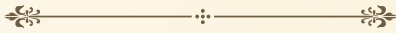


# Breakfast

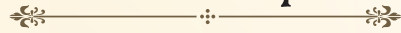


## A la Carté



Basket of Trini-style bread.....	\$35
- with local preserves & butter.....	\$45
Homemade Coconut Bake .....	\$35
- with local preserves & butter.....	\$45
French Toast.....	\$45
Pancakes.....	\$45
Corn Flakes .....	\$25
Mt. Plaisir's Probiotic Greek Yogurt .....	\$25
Muesli .....	\$35
Granola.....	\$30
Two (2) Local eggs - any style.....	\$35
Veggie Omelette.....	\$45
Mt. Plaisir Cheese Omelette .....	\$55
Crispy Bacon .....	\$25
Fruit Salad.....	\$30
Fruit Plate .....	\$45
Citrus juice - freshly squeezed .....	\$30
Fruit Juice - orange OR grapefruit.....	\$20
Fruit Punch .....	\$35
- pawpaw, watermelon, pineapple, banana	
Coffee .....	\$15
Espresso .....	\$25
Trini Cocoa Tea .....	\$35
Cappuccino.....	\$30
Tea.....	\$15

## Trini breakfast specialties



Veggie Choka .....	\$45
- roasted tomato OR eggplant with garlic, onion & herbs	
Smoked Herring.....	\$50
- with tomato, onion, garlic sweet pepper & shadon beni	
Saltfish Buljol.....	\$50
- saltfish with tomato, onion, sweet pepper & shadon beni	
Accra.....	\$55
four (4) saltfish fritters	

## Breakfast Combos



Continental Breakfast .....	\$65
Fresh Trini bread & coconut bake basket Fruit Salad or Fruit Juice Tea or Coffee	
Healthy Start Breakfast .....	\$85
Fruit Salad Mt. Plaisir's Probiotic Greek Yogurt - served with corn flakes OR muesli OR granola Tea or Coffee	
American Breakfast .....	\$95
Eggs, Bacon, Toast with jam and butter Tea or Coffee	
Trini Breakfast .....	\$100
Fresh Trini bread & coconut bake basket with jam and butter Choice of Two (2) Trini breakfast specialties Tea or Coffee	

Mt. Plaisir Estate Hotel

All prices are subject to 10% service charge and 12.5% VAT.

# Appetizers



**Callaloo Soup**..... \$55  
 the “quintessential” West Indian soup: a blend of fresh young amaranth leaves, ochros, onions, garlic, pumpkin, ginger, pimento pepper and coconut milk

**Soup of the Day**..... \$55  
 ask our waiter for daily selections

**Small Pasta of the Day** ..... \$55

**Olives and Roasted Bread**..... \$55  
 our own freshly baked bread, diced and sautéed with EV olive oil and served with an assortment of marinated olives

**Tossed Green Salad**..... \$55  
 iceberg lettuce with shredded carrot, cucumbers, sweet peppers and a hint of onion drizzled with EV olive oil & Balsamic vinegar

**Tomato Salad** ..... \$55  
 locally sourced half-ripened tomatoes served with cucumber, sweet peppers, a hint of garlic and drizzled with EV olive oil

**Grilled Vegetable Platter**..... \$65  
 a freshly picked selection of locally grown vegetables basted with EV olive oil and grilled to perfection

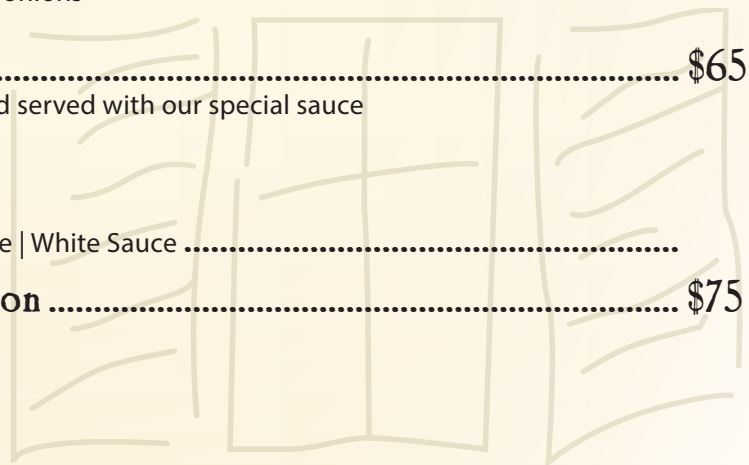
**Fish Cakes**..... \$65  
 our own freshly made fish patties prepared using locally caught fish, potatoes, seasoning lightly fried and served with our sauce of the day

**Tandoori Chicken** ..... \$65  
 marinated in a mild tandoori sauce and our own yoghurt grilled with fresh pineapple, tomatoes, sweet peppers and onions

**Fried Calamari**..... \$65  
 squid cubes and rings lightly fried in beer batter and served with our special sauce

**Ravioli (half portion)**  
 with your choice of sauce: Bolognese | Tomato Sauce | White Sauce .....

**Ask your waitress for today’s selection** ..... \$75



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# Main Courses



All our meats, fish and seafood are served with the staple of the day and two (2) side vegetable servings.

## Pasta

### Pasta of the Day (gluten-free - add \$20)

Spaghetti OR Penne OR Fusilli with your choice of sauce:

Tomato Sauce | White Sauce | Pesto..... \$80

Bolognese (ground beef in tomato sauce)..... \$90

### Ravioli (full portion)

with your choice of sauce: Bolognese | Tomato Sauce | White Sauce

Ask your waitress for today's selection..... \$130

## Vegetables

Veggie Delight ..... \$140

a selection of fresh vegetables, with soya OR chunky tofu OR paneer in a creamy white sauce

## Chicken

Coconut Chicken ..... \$155

chicken breast deep fried in coconut crust, oven roasted and served with bbq sauce

Island Chicken..... \$165

boneless breast of chicken cooked with wine, capers and fresh herbs in a creamy white sauce

Stewed Chicken..... \$165

Trini-style stewed chicken

## Seafood

Tropical Roasted Fish..... \$165

fillet of fish, basted in EV olive oil, and grilled in a banana leaf, served with fresh lemon and herb butter

Columbus Fish..... \$175

cooked in white wine, cream and fresh herbs

North Coast Seafood ..... \$175

lightly fried fillet of local fish stewed in coconut milk, tomato, sweet pepper and onion

Seafood Pasta ..... \$175

a hearty portion of fusilli or bowtie pasta in either tomato and garlic OR white sauce tossed with a mix of fish, shrimp, squid and other seafoods.

Garlic Shrimp ..... \$185

sautéed in ginger, garlic and butter

Herb Shrimp..... \$185

cooked in cream and blended with herbs and EV olive oil

Seafood Combo..... \$200

a boneless fillet of fish served with jumbo shrimp and squid cooked as you like

## Lamb

Roasted Lamb ..... \$175

lamb grilled with rosemary, EV olive oil and garlic

## Steak

6oz N.Y. Strip Steak..... \$165

12oz N.Y. Strip Steak..... \$225

marinated in garlic and fresh herbs and grilled to your liking

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# Desserts & Drinks



## Dessert

(any dessert w/ice cream - add \$10)

<b>Pone</b> .....	\$35
<small>(a traditional Caribbean dessert made from grated cassava - gluten free)</small>	
<b>Bread Pudding</b> .....	\$35
<b>Coconut Ice Cream</b> .....	\$35
<small>(our own creation of a typical West Indian gelato)</small>	

## Coffee & Tea

<b>Tea - Mint, Black, Spiced Chai</b> .....	\$15
<b>American Coffee</b> .....	\$10
<b>Espresso</b> .....	\$15
<b>Cappucino</b> .....	\$20
<b>Trini Cocoa Tea</b> .....	\$30

## Drinks

<b>Water</b> .....	\$10
<b>Sparkling Water</b> .....	\$15
<b>Lemonade</b> - freshly squeezed .....	\$20
<b>Soda</b> .....	\$10
<b>Orange or Grapefruit Juice</b> .....	\$15
<b>Fruit Punch</b> .....	\$30
<b>Local Beer</b> .....	\$15
<b>Imported Beer</b> .....	\$30
<b>Guinness/Heineken</b> .....	\$20
<b>Shandy</b> .....	\$15

<b>Glass of Wine</b> .....	\$40
<small>white OR red (ask about our wine selections)</small>	
<b>Rum &amp; Coke</b> .....	\$45
<b>Rum Punch</b> .....	\$45
<b>Vodka &amp; Juice</b> (Orange or Cranberry) .....	\$45
<b>Black Label Whiskey</b> .....	\$45
<b>Hennessy</b> .....	\$45
<b>Bailey's</b> .....	\$40
<b>Premium Rum</b> .....	\$55
<small>(1919 or El Dorado)</small>	



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# Wine List



## White Wine

By the glass...

Pinot Grigio Duca d'Alba Italy ..... \$50

Bottle only...

Pinot Grigio Le Poesie - Italy ..... \$285

Vermentino di Toscana - Mezzel - Italy ..... \$295

Falanghina del Molise - Borgo Colloredo- Italy ..... \$305

## Red Wine

By the glass...

Pinot Noir Merlot Duca d'Alba Italy ..... \$50

Bottle only...

Chianti-XV Sec Montepulciano DOC Italy ..... \$265

Merlot delle Venezie Bottega Italy ..... \$285

Caranto Pinot Noir Astoria Italy ..... \$305

## Sparkling & Dessert

Bottle only...

Prosecco Villa Teresa Italy ..... \$255

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