

Mangoes

- Pumpkin soup* \$7
Jamaican Beef Patty \$3
Fruit Medley \$10
tropical fruit chunks , passion fruit yogurt dip , carrot - banana bread croutons

Salads

- Sugar Mill Slaw* \$12
shredded iceberge , red and green cabbage , carrots , cucumber ,mango vinaigrette
St .Elizabeth Greens \$12
mixed greens and vegetables ,toasted almonds, grilled pineapple ,jerk ranch dressing

Sandwiches and Wraps

with your choice of side salad ,chips or fries

- Hot Dog* \$7.00
relish, diced tomatoes, bun
Cheese Burger \$11
american cheese, L.T.O.P, toasted bun
B.L.T.T Wrap \$12
turkey breast, smokey bacon, lettuce, tomato, , spinach tortilla
Ironshore \$13
marinated fish filet ,flour tortilla ,grainy mustard spread
Veggie Wrap \$11
flour tortilla ,roasted vegetable spread ,lettuce and marinated tofu
Island Chicken \$12
grilled chicken breast,island remoulade, L.O.T on a kaiser bun

10% serves charge and 10% sales tax will be added .

December,2010