



DINNER MENU

Dinner is served from 6:30 - 9:00

Appetizers

Shrimp and Coconut Bisque \$ 14.00

A delicate creamy soup with coconut milk, shrimp and with a hint of cilantro

Cove House Salad with Mango Vinaigrette \$ 14.00

A fresh combination of local vegetables and greens with a side of our elegant tangy mango vinaigrette

Citron Pimento Crab Cake \$ 26.00

A pan seared crab cake on a bed of greens with an orange, roasted red pepper and Absolute Citron Vodka glaze

**Beef Tenderloin with
Cognac Bleu Cheese Sauce** \$ 28.00

A 4oz. portion of seared tenderloin prepared to your specifications, thinly sliced and laced with a sauce of cognac, herbs, garlic, bleu cheese and honey on a bed of greens

All menu prices are in Belize Dollars and subject to a 10 % tax

DINNER MENU

Dinner is served from 6:30 - 9:00

Main Course

Coconut Crusted Curry Snapper \$ 28.00

A fillet of snapper dipped in coconut and pan fried in butter and massed with a curry coconut cream sauce and served with jeweled rice

Pineapple Chicken Marsala \$ 26.00

A boneless breast of chicken filled with a bread, herb and pineapple stuffing and accompanied by a demi glace of Marsala wine and served with coconut sweet potato

Beef Tenderloin with Cane Onions \$ 38.00

A pan seared tenderloin of beef prepared to your specifications and topped with a raw sugar caramel and soy glazed onions served with coconut sweet potato

Medallions of Jerk Pork Tenderloin \$ 28.00

A roasted pork tenderloin in our own jerk barbeque seasonings accompanied by jeweled rice

Tropical Coulis with Seared

Tuna or Salmon (availability) \$ 39.00

A fresh tangy coulis with pineapple, papaya or mango and cashews enhance a steak of yellow fin tuna pan seared to your specifications, served with coconut sweet potato

Herb Crusted Shrimp with Papaya Glaze \$ 26.00

Caribbean shrimp dipped in herbs and pan sautéed with cilantro, papaya balsamic glaze and served with jeweled rice

Pan Seared Snapper with Garlic Gruyere \$ 30.00

A snapper fillet seared and topped with a cream Gruyere cheese, vermouth and garlic sauce served with jeweled rice.

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DESSERT MENU

Dinner is served from 6:30 - 9:00

Coconut Mango Gateaux

\$ 14.00

*A light yellow cake filled with coconut cream and mango filling
laced with coconut rum and mango crème fraîche and dusted with toasted coconut*

Chocolate Caramel Coconut Crème Cake

\$ 14.00

*A rich fudge cake filled with coconut chocolate cream glazed in milk chocolate and
caramel sauce*

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LUNCH MENU

Lunch is served from 11:30 - 2:00
Bar Menu from 2:00 -6:00

Salads

Cove House Salad with Mango Vinaigrette \$ 14.00
A fresh combination of local vegetables and greens, served with our elegant tangy mango vinaigrette

Cove Fruit Salad \$ 10.00
A plate of frosty fresh local Caribbean seasonal fruits served with a side of creamy coconut vinaigrette

Sandwiches and Things

Turkey Mango Wrap \$ 14.00
A sliced turkey breast with spicy mango sauce with cucumber wrapped in a soft flour tortilla

BBQ Shrimp Banana Wrap \$ 18.00
A shrimp sauté with a hint of BBQ sauce with cucumber and wrapped in a soft banana based flour tortilla

Creole Snapper Sandwich \$ 18.00
A butter fried fillet of snapper topped with Creole sauce and served with a fresh grilled coconut bread roll

Coconut Rum Battered Fried Shrimp \$ 20.00
Caribbean shrimp dipped in coconut rum batter and deep fried to golden perfection served with spicy mango dip

Chicken and Vegetable with Pineapple Teriyaki \$ 14.00
A sautéed boneless chicken breast with mixed vegetables and topped with a pineapple soy and ginger glaze

Cove Burger \$ 15.00
An 8 oz. beef patty prepared to your specifications with pickles, onion, tomato, lettuce served on a fresh grilled coconut bread roll

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BREAKFAST MENU

Good Morning Breakfast starts at 7:00 a.m.

Fresh Caribbean Fruit Plate \$ 10.00

An assortment of fresh local fruit

Continental Breakfast (complimentary with room) \$ 10.00

Fresh fruit, coffee, juice, and bread of the day

Banana French Toast \$ 12.00

French toast filled with cream cheese and topped with sautéed bananas with cinnamon and brown sugar and syrup

Tropical Fruit Vanilla Waffle \$ 12.00

A light fluffy waffle accompanied by local fruit and syrup

Old Glory Breakfast \$ 12.00

An American style breakfast with bacon, ham or sausage, toast, eggs and fruit

Belizean Breakfast \$ 12.00

Local bread of the day. Which may include Johnny cakes, Fry Sacks or coconut bread toasted, or tortilla with scrambled eggs and refried beans and cheese?

Ala cart

2 Eggs any style	4.00
Ham	\$ 4.00
Bacon	\$ 4.00
Sausage	\$ 4.00
Toast	\$ 4.00
Coffee	\$ 4.00 bottomless
Tea	\$ 4.00
Juice	\$ 6.00

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BAR SNACK MENU

Bar snacks are served from 2:00 - 6:00 p.m.

Seafood Fritters	\$ 12.00
<i>Deep fried herb dumplings with local seafood with coconut cream tartar dip</i>	
Wings in Spicy Mango Butter	\$ 12.00
<i>Deep fried chicken wings accompanied with a spicy mango butter glaze dip</i>	
Cassava Brie and Herb Spread	\$ 12.00
<i>A crust of herbs and brie cheese, served with cassava wafers</i>	
Nachos and Cheese	\$ 8.00
<i>Jalapeno cheese dip and locally made corn tortilla chips</i>	
Cove House Salad with Mango Vinaigrette	\$ 14.00
<i>A fresh combination of fresh vegetables and greens, served with our elegant tangy mango vinaigrette</i>	
Cove Burger	\$ 15.00
<i>An 8 oz. beef patty prepared to your specifications, with pickles onions lettuce and tomato, served on fresh grilled coconut bread roll</i>	

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**Full Service Bar Drinks
and
Wine Menu Also Available**



To our very special guests and patrons,

Welcome to Parrot Cove Lodge. We hope your dining experience with us will be special. Our menu consists of the finest ingredients found in Belize. It is a base menu and not necessarily the only options we offer. Please ask your server about our daily lunch and nightly dinner specials.

If there is something not on the menu you would like to request, especially prepared for you, please do not hesitate to ask your server to check with the chef. If it is within the realm of possibilities, it would be our pleasure to accommodate your needs.

Thank you for dining with us and we wish you an enjoyable dining experience

Sincerely yours,

Chef Sean
Parrot Cove Lodge

