

## Bay Bistro ~ Menu Selections

### ~ APPETISERS ~

#### **Conch wontons -**

Streaked with Hoisin and served with sweet chili dipping sauce (First place Winner in the 2006, 2007 and 2008 Conch Festival)... \$10

#### **Pear & blue cheese salad -**

Island fresh greens with toasted walnuts, pears, blue cheese and a raspberry vinaigrette... \$11

#### **Caesar salad -**

Shaved Parmesan cheese on romaine lettuce with our own dressing... \$8

#### **Princess conch and mushroom crêpes -**

With roasted red pepper pesto and cream sauce (Medal Winner in the 2008 and 2009 Conch Festival)... \$12

#### **Caprese salad -**

With island grown tomatoes, fresh Mozzarella, olives and basil pesto... \$11

#### **Roasted vegetable and goats cheese tart -**

On leafy greens and semi-dried tomatoes... \$12

#### **Bistro crab cake -**

With marinated hydroponic tomatoes and caramelised lemon... \$12

#### **Coffee rubbed tuna -**

Yellow fin tuna seared rare and sliced paper thin in an Asian marinade served with a garnish salad and pickled ginger (Island favourite for over a decade!)... \$12

### ~ MAINS ~

#### **Pan fried Caicos grouper -**

With a lemon and caper beurre noisette... \$32

#### **Grilled mahi mahi -**

With cilantro, fresh lime, a corn and bean salsa and coconut hummus... \$28

#### **Blackened yellow fin tuna -**

With mango chutney, a coconut curry lemongrass sauce, topped with garlic shrimp... \$32

#### **Pecan crusted conch -**

With a spicy orange sauce and roasted potatoes... \$28

#### **Bouillabaisse -**

Mussels, shrimp, grouper, snapper and yellow fin tuna in a saffron and tomato broth served with garlic bread... \$30

#### **Oven roasted chicken -**

With garlic mashed potatoes and a white wine jus... \$27

#### **Mohito rubbed pork chop -**

Marinated in mint and rum, served with "green rice"... \$29

#### **Jerk lamb chops -**

With a plantain mash and grilled vegetables... \$34

#### **Vegetable tart -**

Roasted red peppers, grilled zucchini and eggplant on puff pastry filled with ratatouille, topped with melted brie... \$26

**Crunchy Asian beef spring roll -**

With a candied ginger sauce and mango slaw... \$10

**Soup of the day... \$8**

**Smoked conch chowder -**

"With a Scottish influence" Leeks, potato and bacon in a cream base... \$8

**Grilled tenderloin of beef -**

With mustard mash, salsa verde and a port wine reduction... \$35

**Surf and Turf -**

(Lobster season August - March)  
8 oz grilled Caicos lobster tail and 8 oz beef tenderloin served with mustard mash and grilled vegetables... \$65