



LANCE AUX EPINES COTTAGES
GRENADA WEST INDIES

Sand Bar

Open Tuesday to Sunday, 12 noon to 8 pm

| <u>Starters</u> | |
|---------------------------|------|
| Garden Salad | \$12 |
| Soup of the Day | \$12 |
| Sand Bar Wings | \$15 |
| Lobster Bisque (Seasonal) | \$17 |
| Cajun Jumbo Shrimp | \$24 |

| <u>Snacks</u> | |
|---|------|
| Beef Burger (add brie cheese \$3 / bacon \$3) | \$20 |
| Chicken Burger (add brie cheese \$3 / bacon \$3) | \$20 |
| Fish Burger (add brie cheese \$3 / bacon \$3) | \$22 |
| Veggie Burger (add brie cheese \$3 / bacon \$3) | \$16 |
| Chicken Wrap | \$25 |
| Fish Wrap | \$30 |
| Veggie Wrap | \$20 |
| Lobster Wrap (Seasonal) | \$40 |
| BBQ Chicken | \$15 |
| Hot Dog (add brie cheese \$3 / bacon \$3) | \$6 |
| Bratwurst Sausage (add brie cheese \$3 / bacon \$3) | \$16 |

Prices in EC dollars and include VAT. **Service is at your discretion.**

| <u>Entrees</u> | |
|--|-------|
| All Entrees (except salads and pastas) come with your choice of 2 sides | |
| Grilled Fish <i>Grilled to perfection and finished with a garlic butter</i> | \$43 |
| Seared Tuna <i>Seared with sesame seeds and finished with a soy and garlic sauce.</i> | \$53 |
| Grilled Jumbo Shrimp <i>Grilled and finished with a garlic butter</i> | \$56 |
| Grilled Lobster (seasonal) <i>Perfectly grilled and finished with a garlic butter</i> | \$78 |
| Lobster Thermidor <i>Cooked in a cream and cheese sauce</i> | \$85 |
| Fettuccine Alfredo <i>Fettuccine pasta tossed in a cream and parmesan sauce</i> (add chicken \$10 / Fish \$15 / Shrimp \$25) | \$35 |
| Penne Marinara <i>Penne pasta tossed in a tomato sauce topped with fresh parmesan</i> (add chicken \$10 / Fish \$15 / Shrimp \$25) | \$25 |
| Avocado Salad (seasonal) (add chicken \$10 / Fish \$15 / Shrimp \$25) | \$20 |
| Greek Salad (add chicken \$10 / Fish \$15 / Shrimp \$25) | \$25 |
| Caesar Salad (add chicken \$10 / Fish \$15 / Shrimp \$25) | \$25 |
| Eggplant Parmesan <i>Grilled eggplant and cream cheese layered, topped with parmesan</i> | \$33 |
| Grilled Chicken Breast <i>Grilled to perfection with a choice of cajun or jerk sauce</i> | \$25 |
| Baby Back Ribs <i>Finished on the grill in a barbeque sauce</i> | \$63 |
| Sirloin Steak <i>Grilled to your liking over an open flame</i> | \$58 |
| T-Bone Steak <i>A flavourful large premium steak grilled just the way you like it!</i> | \$108 |

| <u>Sides</u> | |
|--------------|------|
| Fries Medium | \$6 |
| Fries Large | \$12 |
| Potatoes | \$7 |
| Rice | \$6 |
| Garden Salad | \$6 |

| <u>Desserts</u> | |
|------------------------|------|
| Riley's Chocolate Cake | \$10 |
| Waffles & Ice Cream | \$15 |
| Ice Cream | \$7 |
| Eva's Striped Delight | \$12 |

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