow crab, shrimp tempura, with soy paper \$21.25

DESSERTS

Mochi Ice Cream -Green Tea, Mango \$8 Ice Cream Tempura \$9 Cheesecake Xango \$11

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First we eat,

Tortelli at Caicos Cafe

Homemade tortelli is filled with savoury roasted pumpkin puree and five cheeses: ricotta, Brie, Parmesan, goat cheese and Mozzarella. It is then drizzled with a simple, yet perfect, thyme brown butter sauce and topped with fresh pecans and shaved Parmesan.

Roasted Chicken Supreme at Lupo

A bone-in chicken breast is roasted to perfection.
Their famous polenta fries are added to the dish.
The chicken is then finished with a delicious and flavourful mushroom Marsala sauce that is cooked with their homemade pork and fennel sausage.
If you love Marsala, this is a must try!
Wednesday special at Lupo.



Steak au Poivre at Le Bouchon du Village

This juicy filet mignon is encrusted with fresh cracked peppercorns before being seared. The steak is then drenched in the most deliciously creamy peppercorn sauce. Don't forget to use those perfectly salty fries to soak up any remaining sauce. Bon Appétite!



Rack of Lamb at Coco Bistro

Seasoned and then coated with herbed breadcrumbs, this lamb rack is seared, then rubbed with mustards and baked. It is served with creamy scalloped potatoes and green beans.



then we do everything else! M.F.K. Fisher



Chicken Tikka Masala at Garam Masala

This aromatic Indian dish is made of tender chunks of chicken that are cooked in a creamy tomato-cashew sauce, seasoned with traditional Indian spices. Make sure to try this one with basmati rice and the garlic butter naan.

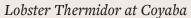


Broiled Pork Ribs at Caicos Cafe
These incredibly tasty ribs are soaked in a
bourbon BBQ sauce and cooked ever so slowly.
They are fall off the bone tender, and look
almost as fabulous as they taste.



Crispy Duck at Thai Orchid

Half a duck is roasted, then frozen, and then deep fried. It is then served over crispy noodles with a garlic sweet chili sauce. The crisp skin and tender meat is simply divine.



A Caribbean spiny lobster tail is removed from the shell, diced and sautéed in a Dijon, sherry créme Béchamel sauce.

The lobster and sauce is then added back into the shell, topped with cheese and baked until golden brown.

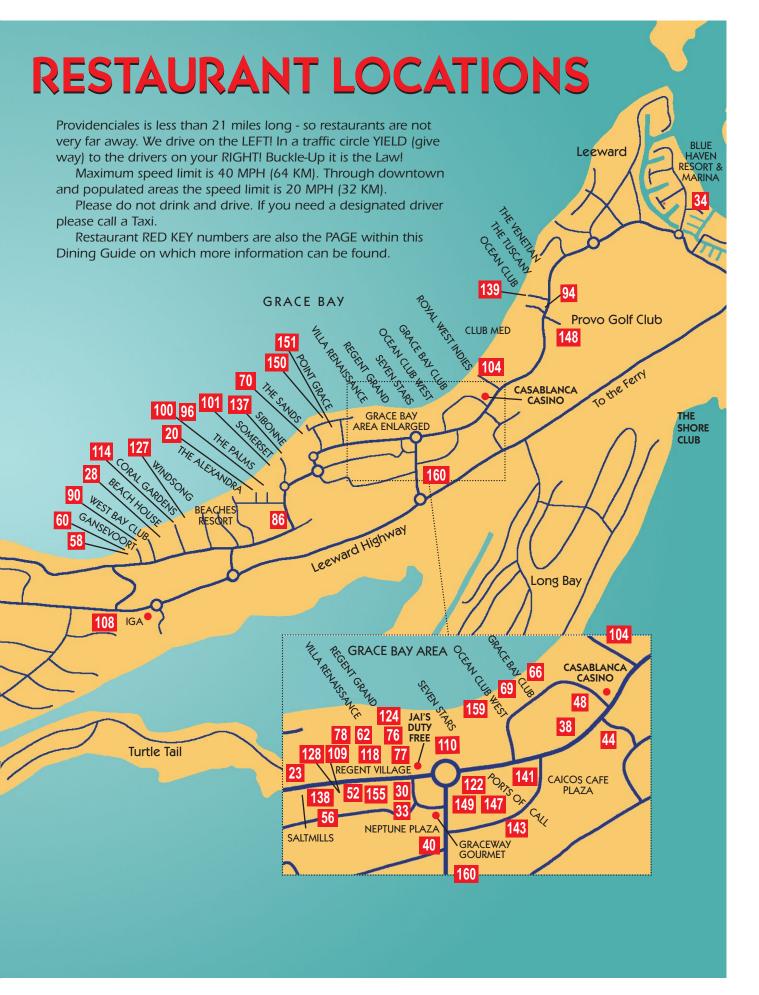
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~ RESTAURANT KEY ~

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Challe Council					
Chalk Sound					





AMANYARA



Reservations required 649.941.8133

See MAP #134



BREAKFAST · LUNCH · DINNERS TO GO · CATERING · GOURMET DELI

BREAKFAST

SERVED ALL DAY SUNDAY

Big Breakfast - 10.95

Three eggs any style, half grilled tomato, hash browns, Irish bacon, sausage & toast

Two Eggs Any Style - 6.95

Served with toast. Add bacon or sausage 2.95

The Famous 2-2-2 Two Pancakes, Two Eggs, Two Strips of Bacon - 10.95

Omelet with Cheese - 9.95 Served with toast.

Add bacon or sausage 2.95

Steak and Eggs - 11.95 Philly steak and eggs served

on a fresh baked sub roll. Breakfast Burrito - 9.95

Eggs, beans, cheese and salsa in a wrap

Fried Egg Sandwich - 5.50 On your choice of bread. Egg and Cheese - 6.00

On your choice of bread. Egg, Ham & Cheese - 6.95

On your choice of bread. French Toast - 6.95

Pancakes or Waffles - 5.95

NEW YORK BAGELS

Bageleggle - 9.95 Ham, egg & cheese on a NY bagel Turkey Bagel - 8.95

Turkey, lettuce and tomato Smoked Salmon Bagel - 10.95

Smoked salmon and cream cheese with onion and tomato

Toasted Bagel - 2.95 Add cream cheese .75

Black Forest Bagel - 10.95 With lettuce, tomato and pickle

Tuna Bagel - 9.95 Served with lettuce and tomato

SUBS/WRAPS/PITA

Build your own Deli sandwich with lettuce, tomato and pickle

Corned Beef or Pastrami - 9.95 Smoked Turkey Breast - 8.95 Grilled Chicken Caesar - 10.95 Black Forest Ham - 10.95 Hot Roast Beef or BLT - 10.95

Salami or Pepperoni - 7.95 Grilled Ham and Cheese - 7.95 Tuna Salad or Egg Salad - 9.95

Blackened Fish - 12.95 Prosciutto - 9.50

SALAD PLATTERS

Served with crackers

Chef Salad Platter - 9.95

Lettuce, tomato, onion, ham and cheese served with your choice of salad dressing

Chicken Salad, Egg Salad or Tuna Salad Platter - 9.95

Chicken, egg or tuna salad on a bed of lettuce and tomatoes

HOUSE SPECIALTIES

Jumbo Deli Bacon

Cheeseburger w/ Fries - 14.95

100% lean beef smothered with cheese, bacon, onion, lettuce and tomato

Classic Supreme - 9.95

Genoa salami, hard salami, pepperoni, Provolone, Parmesan cheese, lettuce, tomato and onion with oil & vinegar

Club Sub - 10.95

Turkey, ham and roast beef with cheese, lettuce and tomato

Hot Pastrami - 9.95

Mounds of New York pastrami with melted Swiss cheese on rye bread

SEE MAP #135

Reuben - 9.95

Corned beef, Swiss cheese, sauerkraut and Russian dressing on rye bread

Famous Steak & Onions - 10.95

Philly steak, cheese, onions, green peppers sautéed and served on a fresh baked sub roll

Gyro - 9.95

Lamb and beef slices, lettuce and tomato on an oversized Greek pita with Tzatziki

Meatball Hoagie - 10.95

Italian meatballs smothered in sauce, Parmesan and Mozzarella cheese, served on a fresh baked sub roll

Vegetarian Sub - 8.95

Cheese, sprouts, cucumber, lettuce, tomato and onions

ADD FRENCH FRIES 3.00

PIZZA

LARGE CHEESE PIZZA - 18.95 Additional Toppings 2.50 - 4.50 **PHILLY CHEESE STEAK** PIZZA - 26.95

By the SLICE - 3.00 / 4.50

DAILY SPECIALS from 9.95

BEER, WINE, SODAS

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CENTRALLY LOCATED IN THE NAPA/BAYVIEW PLAZA AT SUZIE TURN ON LEEWARD HIGHWAY

Blackened Lobster on a Grilled Vegetable Tart

with Mango Chutney

By Chef Clive Whent at Bay Bistro

Mango Chutney:

Two ripe mangoes, peeled and diced One inch root ginger, peeled and grated 1/4 cup white wine vinegar 1/4 cup white sugar 1/4 cup white onion, diced 1 cup mango purée One small bunch fresh mint, chopped

Mix first six ingredients in a thick bottomed pan and simmer on a low heat for 40 minutes. Fold in the chopped mint.

Lobster:

One eight ounce lobster tail (per person) 1/4 cup of blackening or Cajun spice rub 2 ounces butter

Cut the lobster tail in half and remove from shell. Coat in blackening or Cajun spice. Heat butter in thick bottomed pan on high heat until butter is dark brown. The butter must be very hot. Place the lobster, skin side down, in the pan. Lower heat to medium and cook until lobster is done to your liking. Turn lobster every two minutes while cooking.



Chef Clive Whent





BAY BISTRO is one of the few restaurants on the Island which can offer the perfect combination of island dining, friendly service and a post card view. Dine for breakfast, lunch or dinner while the waves of Grace Bay are gently lapping on the fine white sand. It's a comfortable atmosphere with no short cuts taken on table settings or the fine service. The menu emphasises healthy foods, prepared and presented in exciting new ways to tempt and satisfy your taste buds. Desserts are all homemade and great, so save room!



See Map #137

RESERVATIONS 649-946-5396

Open 7 days a week 7am-10pm

Breakfast - Lunch - Dinner

Saturday & Sunday Brunch Walking distance from most Grace Bay hotels

FULL MOON PIG ROAST BONFIRE BEACH BBQ - EMAIL FOR DATES

Weddings / Receptions / Catering

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www.baybistrorestaurant.com

BAY BISTRO ~ SAMPLE MENU SELECTIONS ~ CREATIVE INTERNATIONAL CUISINE

~ APPETISERS ~

Soup of the day . . . \$8

Conch chowder

(with a Scottish influence) Leeks, potatoes and bacon in a cream base . . . **\$8**

Conch wontons

Streaked with Hoisin and served with sweet chili dipping sauce (Medal winner in annual Conch Festival) . . . \$12

Blackened lobster tart

(Lobster season September to March) Local spiced lobster topped with homemade mango chutney on puff pastry with roasted vegetables and smoked tomato sauce . . . \$15

Pear & blue cheese salad

Island fresh greens with toasted walnuts, pears, blue cheese and a raspberry vinaigrette . . . \$11

Caesar salad

Shaved Parmesan cheese on romaine lettuce with our own Caesar dressing . . . **\$9**

Coffee rubbed tuna

Yellow fin tuna seared rare and sliced paper thin in an Asian marinade served with a garnish salad and pickled ginger (Island favourite for over a decade!) \$13



Princess conch and mushroom crepes With roasted red pepper pesto and cream sauce (Medal winner in annual Conch

Festival) . . . **\$14**

Vegetable spring rolls

Served on baby greens with oven dried tomatoes . . . \$11

~ MAINS ~

Pecan crusted conch

With a spicy orange sauce, roasted potatoes and sautéed vegetables . . . \$29

Fresh blackened snapper

Topped with a skewer of sweet chili shrimp . . . **\$34**

Seared yellow fin tuna

With a lemon and caper beurre noisette . . . \$35

Almond and herb crusted grouper

Served on a Mandarin orange, sweet chili and crispy noodle salad . . . \$33

Oven roasted chicken

With garlic mashed potatoes, sautéed vegetables and a white wine jus . . . **\$29**

Jerk lamb chops

Served with peppercorn sauce, potato gratin and mixed vegetables . . . \$39

Vegetable tart

Roasted red peppers, grilled zucchini and eggplant on puff pastry filled with ratatouille, topped with melted brie . . . \$28

Grilled tenderloin of beef

With mustard mash, salsa verde and a port wine reduction . . . \$35

Surf & Turf

(Lobster season September to March) Grilled Caicos lobster with garlic butter, beef tenderloin with a port wine reduction served with mustard mash and grilled vegetables . . . \$69



Provo's COOLEST Place to Hang Out / 20 Burgers to Choose / Free WiFi / Open 7 Days

Al's famous Burgers . . . \$10

3 Slider Burgers

Mini Burgers with Cheddar or Mozzarella and Pickle

Pretzel Burger

8 oz hand pressed Burger with Cheddar & Bacon on Pretzel Bun

The Sicilian Burger

Roma Tomato, Arrabiata Sauce, Fresh Mozzarella, Basil Pesto, Arugula

The Wild Wild West

BBO Sauce, Cheddar, Beer Battered Onion Ring and Bacon of course!

George Forman "Black and Bleu"

8 oz Burger with Blacken Spices and Stilton Blue Cheese

Smashed Onion

A Smash Burger with grilled shaved onion cooked in while it sizzles. Served on a pretzel bun

The "New Mexican"

A Smash Burger with Grilled Green Chilis and Cheddar Cheese

California Burger

8 oz Grande Burger, Smoked Bacon, Guacamole, Jalapeno, Mozzarella

Hawaiian Volcano Island Burger

8 oz Grande Burger, Pineapple, Jalapeno, Terriaki Glaze, Jack Cheese

AL'S SPECIALITY BURGERS

"Stackers"\$6, \$8, \$10, \$12 4 oz "Single"-"Double"-"Triple" or "Quad" Patties, stacked with American cheese

Big Al's "Tomahawk" Burger....\$14 8 oz Grande Burger, Smoked Bacon,

Grilled Onions, Melted Cheddar, Cholola Sauce and Fried Egg

Buffalo Bills Buffalo Burger.....\$16 8 oz farm raised Bison, Smoked

Bacon, Sautéed Mushroom and Pepper Jack Cheese

The "Big-Big Al" Burger\$16 12 oz of Ground Prime Beef, Lettuce, Sliced Tomato, Onion, Cheddar on an 8"Toasted Bun

The "Gluten Free" Burger......\$12 8 oz Turkey or Beef Burger, Tomato, Onion, Mozzarella w/Iceberg Wraps

VEGAN-VEGGIE...\$11

Gluten free bun \$2 Black Bean Burger

Fresh local Tomato, house grown Basil Pesto, and Fresh Mozzarella topped with Salsa and Sour Cream

The California Veggie

Quinoa, Chick Pea & Veggie Pattie, Avocado, Grilled Onions, Pico de Gallo

Big Als Skinny ... \$13

Sliced Tofu, Grilled Zuccini, Tomato, Onion, Avocado, Fresh Mozzarella. Pumpkin Seeds in Tortilla Wrap

Big Al's Chicken and Turkey Burgers . . . \$13

The Amazing Turkey Burger Crisp Arugula, Sliced Tomato, Sautéed Mushrooms, Fresh Mozzarella, Smoked Bacon

"Mexi-Cali" Chicken

Grilled Chicken Breast, Green Chili Strips, Pepper Jack Cheese, Avocado, Smoked Bacon

ISLAND GRILL

USDA Prime Certified Angus Beef With fresh vegetables and Loaded Mash, Baked Potato or Waffle Fries 14 oz NY Striploin.....\$29 22 oz Cowboy Cut Rib-Eye....\$39 36 oz Tomahawk Rib-Eye......\$55 8 oz Beef Tenderloin.....\$36 18 ounce T-Bone.....\$36

Grilled Tuna.....\$30 Medium Rare Tuna Steak topped with Shrimp, Lobster Cream Sauce Blackened Red Snapper.....\$28 With Mango Pineapple Salsa Fresh Grilled Mahi Mahi.....\$30 With Shrimp Bambarra Rum Cream

PASTA

Big Al's Pappardelli.....\$28 Chicken and Mushroom in a

Wide pasta noodles sauteed with Tomato Basil Light Cream



Open 7 Days / 1 1am-1 Opm / tel 941-3797

The Saltmills - Grace Bay Road next to Caicos Cyclery www.bigalsislandgrill.com | See Map #138

Fettuccini Shrimp Alfredo......\$26

Shrimp sauteed with cream, Fresh Basil and Regianno Parmesan

WRAPS AND SALADS

Southwest Spicy Chicken......\$12

Mixed Greens, Arugula, Grilled Chicken, Avocado, Roasted Pepper, Corn, Black Beans, Red Onion, Jack Cheese with Southwest Vinaigrette

Original Chicken Caesar.....\$12

Crisp Romaine, Jerked or Grilled Chicken, Shaved Parmesan

Mandarin Salmon Salad.....\$14

Greens, Grilled Salmon, Sundried Tomato, Mandarin Oranges, Red Onion, Feta, Poppyseed Vinaigrette

Yellowfin Tuna Nicoise.....\$14

Mixed Greens & Arugula, Grilled Tuna, Fingerling Potatoes, Onion, Snap Peas, Kalamata Olives, Capers, Boiled Egg, Tarragon Vinaigrette

Jimmy The Greek.....\$14

Romaine, Grilled Chicken, Red Onion, Kalamata Olives, Chick Peas, Croutons, Cucumbers, Sundried Tomatoes, Greek Vinaigrette

Panini Sampling . . . \$10

The Wild Mushroom

Shitake, Portabella, Chantrelles, Basil Pesto, Fresh Mozzarella

The Island Jerk

Jamaican Jerk Chicken Breast, Curry Pesto, Fresh Mozzarella

The Gobbler

Shaved Turkey, Smokehouse Bacon, 1000 Island, Fresh Mozzarella

SLIDER CHALLENGE

12 Mini Sliders with Cheddar, Bacon, Fried Onions and a Large Order of Onion Rings......\$50 One Person-One Mission Clean the Platter in 30 minutes and take home the T-Shirt. The meal is on us!

12% government tax is added to all checks





"HAPPY HOUR and a 1/2" from 5:30 to 7pm





Beachfront at Ocean Club Resort

Opposite the Provo Golf Club

) 🤚

See Map #139

Call 946.5880 EXT 1104

Breakfast Lunch & Dinner

Open 7am 'til 10pm Daily

SAMPLE MENU SELECTIONS ~ RUM PUNCH IS ALWAYS \$5 ~ LIVE MUSIC

LUNCH STARTING AT \$8

Conch Salad
Island Bistro • The Wedge
Cabana Burger
Ocean Burger
Blue Buffalo Burger
OC Sandwich
Provo Cheese Steak

Wraps • Fish & Chips Cabana Tacos • Cracked Conch Fish of the Day

DINNER STARTING AT \$16

Caribbean Curried Chicken
Conch Creole
Mahi Mahi
Grilled Lobster
Flat Breads
Almond Crusted Grouper
Jerk Burger
Roasted Red Pepper Pasta
Coconut Encrusted Grouper
Plus Daily Specials



THE END OF THE BEST BEACH WALK YOU'LL EVER HAVE - JUST NORTH OF CLUB MED

Cabana Bar & Grill

BEACHFRONT AT OCEAN CLUB

COUNTLESS CHEFS HAVE regaled me with their inspirational stories. Heartwarming accounts of childhoods spent watching their mothers in the kitchen for hours, enthusiastic and eager to learn to cook just like them. But Chef David Hadfield has a different story.

"My mother was an awful cook, and that's why I became a chef!" he said with a grin. I couldn't contain my shock and amazement and asked, "Won't she be upset when she reads this?" "No," he said with absolute certainty, "But you must mention she was the best at making lasagna – the best ever! Apart from that, bland and boring food. But she tried – she tried really hard. We joke about it now."

On the contrary, David does have fond memories of his father's weekend curries. "He got me into it. I helped him chop the onions – we'd both be crying in the kitchen and laughing about it. Going to the Indian markets, buying fresh spices, I enjoyed all that," he reminisced.

His roots are in Manchester, England, where he also attended culinary school. His first job was at a local restaurant sporting prestigious 'Rosettes' – awards for culinary excellence. "It was very highlevel cooking that got me on a level I always tried to maintain. I learned a lot there," he recollects.

He's worked in some exotic destinations: the French Alps, Bermuda, St. Lucia, and even Bahrain, where he worked in the palace for the royal family. "What were you cooking there?" I had to ask. "A wide offering, the crown prince was mainly 'my guy.' I had a team of chefs and cooks from the Middle



East, India, and Europe."Then David chuckled and said, "He liked hamburgers for goodness sake, and macaroni and cheese." "Any weird or bizarre foods" I quizzed? "I smoked a whole goat – party food," he explained. From Bahrain to Beaches, Turks and Caicos, David took charge of the entire French Village as Executive Sous Chef.

"I'm at Cabana Bar now. We serve burgers, but I make it the best burger that I can," he says with out-and-out resolve. What makes these burgers so good, I asked? "The best burgers. The way we season it, the way we cook it, nice char-grill." He adds, "I want to put on a Jerk Burger. I had one in Middle Caicos recently; it was the best burger I've had in a long time. I've been trying to make one at home. I think I've cracked it! It's going to be a winner."

He talked enthusiastically about their

smoker, where they smoke brisket and ribs on Wednesdays. "It's a niche in the market and a big thing on the menu," David admits. "Low and slow – that's the way to go." "Hmm, any whole goats?" I joked.

He likes to work with fresh fish and said, "Fish and salads are my thing here. It's popular to do something fresh and healthy and light." David's Tuna Salad is always popular, with a "nice and zingy" lemon-thyme vinaigrette that he says works well with the fish. "I like a big piece of beef too," he confesses. "Actually, a good rib eye steak is nice. Really juicy and tender – awesome meat, maybe with a Béarnaise sauce."

In his spare time, he hangs out with his son, William. "I'm totally a beach person. I love to swim and snorkel. The family goes to the beach religiously every week. I love it here," he acknowledges. "I've got a dirt bike I ride – jumps and hills and tracks to go on – when it's working," he grins.

He looks forward to initiating William (now 4 months) on his culinary training. "I'll make him a box so he can cook and look and watch me do everything. Get him started young," he teases.

Chef David admits the move from a big corporation to a little restaurant on the beach has been a big transition. Calling to mind a brigade of 100 cooks under him at Beaches, where his job focused more on administration and ordering, he paused and said with a smile, "Here I'm actually cooking ... now I'm back on the line. I missed that. It's exciting again. The passion's come back!"

STORY BY MANDY ROSTANCE-WOLF - PHOTO BY LISA ADARA PHOTOGRAPHY













Fresh Local Seafood

Lobster, Grouper, Snapper, Conch, Wahoo, Mahi Mahi, Tuna, Crab, and more...

Appetizers - from \$8 - \$16

Shrimp, smoked salmon, fennel, mango salad arugula, mango, champagne vinaigrette

Homemade potato gnocchi tomato sauce, fresh basil, shaved Parmesan

Butternut squash and goat cheese tart herb infused xv olive oil, mushrooms, vinaigrette

Spiced grilled octopus potato, tomato, olives, arugula, champagne dressing

Grilled spiced calamari skewer cannellini beans, mussels, roasted tomatoes

Crab meat salad

mango, yogurt, salsa, avocado, marie rose sauce

Clams, shrimp and mussels guazzetto tomatoes, fava beans, jalapeño, chili, lime, basil

Crustacean salad

artichoke, beets, roasted pepper, lemon-lime dressing

Main Courses - from \$25 - \$35

Tagliolini with Pernod flambéed seafood spices, lime, green jalapeño

Homemade ravioli with grouper shrimp, cherry tomatoes, zucchini

Homemade tortelli, 5 cheeses, roasted pumpkin pecans, Parmesan, thyme, brown butter

Pan roasted salmon soy-citrus sauce pistachio, lemon zest, cranberries, wilted spinach

Seafood casserole "Mediterranean-style" sautéed w/evoo, spices, jalapeño, wine, tomato, parsley

Broiled pork ribs, marinated jalapeño, honey, paprika, lime, bourbon, bbq sauce

"Caribbean-style" chicken breast coconut milk, ginger, green onion, spice sauce

Grilled 10 oz black Angus beef strip-loin steak peppercorn sauce, vegetables, potatoes au gratin

Braised lamb shank with red wine rosemary, spices, mashed potatoes, vegetables

Hot seafood "salt & pepper" with gremolata bread crumbs

shrimp, scallops, clams, mussels, cuttle fish, baby calamari, and octopus

Fresh seared Atlantic swordfish steak "brown butter" with thyme, capers, almonds, lemon garganelli pasta, vegetables, Parmesan

Slow braised Angus beef short ribs "spices and citrus scent"

polenta, beans, lime, crème fraîche, gremolata





Open for Dinner six nights Monday to Saturday | caicoscafe@tciway.tc | 649-946-5278 facebook.com/caicoscafe | Caicos Cafe Plaza, Governors Road, Grace Bay, Providenciales | See Map #141

FEATURED CHEF LORRAINE IRIE DAWTA KENLOCK

Chef Corraine

Chef Lorraine Kenlock answers to several monikers. Chef Irie Dawta is one of them. She laughs and interprets, "Irie Dawta means 'good woman' it's been my nickname for fifteen years. I love it."

"I had a natural talent for food growing up. I grew up in very patriarchal family, with a Rastafarian background, women just had to cook. As a female, and in Jamaica, your skills in the kitchen are something you're proud to talk about. I grew up like that and I always loved food," she explained.

With a job that took her all over the world, her life would take many turns over the next seventeen years before her corporate career in the health care industry would ultimately become the catalyst and conduit to her culinary calling.

Her official induction into the food industry would be as the restaurant manager at the reopened Turks Head Inn on Grand Turk in 2007/2008. Then Hurricane Ike hit. While the Inn was closed for refurbishing, she came to Provo when asked to help with a wedding whose caterer had fallen through. 'Help' turned into taking charge of catering for 200 guests, cooking in a small apartment with a little stove and the neighbour's stove.

Her talents got noticed and she never left Provo. "I spent a year doing nothing related to food. They realised I had this flair for design and being creative. I was styling, coordinating weddings and learning the business." She met another wedding planner and became her right hand for a year. "But I always loved food," she confessed. Her colleague recognised this passion and encouraged Lorraine. She said, "You love



food. You're good at this ... but you love food." Lorraine decided to make a choice.

"There was a time I had to stop and realise how blessed I am. This is something that people studied and went to a culinary institute — and it's something that comes naturally to me. Flavour comes naturally. I love the artistic side of it," she acknowledges.

"One of the things that got me fully established as a private chef was that I was always conscious of health. Being involved in projects with lifestyle diseases, like diabetic care, prevention and hypertension, that comes over into my food," she explained. When she first started, other private chefs referred guests to her that had dietary restrictions, conditions, allergies and concerns. "That's how my name got out there. There's so many things you have to be aware of as a private chef. They've handed you their health," she recognises.

Caribbean Caprese Salad is one of her signature dishes. "That's my creation. Everybody asks for it, and Mango Jerk Chicken, that's very popular. They get all the flavours of jerk without the heat, and there's a hint of mango in it. Because I'm from Jamaica, I know what the secret of jerk is. It's not that sauce you buy in the bottle in the supermarket and throw it on the meat. I know what real jerk is all about," she argues.

This summer she launched her own wedding firm, Turks & Caicos Bride. Moniker #2. "That's my new exciting baby, but Irie Dawta is still my core," she grinned. As a certified wedding stylist and planner, she likes to focus on intimate weddings. "I'm the perfect person to do that. I can deliver that intimate, personal touch," she insists.

She does a lot of reading in her spare time. "I'm very much into history and anything to do with food. I write. Lately I'm learning to do embroidery and I garden. I grow my own herbs, rosemary, basil, tomatoes — I even have bananas."

When she's not working she enjoys hosting dinner parties at home on her deck. "I invite everyone, we all work in the industry.

While busy developing the business, she's also producing a cookbook. "Everything's in my head. Putting the recipes down in writing is a test in progress. I don't measure anything. You have to stop and think and write it down. It will be called, The Spice Girl." Moniker #3.

STORY BY MANDY ROSTANCE-WOLF ~ PHOTO BY SPOTLIGHT COMMUNICATIONS

Chef Caraine RIEDAWA PRIVATE CE EF



Chef Lorraine's Irie Dawta Catering provides professional, delicious meals in your home, condominium or vacation villa. She is a certified Event Planner with a culinary degree and many years experience cooking and also as a project manager in the corporate world. Chef Lorraine and her staff will give you a personal, memorable dining experience. For those who wish to dine out, but in privacy, book Frenz Deck at Chef Lorraine's.

You and up to nine friends will enjoy an intimate dining experience. 649.232.2029 www.frenzdeck.com



SAMPLES FROM CHEF LORRAINE'S MENU OPTIONS

APPETISERS

Smoked Salmon Cups
Plantain Pears and Tomato Bruchetta
Crispy Lobster,* Roasted Salmon
or Crab Basket
Brie and Mango Chutney Crostini
Spinach and Saltfish Hushpuppy Bites
Polenta and Sweet Chili Ham Bites
Steak and Polenta Bites
Mango Shrimp Lollipops
Bacon Wrapped Crudites

Pumpkin Ginger Apple Soup Irie's Pumpkin Conch Chowder

Irie's Jamaican Pepper-Pot Soup

Pumpkin and Black-Bean Soup

Irie's Seafood* Chowder

Sweet Potato Leek Soup

ENTREES

Irie's Orange Glazed Red Snapper
Lemon Garlic Drumsticks
Herb Roasted Chicken
Irie's Sweet Chili Meatballs
Irie's Mango Jerk Chicken
Citrus Butter Glazed Grilled Lobster*
Pan Grilled Salmon & Cherry Tomatoes
Agrame Chicken
Irie's Yummy Caribbean Beef Tenderloin
Irie's Stirfry Grouper
Irie's Tamarind Rosemary Rack of Lamb
Grilled Yellowfin Tuna
Fresh Tuna Stirfry





VEGETARIAN

Zucchini & Hazelnut Salad Vegetable Paella Vegetable Tart Cauliflower Steak Vegetable Fritatta



DESSERT

Fresh Fruit Medley
Mango Cheesecake
Honey Walnut Cake
(gluten free)
Mini Chocolate Cheesecake Bites
Pistacho Scotchy
(ice cream dessert)
Irie's Chocolate Mousse

*Lobster available In-Season only

SALADS

SOUPS

Lobster* or Shrimp & Potato Salad
White Bean and Fresh Greens Salad
Irie's Thai Style Ground Meat Salad
Spicy Tuna Salad
Saltfish and Butterbeans Salad
Orzo Three Bean Avocado Salad
Irie's Tropical Caprese Salad
Arugula Tomato Parmesan Salad
Chef's Vegan Tropical Caprese Salad
Tropical Roasted Beets Salad
Avocado Iceberg Salad

CHEF LORRAINE IRIE DAWTA PRIVATE CHEF

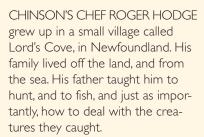
chef@iriedawtafood.com - 649.232.2029 www.frenzdeck.com - www.iriedawtafood.com - See MAP #143

PHOTOS BY | SPOTLIGHT COMMUNICATIONS | CAYAHICO | BRILLIANT STUDIOS

FEATURED CHEF Roger Hodge

Chinson Grill Shack

Located on Leeward Highway



Those skills prompted his rise in the culinary profession, when a cantankerous old chef in the English pub where 16 year old Hodge was a busboy, directed the new kid to prepare a very large delivery of fresh Atlantic salmon which had arrived at the restaurant. Roger took his words, (said in jest, he discovered later) at face value and cleaned, filleted and portioned the entire shipment. He was promoted to line chef and his cooking career began.

Grounded in the fundamentals of food prep, thanks to his family, he enjoyed learning to cook from his oldschool chef/boss. When the chef heard that a better paying position was available, he recommended Roger, who got the job. Eight months later he got a call from his brother Darrell, in Halifax, Nova Scotia asking him to come and work at his restaurants. (East Side Mario's for you Down Easters).

For three years he worked, and learned the ins and outs of a very large volume food business. He absorbed the management and accounting skills that are requisite to running a large franchise restaurant business.

When he began at East Side, Roger said: "I was young, lived simply, was as foolish as any 19 year old, but I had a good reputation in the business." No surprise then, three years later when another



chef/friend was offered a job in a Providenciales restaurant but could not accept it, he suggested they contact Roger.

He arrived in 2003. A few months later he met Suzanne and began working with her in her family's restaurant – Chinson Grill Shack. The working relationship quickly developed into a more romantic one and they were married in August 2006. Roger found himself being integrated into the family business, where his organisational skills were as appreciated as his culinary ones. He in turn learned from Suzanne and her family, to love and appreciate Caribbean cuisine.

In 2007 Suzanne became pregnant with Nathan and Roger was on his own. The following year found him full time at Chinson, working on some idea or theme or food that would hook the tourists.

He explained: "The bakery and the Chinese take out were doing well, but they just weren't quite enough. We

were serving the local community as a fairly small eatery but we needed to grow, in order to survive. My chef, Paul James and I decided on Jerk."

Of his now famous Jerk he had this to say: "Jerk is not just the spices. It's the slow cooking process. Our jerk isn't really spicy. The sauce is, but the meat is just well seasoned; it's balanced."

In 2010 they created their own blend of spices and Roger constructed a 'cooker' from a 55-gallon drum. On their first 'Jerk Night' they served thirty jerk chicken dinners and they were happy. (On re-opening night a

year later, between sit down diners and take away, they served almost 250.)

A year after Chinson introduced their Jerk Night, they took first place in Digicel's National Jerk Competition. In 2012, at the Gourmet Safari's Street Food Festival, they beat out Grace Bay Club for best ribs and won for best jerk chicken.

Roger, the manager/chef, is quite proud that all the kitchen staff have been with Chinson for at least nine years. And you will soon be seeing their 'mascot', Mr. Jerk, the Rastafarian Rooster, on the labels of their home made marinades, dry seasonings and bottled sauces.

Roger Hodge told me family is first, but I'm delighted that Chinson Grill Shack is his second priority here on Providenciales. Despite their expansion, it is still a friends and family eatery with terrific food, friendly service, and friendly pricing. See you there.

STORY BY KATHI BARRINGTON ~ PHOTO BY PENNYLAINE PHOTO

Remember: It's Real Jerk BBQ, it is slow cooked over a low fire, when it's finished it's GONE!!! Don't be late.

New and Exciting

- Island-Style Pig Roast
- Custom built Smoker & BBQ Pit; Delivering mouth watering Beef Brisket, Short Ribs, Baby Backs, Whole Roasted Pig and much more.
- Chinson Conch Bar;
 Watch your Conch Salad be made before your eyes!
- Having a special function? Why not have an Island-Style Party brought right to your location?
- House DJ Chin delivering vintage Caribbean nightly.
- "Fun, Friendly, Affordable"



- The only Authentic Homemade Jamaican Patties on island
- A large selection of Caribbean Breads fresh daily
- AuthenticChinese / CantoneseTake out available
- A "NEW" full Caribbean menu available daily for Lunch and Dinner
- Full service Bar & Daily Happy Hour
- A Full Catering menu available

N LEEWARD HIGHWAY ~ 941.3533

Appetizers & Salads

Mini Jamaican Patties (6pc) \$10

A flaky pastry filled (prepared in house) with spicy beef, curried chicken and mixed vegetable.

Caicos Conch Fritters (8pc) \$10

A light fluffy batter filled with chunks of Conch and diced vegetables.

> Jamaican Red Bean Soup Sm. \$6 / Lg. \$10

A vegetarian option that is well seasoned with a hint of scotch bonnet pepper and fresh thyme; accompanied by tender red beans, chunks of yam, potato, carrots and dumplings.

Traditional Manish "Wata" (Power Water), Sm. \$6 / Lg. \$10

Tender chunks of goat combined with beef tripe and an assortment of diced root vegetables to create a flavor that is not to be missed.

Caesar Salad \$10

with Chicken \$13 / with Shrimp \$15

Romaine lettuce tossed with a tangy Caesar dressing, festival croutons and Parmesan cheese.

Caribbean Favorites

SAMPLE MENU •

Jerked Chicken Meal \$17.00 (2011 National Jerk Competition Winner)

Tender jerked chicken served with coconut rice and peas, pineapple slaw and spicy jerk sauce.

Jerked Pork Meal \$18.00

Tender pork served with coconut rice and peas, pineapple slaw and a spicy jerk sauce. Jerked Grouper Meal \$19.00

A grouper filet seasoned and topped with minced vegetables and sliced okra then wrapped in parchment paper and steamed to perfection; accompanied by coconut rice and peas and pineapple slaw.



Caribbean Shrimp Skewers \$22.00

Plump Shrimp skewered with sweet Pineapple, bell peppers and onions grilled and served with coconut rice and peas and pineapple slaw.

Island Fish and Chips \$14.00

Grouper filet lightly seasoned and coated in a Turks Head tempura batter; with seasoned fries, pineapple slaw and citrus tartare sauce.

Island Shrimp & Chips \$14.00

Plump shrimp lightly seasoned and coated in a Turks Head tempura batter; with seasoned fries, pineapple slaw and citrus tartare sauce.

Jamaican Curry Goat \$18.00

Tender chunks of goat slow cooked in a special curry blend with a hint of scotch bonnet; served with steamed white rice and fried plantains.

Classic Brown Stewed Ox Tails \$19.00

Slow cooked Ox tails with tender butter beans accompanied by coconut rice and peas and fried plantains.

Chinsons BBQ'd Ribs \$ 19.00

Seasoned with our select blend of dry rub and slow smoked to perfection. Our signature in house sauce, seasoned fries and pineapple slaw.

Mixed Grill Platter for 2 \$50.00 / for 4 \$95.00

A great tour of Caribbean flavor. Enjoy; tender grilled shrimp, jerked chicken, jerked pork, pineapple slaw, coconut rice and peas, fresh bread, fried festival and fried plantains.

JUST JERK

The meat listed here is served in

the traditional Jamaican way; with bread, festival and jerk sauce.

- Jerk Pork \$16.00 per Lb. Jerked Chicken Small \$9.00 / Lg. \$14.00
- Pork and Chicken Combo \$15.00

CHINSON GRILL SHACK ~ Open Daily from 8:00am to 10:00pm Fridays till 12:00 midnight Phone: 649-941-3533 / E-mail: info@chinsonsgrillshack.com / Website: chinsonsgrillshack.com Leeward Highway, Providenciales - Opposite the Do-It Center on Da Hill - SEE MAP #145

CRACKPOT KITCHEN



Celebrity Chef Nik

CHEF NIK, ALL SIX FOOT FOUR OF him, strides into the office, bursting with energy and enthusiasm. He always seems to crackle with energy.

Nikita O'Neil Skippings, aka Chef Nik, is the star of the first cooking TV show to be aired here in the TCI. He hosts and cooks on the Crackpot Kitchen Cooking Show.

Born in Freeport, Bahamas, Nik and his mother moved to South Caicos soon after his birth. He attended Iris Stubbs Primary and Marjorie Basden High School.

Chef Nik has been cooking since he was a kid. His Mother worked shifts as a police officer, so he sometimes prepared meals for his younger siblings. "I burned a lot of rice along the way," he admitted. Regardless, it came to the point when the kids would ask Mom to please let Nik do the cooking.

In high school he opted for food courses, impressing his teachers with his skill and know-how. After graduating from High School, he came to Providenciales to work in his Father's restaurant - Smokey's on the Beach.

There he learned the traditional ways to cook red beans and rice, okra and rice. stewed conch and conch fritters, not to mention fish and grits and red bean soup. He gained an appreciation for seasonings in these dishes - the fresh thyme, chopped garlic, and homemade hot sauces.

For four years he cooked with his Dad, where he became a 'rice architect.' Then he moved to an internship with Beaches, where he expanded his horizons learning to prepare other cultures' traditional dishes. He spent a month in each of the restaurants



open back then - Italian, Japanese, French, Kimonos Restaurant and others. After 15 months he returned to Smokey's to show his Dad what he'd accomplished and soon went on to the Pelican Bay Restaurant on Grace Bay, as their sous chef.

By the end of 2012 Nik was working on his catering business and the concept for the TV show. The name: Crackpot Kitchen Catering Services and Crackpot Kitchen Bar & Grill stem from his habit of 'waking up' a pot of rice by sharply rapping the pot with a metal spoon. He was continually admonished by his staff that he was going to crack that pot one of these days.

In addition to these enterprises, Nik, a father of six, runs a Cooking Camp in the summer. His students, ranging from 10 to 18 years old, learn how to prepare their native

dishes, with the distinctive Chef Nik twist. The last course was packed -31 eager students with more on the waiting list.

This local celebrity chef said: "Food and I have a relationship. We are deeply in love with each other." His unscripted cooking show is part comedy, part cooking. He likes to make people laugh, and he plays with foods "to create a party in your mouth." Guests on the live show taste and tell at the end of each program.

In the summer of 2014 Chef Nik launched his signature Crackpot Kitchen Tropical Tamarind BBQ Sauce that is receiving rave reviews from locals and tourists alike, while being sold in the USA and Canada online at www.crackpotkitchensauces.com. Be sure to get your hands on "the most popular sauce I know."

Chef Nik loves to share, which makes him an excellent ambassador for TCI cooking, and by extension, TCI culture. So it came as no surprise when he was awarded the title Turks and Caicos Islands Culinary Ambassador on July 1st 2015. His primary objective is to showcase and promote the cuisines of this country, both locally and internationally. He said: "Cooking isn't a job to me, it's a passion."That passion shows in all his different culinary businesses and roles: the Cooking Show, Catering Services and Restaurant, Crackpot Kitchen BBQ Sauces and as TCI's first Culinary Ambassador. Enjoy the show and the sauces, but better still, enjoy his cuisine, at Crackpot Kitchen Restaurant Bar & Grill, upstairs in Ports of Call, on Grace Bay. •

STORY BY KATHI BARRINGTON



SAMPLES FROM OUR SEASONAL MENU

STARTERS

Mozza Tomato Salad - \$13

Heirloom tomatoes stacked with Mozzarella, spring greens, basil, pecan pesto and balsamic glaze

Crackpot Garden Salad - \$11

Spring picked greens with grape tomatoes, bells, Bermuda onion, Kalamata olives, cucumbers and carrots

Cracky Conch - \$10

Strips of tender, lightly battered conch served with Chef Nik's Flamingo Sauce

Tropical Conch Salad - \$12 Signature

Chopped, citrus infused Queen conch with onion, bells, tomato and mango, with plantain strips

Cracky Conch Fritters - \$10 Signature

Chunks of conch with herbs, spices and veggies in a special batter, fried on sticks, served with Chef Nik's Flamingo Sauce

Curry Beef Spring Rolls - \$10 Signature

Ground Angus infused with Caribbean curry veg, in a spring roll blanket

South Caicos Lobster Salad - \$20

Lobster chunks with Bermuda onion, bell peppers, tomatoes in Caribbean Aioli, stacked on avocado, spring greens with mango vinaigrette

Crackpot Caesar Salad - \$12

Chopped Romaine, cherry tomatoes, plantain croutons, corn, bacon with homemade Caesar dressing. Add chicken - \$4 Add smoked salmon or shrimp - \$6

Turks Queen Conch Chowder - \$11

Chunky tomato conch chowder with North Caicos ground vegetables, herbs and spices

DINNER

Jerk Lamb Rack - \$41

With Crackpot Kitchen jerk sauce, sweet potato mash, sautéed vegetables

Smoked Center Cut Juicy Chops - \$28

With spiced carmalised onion, peas 'n rice, sautéed vegetables, tropical slaw

Grilled Lobster - \$41

10 oz grilled with scampi sauce, creamy garlic mashed potato, corn pie

Drunken Bird - \$30 Signature

Whole Cornish game hen marinated in Turks Head beer jerk sauce, plantain strips and choice of side

Cracky Reef Tacos - \$26

Shrimp, conch and fish in soft shell taco with crispy fried tornado potato

Crusty Grouper - \$38 Signature

Almond crusted, served with arugula pesto risotto, ginger butter carrots and orange buerre blanc

Old Field Curry Goat - \$26

Marinated curried goat, slow cooked with herbs and spices, served with garlic butter rice pilaf, plantain strips, tropical slaw

Chef Nik's Tamarind BBQ Baby Backs - \$30

Rack of pork ribs with lemon garlic roast corn and choice of side dish

Chef Nik's Special

Lobster Thermidor - \$46

Lobster meat with garden herbs and veggies in mixed cheeses sauce with garlic mashed potatoes and seasonal vegetables

Surfin Outback - \$46 Signature

7 oz stuffed lobster paired with 1/2 rack of tamarind BBQ baby back ribs, served with tornado potato, tropical slaw

Harbor Risotto - \$36

Italian risotto prepared island-style with conch, shrimp, mussels and snapper

Guinness Stew Oxtail - \$26

Slow braised with Guinness, root veg and butter beans, served with garlic butter rice pilaf, plantain strips, tropical slaw

Mama Lucy Salmon Fettuccine - \$32

Special Alfredo sauce with backyard smoked salmon, roast corn

Peeping Mahi - \$30

Lightly seared, with Crackpot Special Blackening Blend, topped with tropical fruit salsa, with pigeon peas and rice, garlic buttered vegetables

DESSERTS

Specialty Coffees - \$12 North Caicos Sweet Potato Bread - \$12 Haitian Mango Cheesecake - \$12 Trio of Caribbean Crème Brulée - \$14 Kahlua Sponge Cake Chocolate Mousse - \$14

"Cracky Hour" HAPPY HOUR from 5 to 7pm - Two 4 One on all Well Drinks, Beer and Wine by the glass

Crackpot Theme Night Saturday from 5:30 with Live Local Music Caribbean Entrees from \$14 - \$41 with choice of 3 side dishes



RESERVATIONS CALL

649-245-0005 or 649-941-3330

CHEFNIK@CRACKPOTKITCHEN.COM
OPEN DAILY FOR DINNER 5PM UNTIL...
(CLOSED THURSDAYS)

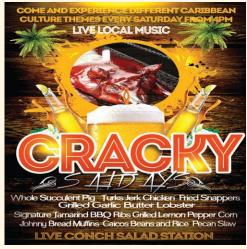
A/C BAR AND DINING ROOM
Plus OPEN TERRACE

Located UPSTAIRS AT PORTS OF CALL GRACE BAY, PROVIDENCIALES

SEE MAP #147

FOLLOW US ON FACEBOOK or WWW.CRACKPOTKITCHEN.COM

Crackpot Kitchen Cooking the widely popular TV Show (Wednesdays on PTV8 & WIV4) evolved into a highly anticipated restaurant. Let Chef Nik entertain you while preparing a 4 to 8 course dinner for you and up to 7 friends at his Chef's Table! (Call to Book)







BREAKFAST

Peameal Bacon on a Bun • Canadian Peameal Bacon, Lettuce & Tomato • \$13

Toasted Western • Scrambled Egg, Diced Ham, Onion & Peppers • \$9

Breakfast Burrito • Scrambled Egg, Bell Pepper & Pepper Jack Cheese • \$10

Full English Breakfast • \$18

2 Eggs (any style), Bacon, Sausage, Breakfast Potatoes, Roasted Tomato, Baked Beans, Roasted Portobello Mushroom, Black Pudding & Country Bread Toast

Basket of Fairways Signature Side • \$6

Combination of French Fries, Onion Rings, Deep Fried Jalapenos

& Mushrooms. Served with Curry Mayonnaise & Garlic Aioli Dipping Sauce

Chicken Wings (served with French Fries)

You can get Fairways' Famous Wings Plain or tossed in Mild, Medium, Hot, Honey Garlic or BBQ Sauce. Served with Blue Cheese Dressing & Crudité • 1 lb. Platter \$14 • 2 lb. Platter \$24

Nacho Platter • Small \$16 • Large \$24

Huge Mountain of Tortilla Chips topped with Monterey Jack, Cheddar, Jerk Chicken, Green Pepper, Tomato & Onion. Salsa, Sour Cream & Jalapenos are Optional

BETWEEN THE BUNS

Choice of Patty - 8 oz. Beef or 6 oz. Chicken Breast or Black Bean Chipotle Veggie

Fairways Country Club Burger • \$14 Cheddar Cheese, Tomato, Onion & Lettuce

Bambarra Rum Burger • \$16

Grilled Pineapple, Roasted Red Peppers & Bambarra Rum Glaze

Black & Blue Burger • \$16

Roast Portobello Mushroom & Blue Cheese

Jamaican Jerk Burger • \$16

Fiery Jamaican Jerk Spices, Sweet Green Chilies, Pepper Jack Cheese & Tomato

WRAPS & SANDWICHES

All sandwiches served with Potato Chips, Creamy Coleslaw and a Dill Pickle Spear. Substitute Fairways Signature Side or House Salad • \$3

Fairways Clubhouse Sandwich • \$15

Smoked Turkey, Crisp Bacon, Romaine Lettuce, Tomato with Mayonnaise

Blackened Grouper Sandwich • \$16

Wasabi Mayonnaise, Pickles & Romaine leaves

Jerk Chicken Caesar Wrap • \$14

Jerk Spiced Chicken, Romaine Leaves, Bacon, Aged Parmesan & House-Made Caesar Dressing

ON THE GREENS

SAMPLE MENU • ITEMS AND PRICES SUBJECT TO CHANGE

Goat Cheese Salad • \$13

Candied Pecan Nuts, Pickled Beets, Mixed Leaves with Balsamic Dressing

Egg, Red Onion, Wild Mushrooms, Applewood Smoked Bacon, Spinach Leaves with House-Made Warm Bacon Dressing

Greek Salad • \$12

Romaine Hearts, Feta Cheese, Kalamata Olives, Red Onion, Tomato with House-Made Herb Vinaigrette Dressing

Add a Protein to any Salad

Chicken Breast: Grilled or Blackened • \$4

Sautéed Garlic Shrimp • \$5

Grouper Fillet: Grilled or Blackened . \$6

Join us for Brunch from 11am each Sunday

A 12% Government Tax & 10% Service Charge will be added to all checks



Catering available for special events SEE MAP #148

GOLF













GOLF

+ 148 + PROVIDENCIALES DINING GUIDE WINTER 2015 - SPRING 2016



ICE CREAM & CANDY PARLOUR

The Islands Best Ice Cream

MONDAY - SATURDAY

10:00 am - 10:00 pm

SUNDAY

12:00 noon - 10:00 pm

PH. 649-941-7370

649-331-5394

FAX: 649-941-8312

Email: giggles@tciway.tc

WE OFFER:

Soft Serve & Hard Serve Ice Cream, Sorbet, Sherbet, Milkshakes, Floats,

Ice Cream Cake & Pies,

Cool Treats, Our Famous GIGGLER,

Frappuccinos, Pastry Coffee, Sundae, Refreshments. of Candies and Chocolates . . .

SEE MAP #149



LOCATED AT PORTS OF CALL VILLAGE, GRACEBAY AND WILLIAMS STORAGE, INDUSTRIAL PARK, DOWNTOWN



Lobster Thermidor

Chef Maximo Gonzales at Grace's Cottage

8 oz lobster meat, cooked 3/4 oz fresh parmesan, grated 1 oz butter I red onion, finely chopped I garlic, finely chopped 1 mushroom, finely chopped 2 fl oz white wine 3½ fl oz cream ½ tsp mustard 2 thsp chopped parsley

Cut lobster meat up into pieces.

Heat butter in a pan; add the onion, garlic and mushroom.

Cook until softened, add wine and cream boil to reduce by half.

Add mustard, parsley, lemon juice, black pepper and salt.

Turn off heat, add lobster meat.

Spoon the sauce with lobster meat in the shell.

Sprinkle with the grated parmesan cheese.

Place the lobster halves under a pre-heated grill for 3-4 minutes.



HUTCHINGS RESTAURANT & POOL BAR

Serving Breakfast (7am-10:30am) and Lunch (11am-4pm) by the Pool on our Shaded Terrace



SAMPLE LUNCH MENU ITEMS

Grace's Coconut Conch Chowder served with island dinner rolls \$7.50

Tempura Battered Shrimp served with Lime & Wasabi sauce \$16.50

Tomato Bruschetta served on a Parmesan crustini drizzled with balsamic reduction \$10.50

Greek Salad with cucumbers, cherry tomatoes, feta cheese, kalamata olives, red onions and bell peppers with zesty Italian dressing \$15

Vegetable or Chicken or Shrimp Linguini with Alfredo sauce or Tomato sauce \$19/\$22/\$24

Turkey Club Sandwich - \$15

Grace's Prime Burger Chicken, Beef or Fish - \$16

Veggie Spinach Wrap - \$16

Lobster Wrap - \$20

FROM THE GRILL

Grilled or Barbecue Chicken \$22 Grilled or Blackened Mahi Mahi



Photography By Www.lisaadaraphoto.com

LOCATED POOLSIDE AT THE POINT GRACE RESORT - Ph: 649.946.5096 - SEE MAP #150





Grace's Cottage is an architectural gem, and features picturesque outdoor seating under gazebos, on the terrace or directly under the starlit sky. By blending Caribbean cooking styles with a contemporary flair and delivery, there is no compromising the uniqueness of the cuisine. The menus feature fresh ingredients from the Islands, as well as carefully selected items from the region, that have set the culinary stage for centuries. Chef Maximo Gonzales meticulously marries these local ingredients to create a fusion cuisine to inspire your tastebuds.

APPETISERS

Lobster Spring Roll \$18 on seaweed salad with balsamic reduction, carrot swirls and sweet chili sauce

Chicken Wonton \$16
with red curry sauce, seaweed salad
& carrot ribbons

Grace's Coconut Conch Chowder \$12 with conch fritter crouton & scallions

Vegetable Somoza \$15 with cucumber ribbons, carrot swirls and balsamic reduction

SALADS

Caesar Salad \$16
with Parmesan web, crouton ring
& anchovy bits

Grace's Lobster Salad \$22 on pineapple sheets with tomato & cucumber salsa and lime sweet chili dressing (seasonal)

Arugula Salad \$16
with Feta cheese, watermelon, yellow tomato
and toasted pine nuts with
cranberry vinaigrette

Tomato, Beet Root, Cucumber & Mozzarella Salad \$18 with balsamic reduction & honey mustard dressing sauce



POULTRY & MEAT

French Cut Chicken Breast grilled or blackened \$24/\$28 with tobacco onions

Beef Tenderloin (80z) \$38 with tobacco onions & peppercorn reduction

Rib-eye (1202) \$40 with sauteed forest blend mushrooms & island infused demi-glaze

Lavender Marinated Lamb Rack \$44 topped with pineapple & mint chutney

Prices subject to 12% Government tax and 10% service charge



At Point Grace Resort

Grace Bay Road (See Map #151)

Reservations Required Ph: 649 946.5096

Dinner Served Nightly ~ 6pm to late
Full Bar/Lounge Atmosphere
Extensive Wine List
Outdoor and Terrace Seating
Weddings and Receptions
Visa, MasterCard, American Express
Email: concierge@pointgrace.com

PASTAS & RISOTTOS

Penne or Tri-Color Pasta \$28-\$38 with choice of vegetables, chicken, spicy Italian sausage or lobster

Saffron Seafood Risotto or Vegetarian Risotto \$34/\$32 diced red bell peppers, cherry tomato, portabella mushrooms & red onions

GRACE'S OCEAN VIEW

Seared or Pan Fried Grouper \$38 with orizo sauce and black bean & corn salsa

Grilled or Steamed Snapper \$38 with citrus sauce

Pistachio Encrusted Sea Bass \$42 with citrus sauce

Grilled Tuna \$42 with pineapple mint chutney and citrus sauce

Steamed Alaskan King Crab Legs \$46 with garlic butter

Broiled or Grilled Lobster Tail \$46 with garlic butter (seasonal)

CURE FOR THE SWEET TOOTH?

Chocolate Soufflé (please allow 15 mins) with vanilla ice cream \$16

FEATURED CHEF Doug Camozzi

Greenbean Cafe

Located in Turtle Cove at the corner of Bridge Road

DOUG CAMOZZI HAS BEEN at the forefront of several popular dining establishments in Providenciales for more than 25 years. He constantly looks for the next, hottest trend to bring to the islands. "We've been blessed with successful restaurants and concepts the island needed. Being involved with a growing island has been exciting. I've been very fortunate to witness the country as it develops."

Doug is a third generation restaurateur trained by his father, who owned successful restaurants in San Francisco and Switzerland, where Doug's grandfather also ran a popular

eatery. "By the time we were old enough to carry a bus tub or balance a tray, we were put to work in our father's restaurant." Doug says of his initiation into the world of dining, "I started cooking when I was eight."

Greenbean is on the corner of Bridge Road in Turtle Cove. It opened in January, 2011. He said of it, "Shorter hours, the food is healthy, light and airy.

A sign of the times. The trend is toward healthy, organic meals, people are taking better care of themselves." In addition to healthy dining options, Greenbean is committed to the environment. "We try to provide containers that are compostable and recyclable. We use flatware made from potato starch. Bags are made from cornstarch that composts in two weeks. And we buy as much local, organic produce as we can."

Melissa Hartling joined team Greenbean, bringing her new vegan and vegetarian menus and selections. The creator of Provo's only vegan and vegetarian catering company Food 4 Thought, she has re-



Partners Melissa and Doug relaxing at the Greenbean

launched her vegan specialties at Greenbean. Food 4Thought selections are available daily for pickup at both Greenbean and Big Al's.

Melissa trained in Italy with chefs specialising in vegan and vegetarian menus. She focuses on the freshest produce and vegetables. This talented woman brings over 26 years of vegetarian cooking to Greenbean and is head chef in the development of the new vegetarian menus.

Come in and try one of Melissa's daily offerings. Her sample weekly menus for lunch and dinner pickup are on the Greenbean website. www.greenbeantci.com

In addition to Greenbean, Doug also operates Caicos Catering, which specialises in services for the private villa market on Providenciales. If you're staying at a villa but don't wish to cook, Caicos Catering will provide your meals during your holiday. Doug explained, "There are so many villas for rent on island, and just a few villa chefs. We saw a need and filled it."

Caicos Catering is versatile. They cater to families in the villas, small or grand func-

tions, corporate groups and weddings. The Greenbean space is available after 6 pm for private, in house parties and is in great demand for private Christmas parties. He said, "We dress it up, we change format. We can transform Greenbean into a five star venue for a private event."

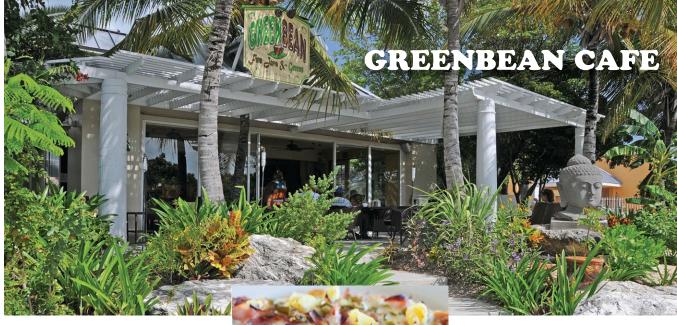
One of the most popular items on the Greenbean menu, and perhaps the most unique feature is whole wheat artisan pizza. Doug said, "We do them with basil pesto, fresh Mozzarella,

and sundried tomato pesto. It's a nice alternative to the large, white crust pizzas. They're individually sized so you can order a couple of different pizzas for a table." Because the pizzas are smaller and thinner, they're great to share with a group. Paninis made with ciabatta bread, that is baked fresh daily, are also popular. There are eleven combinations from which to choose.

"I don't know how many salads and wraps you can eat in a week," Doug joked, "so we brought in a burger menu. The burgers are hand-pressed, made from ground Black Angus chuck. "And we do have alternative burgers so you can stay healthy: black bean, veggie and turkey burgers, with fresh Mozzarella, basil pesto, arugula and a whole wheat bun, if you like."

Greenbean has an extensive menu of teas, and their smoothie menu is a popular way to rehydrate and keep it healthy while on holiday. Doug and Melissa make a good team at Greenbean. Stop by to say hello and sample some tasty and healthy meals. You won't be disappointed!

STORY BY KATHI BARRINGTON - PHOTO BY WWW.LISAADARAPHOTO.COM



BREAKFAST SPECIALS "SEE THE BOARD"

COFFEE & TEA

Tazo & Numi Organic Teas

Tall \$2.50 | Grande \$3.50 | Venti \$4.50

Coffees Tall - Café Mocha/Lattes

Macchiato (Caramel or Chocolate)

Tall \$3.00 | Grande \$4.00 | Venti \$5.00

Expresso

Starbucks \$4.00 | House \$4.00 | Decaf \$4.00

FRAPPACCINO

Smoothies - Small \$4.00 | Large \$6.00

OUR GREEN SIDE

Salad or Wrap - Includes 4 Toss In's Small \$7.75 | Large \$9.75 Pick Your Lettuce

PICK TOUT LETTUCE

Tender Baby Greens | Crisp Romaine Fresh Baby Spinach | Arugula Choose from **Over 50 "Toss In's"** to add to your Salad ~ Choice of 14 Dressings

FLATBREAD PIZZAS

Artisan Flatbread Mini Wholewheat Pizzas

BBQ Chicken . . . \$10.00
Rajun Cajun . . . \$11.00
Spicy Volcano . . . \$10.00
Greenbeans Skinny . . . \$8.00
Its Greek To Me . . . \$9.00
Meat Me At The Bean . . . \$12.00
Margarita . . . \$9.00

PANINIS

Any Panini for Only \$10.00 each
The Cuban - The Wild Mushroom
The Skinny Bean - The Island Jerk

The Gobbler - The New Yorker
The Greenbean Italian

greenbean

Purverors of fine java and greens

FRESH PASTRIES AND DESSERTS

SPECIALTY WRAPS

Made as a Wrap or a Salad
Whole Wheat, Spinach or Tomato Wraps
Southwest Spicy Chicken . . . \$12.00
Original Chicken Caesar . . . \$12.00
Tree Hugger . . . \$12.00
Mandarin Salmon Salad . . . \$14.00
The Little Shrimp . . . \$14.00
Yellowfin Tuna Niçoise . . . \$14.00
Jimmy The Greek . . . \$14.00
Caprese il Greenbean . . . \$10.00
The Jamaican Jerk . . . \$12.00

"Burger City"

SINGLE 40z Beef Pattie \$6.50

DOUBLE Beef \$9 - TRIPLE Beef \$11.50 California Burger - Americano Burger Mini Sliders - Amazing Turkey Burger Ultimate Burger - Blackbean Burger Western Burger - Black n Blue Burger Jamaican Jerk Burger

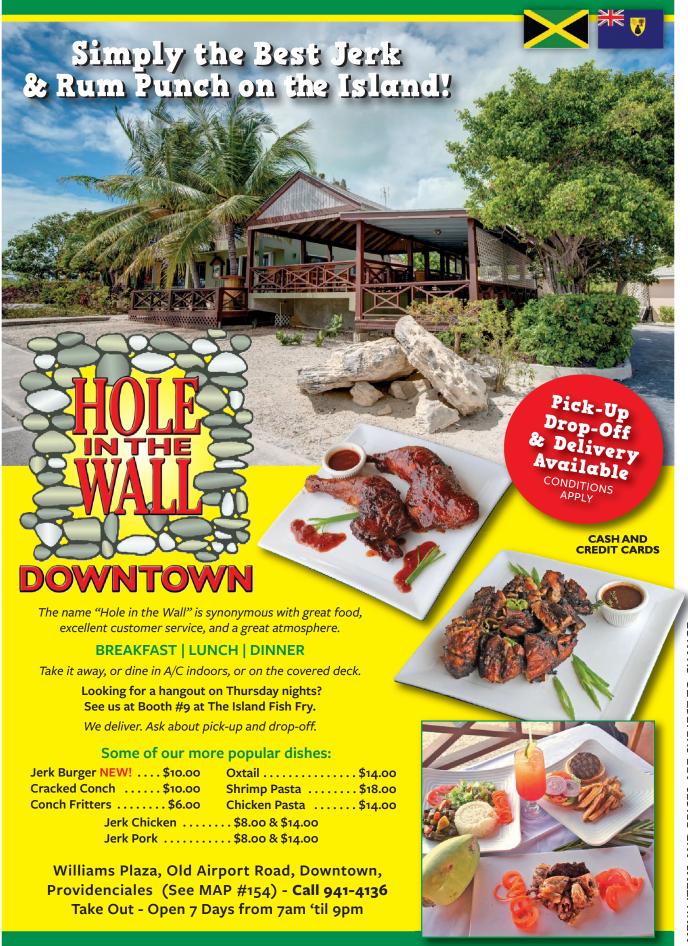
VEGETARIAN

Vegan-Vegetarian Items Change Daily Here is a Sampling of Our Favourites

- Chickpea Patties with Mango Salsa
- Roasted Vegetable Polenta Pesto Pasta
- Falafel Pitas with Cucumber Yogurt Sauce
 - Mushroom Barley Lentil Stew
 - Cumin Spiced Red Lentil Burger with Fiery Fruit Salsa
 - Lentil and Wild Rice Loaf with Cauliflower Mash and Veg
- Skinny Eggplant Panini w/Pesto & Asian Slaw
- Farro, Raddichio and Roasted Beet Salad
 - Mushroom and Wild Rice Frittata over Mixed Greens
 - Portobello Mushroom Stroganoff
 - Coconut Ginger Squash Soup
 - Roasted Eggplant Curry with Basmati Rice and Naan Bread

Open Air WiFi and TV Lounge • Starbucks® coffee • Cool green salad creations
Open 7 days a week 7am to 6:30pm • greenbean@tciway.tc • T 941 2233 C 431 6890
Located in Turtle Cove at Harbour Town #1 at the corner of Bridge Street and Lower Bight Road
Check us out at www.GreenBeanTCl.com • Catering by www.CaicosCatering.com MAP #153







FINE COCKTAILS | INNOVATIVE MENU THE ONLY BOAT ON GRACE BAY ROAD!

BAR & KITCHEN

- BAR SNACKS & STARTERS -

CHEF'S SALAD - 12

Fresh greens, tomatoes, cucumbers, roasted peppers and our house honey mustard dressing Shrimp +4 Lobster*+6 MIDDLE EASTERN SHARING PLATTER - 19

Hummus, baba ganoush, olives, lemon carrots, bread FRENCH SHARING PLATTER - 24

Saucisson sec, local pâté, papaya savarin, brie,

cornichons and fresh baguette HOMEMADE HUMMUS & BREAD - 9

CHICKEN WINGS - 14 Choose from zesty za'atar / spicy / tangy

TRIO OF PULLED PORK SLIDERS - 14 Served with our signature house sauces

SPICY SHRIMP TAPAS - 15

With mango and fennel seeds LOBSTER THERMIDOR BITES* - 16

Sweet local lobster, classic creamy sauce, and crunchy breads

- MAIN COURSES -

STEAK STACK - 26

Thin cut, tender grilled steak cuddled by an herb butter and served with our house potato salad RIBS - 22

Dry rubbed and slow cooked, served wet or dry with our house BBQ sauce, slaw and potato salad PULLED PORK BUN - 20

16 hour smoked pork, with slaw, house pickles and fries (choose tangy mustard BBQ sauce or chipotle mayo) CHORIZO BURGER - 20

Grilled fresh ground beef and Spanish chorizo, with avocado, BBQ sauce and fries. Add manchego cheese - 2

THE CRASH LANDING - 22

(Our "can't decide" option)

A slice of house sausage, pulled and rib meat served on a bun with our house pickles, slaw, BBQ sauce and fries FISH BURGER - 22

Grouper burger, seasoned, pan seared, served with our coconut mango sauce and a duo of fries PRAWN & SCALLOP SKEWERS - 26

Grilled prawns, scallops and Spanish chorizo skewers served with a pea brulee, with garlic, lime and chilli butter LOBSTER TAIL* - 32

Locally caught lobster tail, served with coconut pineapple rice and drizzled with garlic and lemon butter Add an extra 1/2 tail +10

VEGETABLE HEAVEN - 18

Sliced confit tomato, grilled vegetables and homemade pesto on cumin infused flatbread, served with a duo of fries

ASK ABOUT OUR SELECTION OF SWEET & CIGARS

*Lobster served In-Season only.



MARGARITAS • COLADAS • MOJITOS MARTINIS • SANGRIAS • SHOOTERS PERRIER JOUET INFUSIONS **BUBBLES • RED WINE • WHITE WINE**



THE LANDING BAR & KITCHEN

Open from 5:30 until...

Phone 1.649.341.5856

Across from Regent Village Grace Bay Road, Providenciales

See MAP #155 www.thelanding.tc

IN SEASON

SPECIAL

JUST \$ 27



+ 155 + PROVIDENCIALES DINING GUIDE WINTER 2015 - SPRING 2016

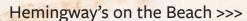
Fish Tacos

These are but a few of the many Fish Tacos you can enjoy on Providenciales. They are often quoted as "the best fish tacos on the island."

Try them all, and let us know if you can make that decision.

<<< Caravel Restaurant

People are talking about these tacos. Three fluted, cup shaped tacos are loaded with breaded fish, which is smothered in shredded fresh lettuce, onion and Parmesan. Served with a dollop of sour cream and salsa on the side. Perfect as a meal, or as a starter for three.



Two soft flour tortillas are folded over tender grilled fish that is garnished with creamy sour cream and sweet mango chutney. Enjoy them with the accompanying seasoned fries, or a fresh salad. (Corn tortillas are also an option.)

<<< Danny Buoy's

Popular island spiced fish is folded into a pair of soft tacos. Each is stuffed with shredded lettuce, tomatoes, a blend of international cheeses, Baja sauce, sour cream and salsa.

s. how

Somewhere...Café & Lounge >>>

A trio of soft flour tortillas are stuffed with fresh local fish, sautéed peppers, onions, tomatoes, cheddar and jack cheeses, crisp fresh lettuce, pico de gallo and salsa rioja.



Las Brisas Restaurant

AT NEPTUNE VILLAS





Mediterranean/Caribbean Cuisine, TAPAS
Dine overlooking Chalk Sound National Park
Email lasbrisastci@aol.com - Reservations 649-946-5306

Tapas

Spanish or Portuguese Chorizo Chick Peas with Chorizo Fish Ceviche • Crab Cake Coconut Crusted **Snapper Tacos** Shrimp in a Cup Shrimp in Garlic **Shrimp Dumplings** Coconut Shrimp Chili & Garlic Calamari Tuna Poke • Mussels Himalayan Salt Cured Tuna Conch Fritters Conch 2 Ways Bruschetta add shrimp or lobster*

with chicken, beef, shrimp or lobster* **Soups**

Baked Brie (small/medium)

Nachos

Conch Bisque • Black Bean

Salads

Caesar Salad
add chicken, fish, steak, shrimp, lobster*
Conch Salad • Lobster Salad*
Goats Cheese • Caprese
Salad Niçoise • Greek Salad
Avocado Shrimp Salad

Las Brisas Specialty Pizza

Ten inch thin and crispy with cheeses. Add vegetables, chicken, conch, beef, shrimp, or lobster.

Lunch Special Sandwiches/Wraps

Served with yucca chips, French fries or side salad. Fish Conch Chicken Vegetable Wrap Club Lobster Roll* Angus Beef Burger The Ultimate Burger The Kraken Burger Cuban Sandwich Steak Panini Caprese Panini Crispy Shrimp Roll

Baskets

Lightly breaded & deep fried with your choice of yucca chips, French fries or side salad.

Shrimp • Fish
Conch • Chicken

Pastas

Served w/garlic bread.
Chicken, Shrimp or Lobster*
Fettuccine Alfredo
Spaghetti Bolognaise
Pasta Primavera
Shrimp Linquine

Rice

These dishes are for a minimum of two. Allow 45 min. preparation. Seafood Paella Las Brisas Paella

Entrees

All entrees are freshly made to order. Tell us your preference, grilled, pan-fried, cracked, blackened or creole.
Choice of Sauce: rosemary, lemon garlic butter, béarnaise or mushroom.
Served with choice of two sides.
Fresh Fish of the Day
Seared Tuna Steak
Conch Shrimp
Baked Stuffed Shrimp

Lobster* 8oz, 9oz,12oz,16oz Baked Stuffed 8oz Lobster* Seafood Creole Surf & Turf* Angus Filet Mignon 8oz. Beef Wellington 8oz. Rib-Eye Steak 8oz. T-Bone Steak 20oz. Rack of Lamb BBQ Baby Back Ribs

Coconut Shrimp

Chicken Breast Side Orders

Jasmine White Rice
Fried Rice • French Fries
Sweet Potato Fries
Mash Potatoes • Baked Potato
Beer Battered Onion Rings
Yucca Chips • Side Salad
Black Beans • Corn on the Cob
Steamed Vegetables
Fried Green or Sweet Plantains

Chef's Specialties

Las Brisas Surf & Turf (8oz. Beef Tenderloin/8oz. Lobster*) Caicos Lobster Thermidor* Tuna Steak Azorean Stuffed Chicken Fish and Chips

Kid's Corner

(12 years and younger)
Hamburger
Chicken Fingers
Mac and Cheese
Hot Dog
with French fries or yucca chips

Desserts

New York Style
Cheese Cake
Tiramisu
Flan
Apple Pie
Apple Pie a la Mode
Coconut Rum Cake
Chocolate Rum Cake
Key Lime Pie
Walnut Brownies
Walnut Brownies
Ice Cream
chocolate or vanilla
A la Mode

*Lobster dishes are served "In-Season" only. 12% government tax not included.

Full Bar, Terrace, Gazebo and Inside Dining • Private Parties and Take Out Available Now Serving Breakfast, Lunch and Dinner Six Days a Week - 8am to 10pm Lunch Only Served Tuesdays 11am to 3pm (during the high season) - See Map #157





La Petit Place (across from Jimmy's Dive Bar) Grace Bay Road 649-339-9001

5 Academy Ave 649-339-9000 SEE MAP # 158

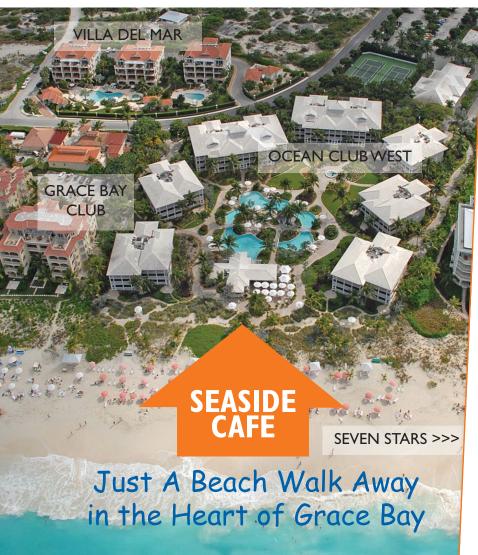
Open Monday – Sunday.

E-mail thepattyplace@gmail.com



ON THE BEACH - OCEAN FRONT DINING IN THE CENTRE OF GRACE BAY

Just a short walk on the beach from most resorts
Located on the beach at Ocean Club West Resort
Call on 946-5254 - See Map #159
Breakfast, Lunch & Dinner Served Daily 8am-9:30pm



SAMPLE MENU ITEMS

Conch Salad - Crack Conch
South American Conch Ceviche
Ahi Tuna Sashimi on Mee Krob
Crispy Risotto Crab Cake
Shrimp Tempura
Caesar Salad
Blackened Fish Sandwich
Grilled Chicken Sandwich
Seaside Burger
Turks Head Fish and Chips
Tahini Chicken

MENU ITEMS AND PRICES ARE SUBJECT TO CHANGE

Lobster with Green Beans and Cremini Mushroom Risotto Shrimp / Chicken / Lobster Alfredo Pasta

Crispy Plantain Encrusted Mahi Mahi with Mango Pineapple Salsa Plus a lot more....

Fresh Locally Caught Seafood Is Our Thing!

We serve the best the ocean has to offer - Lobster, Snapper, Grouper, Wahoo - whatever jumps into the boat first!



Regional Rums & Frosty Tropical Drinks

YOUR PERFECT BEACH WEDDING

Dinner & Dancing on the Deck Great Rates for your entire party booked at Ocean Club Resorts Email for a Quote culinariatci@gmail.com

946-5254





Turkish & Mediterranean Restaurant

Tel 431-9964



FALAFEL SALAD

Nothing hits the spot like meat and vegetables, right off the spit. At Turks Kebab you'll discover that your favourite Mediterranean classics were meant to mingle with our authentic island side dishes.

It makes a simple, healthy and incredibly tasty menu, from spicy finger-licking sensations, to very vegan home cooking - there's something for everyone.

It all starts with fresh ingredients and quality meats. But it doesn't stop until you've satisfied your hunger, eaten up the simple hospitality and savoured a moment with any of the diverse islanders who call this their favourite place to eat.

Affordable, authentic, fresh-made and always good for you.



APPE+ISERS

Zaziki ...\$7.50

Finely cut cucumber, mint, garlic, fresh yogurt Classic Baba Ghanoush ...\$7.50

Eggplant with tahini, garlic and fresh lemon juice mixed with parsley and pinch of cayenne pepper **Hummus ...\$7.50**

Chick peas, garlic, tahini, fresh lemon juice and seasonings, topped with olive oil

Sun-Dried Tomato Hummus ...\$7.50Chick peas, garlic, tahini, fresh lemon juice and sun-dried tomatoes, topped with olive oil

Spinach Garlic Yogurt Dip ...\$7.50

Fresh yogurt, chopped fresh spinach and garlic



Greek Salad ...\$11.50

Romaine lettuce, greens, tomatoes, cucumbers, onion, green olives, crumbled Greek Feta cheese Chicken Shish Salad ...\$12.50

Fresh greens mixed with tomatoes, onion, peppers, cucumber, with marinated chicken on a skewer

Caribbean Jerk Fish Salad ...\$12.50

Fresh field greens mixed with tomatoes, onion, peppers, cucumber and peppered jerk fish Falafel Salad ...\$11.50

Fresh field greens mix with tomatoes, onions, peppers, cucumber, hummus and FALAFELS Gyro Salad ...\$13.50

Fresh salads with beef & lamb doner kebab/gyro



ISKENDER KEBAB PLATE

VEGGIE PITAS

Falafel Pita ...\$9.50

A mixture of ground chickpeas, onions & spices formed into patties and fried golden brown

Mediterranean Pita ...\$9.50

Pita bread brushed with butter, topped with Greek herbs, Feta, greens and fresh grilled vegetables

Hummus Pita ...\$9.50

Pita bread brushed with butter and topped with hummus, greens and fresh vegetables

12% Government tax will be added to your bill

SANDWICHES

Pita Doner Kebab - Gyro ...\$10.00

Sliced lamb & beef kebab, greens, onion, tzatziki
Pita Chicken Sandwich ...\$9.50

Chicken kebab with curry, greens, onion, tzatziki

Tortilla Wrap/Doner Kebab ...\$9.00

Sliced lamb & beef or chicken with curry flavour, greens, onion, served with tzatziki

Kofte/Turkish Meatballs Pita ...\$10.00

Char-grilled pepper meatballs, greens, onion, tzatziki **Zemar's 8oz Burger ...\$12.00**

Peppered 8 oz. burger with lettuce, onion, tomato

Fish Burger ...\$12.50Caribbean jerk fish burger, lettuce, onion, tomato

Gyro Burger ...\$13.00Sliced lamb & beef, lettuce, onion, pickles, tzatziki

Sliced lamb & beer, lettuce, onion, pickies, tzatzik

Chicken Shish Kebab Wrap ...\$10.00

Tender marinated chicken on skewer, charbroiled wrap, grilled onions, greens and tzatziki

Zemar's Spicy or Sweet Chicken Wings ...\$9.00 Chicken wings are marinated in special spices on the inside keeping the outside crispy and crunchy

Fish Fingers | Chicken Fingers ...\$12.50 Special peppered fish or chicken fingers

Adana Shish Kebab Wrap ...\$10.00

Ground beef skewer, marinated with Turkish spices

MAIN COURSE

Iskender Kebab Plate ...\$14.25

Lamb & beef doner kebab over pita bread, topped with tomato sauce, yogurt, fried butter with salad Chicken Shish Kebab Plate ...\$13,75

Marinated chicken on skewer, green salad and rice

Kebab Plate ...\$13.75 Lamb & beef doner kebab with green salad, rice

Kofte Plate ...\$13.75

Char-grilled pepper meatballs, green salad and rice Adana Shish Kebab Plate ...\$14.25 Ground beef skewer with Turkish spices on rice

TURKISH DESSER+

Baklava ...\$8.00





TURKS KEBAB - TURKISH & MEDITERRANEAN RESTAURANT

Alverna's Local Craft Market #8 - Sand Castle Drive at Tropicana Plaza - See MAP #160 Within walking from Graceway Gourmet and Grace Bay Resorts - Call for Carry Out 431-9964





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