

LUNCH 11.30AM-2PM



POKE PONZU / SALMON 三文魚 60ec
RICE + FRESH SALMON + AVOCADO + RED CAVIAR + GREEN ONION + LEEK
+ BLACK SEEDS + DRESSING

POKE/GOMA TUNA 金槍魚 60ec
RICE + FRESH YELLOW TUNA + AVOCADO + WAKAME + BLACK SEEDS
+ DRESSING + ALMONDS

POKE/CATCH OF THE DAY 當天的魚 60ec
RICE + DAILY FRESH FISH CATCH + SCOTCH BONNET + LIME +
BLACK SUGAR + PINEAPPLE + DRESSING + SUNFLOWER SEEDS

POKE/VEGAN TOFU 豆腐 60ec 
RICE + MARINATED AND SEARED TOFU + CUCUMBER + WAKAME
+ CRISPY LOCAL 5 LEAVES + SCOTCH BONNET + LIME + DRESSING + SEEDS

MONGOLIAN PORK 蒙古豬肉 60ec
RICE + PORK + CUCUMBER + LEEK + BELL PEPPER + DRESSING + SEEDS

KUNG PAO CHICKEN 宮保雞丁 60ec
RICE + FRIED MARINED CHICKEN + GREEN ONIONS + SWITH CHILLI SAUCE
+ NUTS

RAMEN/拉麵 60ec 
TOFU + MUSHROOMS + EGG + NOODLES + GREEN ONION + FRIED ONION
+ MISO + TERIYAKI SAUCE + BLACK SEEDS. OPTIONS:CHICKEN

SPRING ROLLS/春卷 VEGAN 35ec 

EDAMAME/えだまめ 30ec 

GELATERIA CORNER IN THE TAMARIND SQUARE

#ITALIAN PANINI..40
#GELATO ..35
#DESSERTS ..40

The perfect match as Forbes says,
the best Caribbean drinks:

1.S.LUCIA / RUM PUNCH	25ec
2.BLUE CURACAO / BLUE LAGOON	25ec
3.GRENADA / CALABASH	25ec
4.BAHAMAS / BAHAMA MAMA	25ec
5.CUBA / CUBA LIBRE	25ec
6.BELIZE / ESPANTOWAVE	25ec
7.VIRGIN ISLAND / PAIN KILLER	25ec
8.BARBADOS / RUM PUNCH	25ec
9.ANTIGUA / CIPRIANI BELLINI	25ec

# FREE STYLE FROZEN	25ec
# SPIRITS SELECTION	UR...

BEERS

# CARIB THE NEW BLU	15ec
# WADADLI	15ec
# RED STRIPE	15ec
# GUINNESS	15ec
# HEINEKEN	15ec
# CORONA	15ec
# CORSA LIGHT	15ec

Or the perfect match with
some Italian or French bubbles

# INDEPENDENT PROSECCO	- ITA -	150ec
# ONE & ONLY ROSE PROSECCO	- ITA -	150ec
# CATTIER CHAMPAGNE	- FRA -	320ec
# BILLECART SALMON BRUT RES	- FRA -	450ec
# DEUTZ	- FRA -	350ec

By the glass from our wine cellar

WHITE

# PLANETA LA SEGRETA	- ITA -	25ec
# MUD HOUSE SAUVIGNON BLANC	- NZ -	25ec
# CHENIN CONSTANTIA BERG	-AFRICA-	25ec

RED

# MONTEPULCIANO D'ABRUZZO	- ITA -	25ec
# WOODBRIDGE PINOT NOIR	- USA -	25ec
# LANGUEDOC MONTAGNAC SYRAH	- FRA -	25ec

ROSE'

# CALENTA MERLOT ROSATO<	- ITA -	25ec
# CHATEAU BERNE INSPIRATION	- FRA -	25ec

BUBBLES

# INDEPENDENT PROSECCO	- ITA -	30ec
# ONE & ONLY ROSE PROSECCO	- ITA -	30ec

#SUNSET SNACKS BOWLS20ec

POKE BAR AT THE CLUBHOUSE

Welcome to the Clubhouse at Tamarind Hills.
Your private terrace overlooking the Caribbean Sea.
Here you will experience the recipes with hawaianas influence.

The Poke Bar staff will take care
of you from the breakfast until sunset.

BREAKFAST 8AM-11AM

#THE CLASSIC ENGLISH ONE

EGGS + BACON + SAUSAGE + BAKED BEANS + TOASTED BREAD + BUTTER
+ COFFEE or TEA + JUICE

60ec

#ITALIAN

SLICE OF HOME MADE CAKE CIAMBELLONE + MARMALADE + CAPPUCCINO

48ec

#QUICK

TOASTED BREAD + BUTTER + MARMALADE + ESPRESSO

48ec

#HEALTHY

A SELECTION OF CUT FRESH LOCAL FRUIT FROM THE MARKET + TEA SELECTION
// AVAILABLE FOR LUNCH TOO

55ec

#KETO

HOME MADE MUESLI + BLUEBERRY + DIURETIC WATER
// AVAILABLE FOR LUNCH TOO

60ec

#TAMARIND

BAGEL + SMOKED SALMON + AVOCADO + FRESH LOCAL FETA + CUCUMBER + TAMARIND CHUTNEY
+ PINEAPPLE JUICE
// AVAILABLE FOR LUNCH TOO
OPTIONS:CHICKEN or BACON or VEGETARIAN

60ec

CAFFETTERIA

1. ESPRESSO	15ec
2. CAPPUCCINO	25ec
3. AMERICANO	16ec
4. HOT CHOCOLATE	16ec
5. LATTE	16ec
6. TEA SELECTED	16ec

JUICE

1. JUICE	15ec
2. SODA	15ec
3. WATER LARGE	30ec
4. WATER SMALL	20ec

