



## ST. KITTS & NEVIS RESTAURANT WEEK LUNCH MENU 2019

**(Vegan, Gluten Free with Local Ingredients)**

### **ENTRÉE**

**Fresh Salad Topped with Roasted Coconut**

### **CHOICE OF 2 SIDES**

**Quinoa with Seasoned Coconut**

**Chick Peas in Fresh Coconut Milk with Pumpkin**

**Coconut Arepas**

**(Grilled Corn Flour Pattie with Fresh Coconut)**

**EC \$25.00 / US \$10.00**

**(inclusive of taxes and gratuity; exclusive of beverages)**

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### **HEALTHY SNACKS**

**(Vegan, with Local Ingredients)**

**Coconut Kisses**

**(Oven baked with whole wheat flour, brown sugar, fresh coconut, spices, and topped with guava)**

### **FRESH SMOOTHIES**

**(Vegan, Organic, Local Ingredients without added sugar)**

#### **CHOICE # 1**

**Green Smoothie (Original)**

**(Made from fresh coconut milk, fresh moringa and bananas)**

#### **CHOICE # 2**

**Bananarama**

**(Made with fresh coconut milk, bananas, cinnamon, nutmeg, vanilla extract and topped with coconut oil and cinnamon)**

**EC \$15.00 / US \$6.00**

**(inclusive of taxes and gratuity)**