

## FROM THE SEA

**Ahi Tuna** L530  
6oz fillet grilled to your specification

### Fresh Island Lobster

*You're the Boss. Choose the Sauce; Cajun, Coconut, Garlic or Butter, Choose Grilled or Steamed. Larger sizes may be available.*

8oz L480 9oz L525

10oz L570 11oz L615

12oz L660

Add: Tenderloin Medallions L265

### Shrimp

*Battered n Fried* L480

### Pan Seared Shrimp

*Bleu Cheese & Bacon* L480

*Coconut Shrimp (not Fried)* L480

*Garlic Shrimp* L460

*Seasoned Shrimp lightly seasoned & seared in butter.* L480

### Filletts

#### Red Snapper or Sea Bass

Just Grill L450

Cajun (mild spicy) L450

Garlic L450

Coconut (Island Style) L480

### Whole Red Snapper

(Cajun, Coconut, Garlic (Grilled or Fried))

1 Pounder L380 2 Pounder L525

*Prices do not include Honduran Sales Tax (15%-18%) or gratuity.*

*Substitute Sweet Potato Fries or Onion Rings for L45*

## FROM THE LAND

### Beef Lovers

**Southern Fried Steak** L460

*Tenderloin Steak breaded, then Southern Fried & topped with white gravy*

**Churrasco** L460

*Tenderloin steak grilled the way you like & topped with sautéed onions & sweet peppers.*

**Tipico Flambiada** L460

*Tenderloin grilled your way & topped with a white butter, red wine & peppercorn sauce.*

**Tenderloin** L460

*Steak the natural way; Salt, Pepper & grilled to perfection*

### SMOKED GOODNESS

*Imported USDA meats, dry rubbed & slow smoked in Roatan's **ONLY** brick smoker*

**Ribs** - ¼ Rack - L385 ½ Rack - L625

**Smoked Pulled Pork** L460

**Smoked Beef Brisket** L460

**BBQ Shrimp & Pulled Pork** L575

### BBQ TRIO:

1/4 Rack Rib, Pulled Pork & Beef Brisket L720

**PASTA** L195

*Pasta with White Wine Garlic Sauce, Red Sauce or Alfredo Sauce.*

Add:

Veggies (sautéed) L75

Chicken (grilled) L120

Shrimp (sautéed) L145

*All Meals from the Land & Sea include veggies and your choice of; Rice, Bake Potato or French Fries.*