



Let's Start

Chilled Gazpacho – Tomato Crostini	12
Lime Marinated Tiger Prawns – Avocado – Tomato – Pineapple Salsa <i>GF</i>	21
Spicy Chicken Wings – Parmesan Sweet Potato Fries – Garlic Mayo <i>GF</i>	18

Green & Health

Heirloom Tomatoes – Buffalo Mozzarella – Rosemary Crouton – Balsamic Vinaigrette	18
Variety of Greens – Asparagus – Egg White – Orange Dressing <i>GF</i>	16
Caesar Salad – Shaved Parmesan – Focaccia Crouton	16
<i>ADD</i> Chicken 19 <i>ADD</i> Shrimp 24	
Spinach – Papaya Salad – Spiced Shrimp - Walnuts – White Balsamic Dressing <i>GF/V</i>	24
Thai Chicken & Glass Noodle Salad – Spicy Pine Nuts – Mango – Sesame Dressing	22
Lobster Salad – Fine Green Beans – Mango – Arugula – Citronade Aioli <i>GF</i>	30

From Grill & Stove

Grilled Red Snapper – Asparagus – Sweet Potato – Roasted Corn Salsa	28
Grilled Island Lobster – Basil Mash Potato – Balsamic Vegetables – Key Lime Emulsion	42
Shrimp Taco-Tini – Avocado – Shredded Lettuce – Pico de Gallo – Fresh Lime	26
Mahi-Mahi Spinach Wrap – Pickled Cucumber – Roasted Garlic Dip - Fries	26
Parmesan Flat Bread – Chicken – Crispy Bacon – Teardrop Tomato – Arugula	20
Spaghetti – Roasted Garlic – Chili Flakes – Olive Oil – Grana Padano Parmesan	20
<i>ADD</i> Chicken 6 <i>ADD</i> Tiger Shrimp 8 <i>ADD</i> TCI Lobster 11	

Flame Charred Angus Beef Burger

American, Cheddar or Swiss Cheese
Pancetta or Bacon
Parmesan – Lemon Fries 20

Fish Burger

Avocado - Lettuce
Flamed Pepper - Lemon Ricotta
French Fries 22

Choose your own Club Sandwich

Traditional 22

Chicken-Bacon
American Cheese
Avocado – Lettuce
Tomato

Island 24

Grilled Mahi-Mahi
Avocado – Arugula
Fire Roasted Pepper
Crispy Pancetta

Lobster 27

TCI Lobster
Avocado - Tomato
Young Spinach
Asparagus

Island Soul Food

Conch Chowder – Rosemary Crouton	14
TCI Conch Salad – Crisp Potato - Spicy Guacamole <i>GF</i>	16
Jerk Roasted Mahi-Mahi – Shredded Kale – Pineapple – Chili Salsa	24
Provo Spiced Jerk Chicken - Peas & Rice – Fried Plantain – Natural Jerk Jus	22
Rasta Pasta – Spaghetti – Roasted Local Peppers Habanero – Shredded Chicken	24

And Last...

Warm Cassava Cake – Coconut Ice Cream – Cassava Chips	14
Espresso Tiramisu – Pistachio Biscotti – Caramel Popcorn	14
Flourless Chocolate Cake – Pineapple Salad – Vanilla Bean Ice	14
Sorbets: Lime, Raspberry, Coconut Ice Creams: Nutella or Coffee <i>GF</i>	14



GF – Gluten Free V – Vegetarian