

Deli

Healthy Eating



STARTERS

Beetroot Ravioli

Goat Cheese, Kale, Pine nuts, Pumpkin Seed, Organic Leaves, Orange Segments

Gateau Piments

Tomato Salsa, Green Salad

Fish Cake

Saffron Aioli, Organic Green Salad

Guacamole and Hummus

Raw Vegetables, Pita Bread

Mahi-Mahi Sashimi

Fresh Coconut, Lime, Cherry Tomatoes, Cilantro

Spring Roll

Rice Sheet, Organic Vegetables, Coconut, Thai Chili Dipping Sauce

Almond Herbs Ricotta

Fresh Tomatoes, Basil Pesto

Soup of the Day

Please ask your Server

SALADS

Quinoa Salad

Quinoa, Edamame, Raw Green Beans, Avocado, Baby Lettuce, Almond, Chia And Lemon Dressing

Organic Garden Salad

Organic Mixed leaves, Garden Vegetables, Mung Bean Sprouts

Almond Salad

Mixed Lettuce, Activated Almond, Sunflower Seeds, Tomatoes, Lemon Dressing

Beetroot Salad

Roasted Beetroot, Feta, Tomatoes, Organic Lettuce, Walnuts, Balsamic Dressing

Roasted Cauliflower

Feta Cheese, Pumpkin Seeds, Roasted Cherry Tomatoes, Organic Mixed Lettuce

Watermelon Feta Salad

Rocket Leaves, Pumpkin Seeds, Pinenuts, Balsamic Reduction

Chicken Caesar Salad

Roasted Chicken, Crisp Romaine, Garlic Croutons with Creamy Parmesan Caesar Dressing

Tuna Nicoise

Seared Tuna, Beans, Boiled Potatoes, Onion, Tomatoes, Eggs, Organic Lettuce

SANDWICHES

Tuscan Sandwich

Prosciutto, Pineapple, Mozzarella Cheese & Sundried Tomato Pesto

Deli Club

Roasted Turkey, Bacon, Fried Egg, Lettuce, Avocado & Tomato with Grain Mustard

BLT

Bacon, Lettuce, Tomato, Avocado, Alfalfa Sprouts, Mayonnaise

Mediterranean

Grilled Eggplant, Zucchini, Pesto, Tomato, Yellow Pepper, Mozzarella Cheese, Rucola Salad

Jerk Chicken

Avocado Hash, Mayo, Tomato, Organic Greens, Cheddar Cheese

Smoked Salmon

Avocado, Tomato, Dill, Sprouts

Falafel Sandwich

Tahini Mayo, Mixed Lettuce, Tomatoes, Brie Cheese

Bean Burger

Coconut, Kalamata Olives And Sundried Tomato Pesto with Moringa Bun

Tomato Mozzarella

Basil Pesto, Rocket Leaves, Sundried Tomato

WRAPS

Bean Wrap

Sweetcorn, Vegetables, Mango-Ginger Dressing

bodyholiday
Saint Lucia



Tofu

Jerk Tofu Scramble, Organic Mixed Lettuce, Tomatoes, Pickles

Tropical Chicken

Grilled Chicken, Pineapple, Carrot, Organic Mixed Lettuce, Thai Peanut Dressing

Caprese

Fresh Mozzarella, Tomato, Rocket Leaf, Sprouts, Basil Pesto

Tuna Protein

Tuna, Lettuce, Onion, Guacamole, Beetroot, Mung Bean Sprouts

Mediterranean

Assorted Grilled Vegetables, Rocket leaves, Hummus, Mozzarella and Pesto

Smoked Salmon

Dill, Sour Cream, Lettuce, Red Onion, Capers, Sprouts

Roasted Turkey

Brie Cheese, Lettuce, Tomato, Cranberries, Mustard Mayo

BENTO BOX

West Indian

Chicken Roti. Stewed Salt Fish, Cucumber Salad, Fried Bakes, Hot Sauce

Asian

Pan Seared Tuna, Sushi Roll, Vegetable Spring Roll, Soba Noodle Salad