

The Beach Club

Lunch Menu


Served 11:00am until 6:00pm

Appetizers and Salads

Tempura Fried Sweet and Sour Pork Kebabs Served with a Sweet and Sour Glaze and Asian Slaw	\$14
Jumbo Shrimp Cocktail Iceberg Lettuce with Marie Rose Sauce	\$14
West Indian Chicken Spring Roll Served with a Soy Reduction and a Sweet Pepper Sauce	\$12
 Roasted Tomato, Feta and Watermelon Salad Organic Leaves, Diced Watermelon, Tomatoes, and Feta Cheese Served with a Minted Balsamic Dressing	\$11
 All Natural Salad Fresh Grilled Mushrooms, Vegetables, and Baby Greens tossed in a Balsamic Herb Dressing	\$12
Traditional Caesar Salad Romaine Lettuce, Garlic Croutons, and Parmesan Cheese Crisp	\$14
 Soup of the Day Chef's Daily Special	\$8

Sandwiches and Burger (All include Seasonal Fries or Organic Greens)

Beach Club Sandwich Sliced Chicken, Bacon, Eggs, Tomatoes and Lettuce	\$15
Pineapple Chicken Wrap Grilled Chicken, Pineapple, Curry Mayonnaise and Garden Greens	\$12
Seafood Wrap A selection of Poached Fish, Lemon Mayo, Lucian Herbs, Scallions, and Greens	\$14
Landings Burger Angus Beef Burger with Lettuce, Tomatoes, Onions, Pickles on a Toasted Sesame Seed Bun Additional Toppings \$2: Blue Cheese, American Cheese, and Bacon	\$15
The Full Monte Marinated Pork, Steak, Bacon, and Cheese served on a Focaccia Bun	\$16

 This symbol represents the RockResorts "Appetite for Life" program, which signifies a menu item that is created using ingredients that were purchased from local farms that use traditional St. Lucian sustainably managed methods of farming in their production. Please see your server for more information.

*A 10% service charge will be added to your bill - Additional gratuities are at your discretion.
All prices are in US dollars and do not include 8% local taxes*

Taste of St. Lucia

St. Lucian Chicken, Fish or Veggie Roti

Curried Chicken, Fish, or Veggies served with a tossed salad

Vegetables	\$12
Chicken	\$14
Fish	\$16

Dennery Pepper Pot \$24

Island Stew of Beef, Chicken, Pork and Dumplings

Cas En Bas Seafood Broth \$25

Freshly Selected Seafood simmered in an Herb Broth

Served with Provision Mele and Garden Vegetables

Chicken Cap Curry \$22

Boneless Curried Coconut Chicken on Basmati Rice served with Banana Raisin Chutney

Chef's Specials

Jerked Chicken Cobb \$18

Lettuce, Tomatoes, Corn, Crispy Bacon, Eggs, and Jerk Chicken

Served with our House Made 1000 Island Dressing

Calypso Steak Salad \$22

Assorted Greens, Strips of Sirloin Steak, Baby Spinach, Tomatoes, Cucumber, Julienne

Vegetables, Bell Peppers and Red Onions served with a Warm Bacon Vinaigrette

Create Your Own Pasta (Additional Toppings \$2) \$14

Please select from the following:

Pasta	Sauce	Toppings
Penne	Tomato	Meatballs
Spaghetti	Alfredo	Chicken
Fettuccini	Pesto	Seafood
Bow Tie		

Catch of the Day \$24

Fisherman's Catch of the Day served with Island Rice and Vegetables

Fish 'N' Chips \$18


Beer Battered Tilapia with a Chunky Island Tartar Sauce

Blackened Cajun Chicken \$22

Cajun Rubbed Chicken served with Island Rice, Vegetables, and a Black Bean Pineapple Salsa

Sirloin Steak \$24

8 ounce Sirloin Steak served with your choice of Chips, Salad, or Pickled Slaw

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