

**Mango Tree
Lunch Menu**

Starters

Accra's Curry Mayo Tangy Tomato Sauce	8
Plain Caesar Salad	12
Soup of the day with Garlic Toast	12
Deep Fried Calamari with Tartar Sauce	13
Greek Salad, Feta Cheese, Kalamata Olives, Diced Tomatoes and Cucumber over a Crispy Romaine Lettuce and Organic Greens Balsamic Dressing	13
Caesar Salad with Jerk Chicken	14
Caesar Salad with Fish	14
Caesar Salad with Shrimps	15

Main

Lentil Burger with Sweet Potato Fries	12
Vegetarian Thai Rice Roll with Noodles, Sweet Potato and Pumpkin Chutney	13
Grilled Cheese Sandwich with a Spicy Tomato Soup	14
Roasted Pumpkin and Mushroom Risotto	14
Chicken or Fish Roti with Salad, Chutney	14
Penne Pasta with Mushrooms and Spinach in a Creamy Sauce	15
Tuna Melt with Organic Salad	15
Fish Burger with Salad or Sweet Potato Fries	15
Chicken or Vegetable Wrap grilled with Spicy Mayo Dip	16
Jerk Chicken and Grilled Pineapple Sandwich with Sweet Potato Fries	16
Creamy Chicken or Fish Pasta	18
Mango Tree Burger with Fries or Salad (Mozzarella Cheese, Pickled Cucumber, Cole Slaw)	18

Coconut Crusted Chicken with Sweet Potato Mash, Spinach and Rosemary Sauce 23

Catch of the day with Green Fig Mash, Vegetables, Passion Fruit Dressing and Herb Butter Sauce 25

Sirloin Steak served with Peppercorn or Mushroom Sauce, Sweet Potato Fries and Green Salad 28

HEALTHY STONEFIELD RESORT ROOT VEGETABLE BOWLS

As part of our wellness menu offerings, we have created healthy root vegetable bowls served with various peas and beans, salad and local chicken or fish specialties infused with ginger, turmeric and local seasoning and medicinal herbs. Our vegetables and herbs are all grown on property. Root vegetables are truly natural, unadulterated sources of complex carbohydrates, antioxidants and important nutrients. They are low in calories and high in antioxidants. Each one contains a wide variety of vitamins and minerals. Root vegetables have a lower glycemic index load and cause less digestive or inflammatory issues than many grains do. They are full of good carbs and are wonderful sources of fiber for a healthy diet, not to mention they taste delicious.

DASHEEN BOWL – Chopped or sliced dasheen, sautéed tomato, tumeric, onion and plantain, lentils, mixed greens. (Stewed or curried chicken or fish optional) **\$18**

GREEN BANANA & FISH BOWL – Green bananas, fresh local stewed fish in tumeric broth, pickled cucumber, chopped tomatoes, chopped local parsley, avocado (seasonal) and lime **\$20**

BWAPAIN BOWL – Breadfruit slices, stewed black eyed peas, fried plantain, curried vegetables with ginger & coconut milk, chopped cucumber & tomato salad (Stewed or curried chicken or fish optional) **\$20**

ROTI BOWL – Curry chick peas/veggies, fish or chicken in coconut milk and ginger, tomato and cucumber salad in chopped roti shell *Chadon beni and lime (Vegetarian option available) **\$18**

PATAT DOUX –Local sweet potato bowl served with, stewed beans, steamed carrots, chopped salad, pickled cucumber and avocado **\$17**

Desserts

Chef's Specials of the day 6

* All prices are in US Dollars and are subject to 10% service charge and+ 10% Government sales tax (VAT).

The Mango Tree Restaurant

Sample Dinner Menu

Starters

Pumpkin Soup or Cream of Onion Soup	12
Garden Salad with Feta Cheese and Herb Dressing	13
Deep Fried Shrimp with Garlic Dip	14
Crab Cake with Tartar Sauce and Tomato Salsa	14

Main

Rasta Pasta	25
Jerk Chicken Breast with Herb Mash, Vegetables and Sweet Chili Sauce	28
Grilled Fish, Rice, Vegetables and Mango Salsa	30
Seafood Pasta (Mussels, Fish, Calamari and Shrimps) in a Cream Sauce	30
Stonefield Shrimp with Sweet Potato Mashed with Garlic Butter Sauce	32
Grilled Steak, Herb Mash, Vegetables and Red Wine Sauce	34
Piton Lamb (Lamb marinated in piton beer)	38
Pan Seared Steak on Sweet Potato Mash with thyme sauce)	38

Desserts

Selection of Local Ice Cream	8
Chocolate Lava Cake	9
Stonefield Cheesecake	10
Passion Fruit Crème Brule	10
Warm Bread Pudding with Coconut Sauce and Ice Cream	10

***Kindly mention to server any allergies, dietary needs personal requests to your server. Prices are quoted in US Dollars and are subject to 10% service charge and 10% Government sales tax (VAT).**

The Mango Tree Restaurant

Sample Dinner Menu

Starters

Pumpkin Soup	12
Fish Chowder	12
Garden Salad topped with Feta Cheese	13
Chicken Satay, Potato Chips with Peanut Sauce	13
Shrimp Cocktail	14

Main Course

Pesto Pasta	25
Tofu in Tomato Sauce, Vegetables Crusted Plantain and Seasoned Rice	25
Grilled Chicken with Dasheen Croquettes, Vegetable with Coconut Baron Sauce	28
Olive Oil Linguini Pasta with Fish and Vegetables	30
Grilled Shrimps with Herb Rice, Vegetables and Garlic Butter Sauce	32

Desserts

Chocolate Cake with Ice Cream	9
Warm Bread Pudding with Ice Cream	9
Avocado Ice-Cream	9
Plantain Ice-Cream	9
Cinnamon Crepe with Ice Cream	10

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