



# The Island Pub

Arnt's Island Hideaway



A Vacation Oasis

# starters

## *Calamari*

Drizzled with sweet chili glaze and sprinkled with black and white sesame seeds. 7.99

## *Flaming Chicken Strips*

Breaded chicken tenders served Buffalo style with celery and blue cheese dip. 7.99

## *Balsamic & Gorgonzola Cheese Chips*

Fresh fried potato chips, sprinkled with gorgonzola and drizzled with balsamic reduction. 5.99

## *Bermuda Triangles*

Crispy flour tortillas served with warm spinach and artichoke dip. 7.99

## *Prince Edward Island Mussels*

Steamed with white wine, fresh basil, tomato, garlic and light cream. 11.99

## *All Entrees Include One of the Following:*

*Caesar Salad*- Fresh romaine lettuce, croutons, parmesan cheese tossed in caesar dressing.

*Today's Homemade Soup*- Made daily from homemade stock and only the freshest ingredients.

*Island Salad*- Spring mix, carrots, bell pepper, red onions, tomato, hearts of palm, Mandarin orange, coconut, almonds and pineapple. Mango vinaigrette dressing.

*Bistro Salad*- Artichoke and hearts of palm, mixed field greens, cucumber, tomato, gorgonzola cheese and roasted walnuts. Maple vinaigrette dressing.



# in-landers



## *Pineapple Pork Tenderloin*

White Marble Farms pork tenderloin medallions covered with house made pineapple chutney served with candied sweet potato planks and fresh vegetable. 18.99

## *Center Cut New York Strip*

12 ounce choice New York strip steak grilled to your liking and topped with sauteed Bahamian onions. Served with parmesan mashed potatoes and fresh vegetable. 24.99

## *Macadamia & Coconut Chicken*

Tender white chicken coated with macadamia and fresh coconut, flash fried and accompanied by our fruited jasmine rice, fried green tomatoes and pineapple-kiwi salsa. 16.99

## *Carib-B-Que Ribs*

"Fall off the bone" tender Danish baby back ribs flamekissed on the grill and slathered with our signature Carib-b-que sauce. Served with waffle fries and tropical fruit cole slaw. 19.99

## *Roasted Duckling Tropicale*

Maple Leaf Farms half duckling, roasted until crispy and glazed with raspberry sauce. Served with jasmine rice and vegetable medley. 22.99

## *Caylso Chicken Pasta*

Grilled chicken tenders tossed with sauteed fresh garden vegetables and a splash of white wine. Finished in a basil cream sauce dressed up with bow tie pasta. 17.99

# beyond the reef

## *Macadamia Encrusted Tilapia*

Tilapia filet encrusted with macadamia nuts, flash fried and served over our sweet roasted red pepper sauce. Accompanied by rice and vegetable medley. 18.99

## *Tempura Shrimp*

Shrimp dipped in tempura batter and then flash fried. Served with guava sauce, our cheezy grits and sugar snap peas. 16.99

## *Ungrouper and Chips*

Everyone tells us it's better than grouper. Flaky mild white filet tempura battered and flash fried. Served with waffle fries and tropical fruit cole slaw. 15.99

## *Shrimp Rasta Pasta*

Sauteed shrimp, andouille sausage, artichoke heart, sundried tomato, bell peppers, shallots, garlic and wine. Tossed with linguine in our island spiced Caribbean cream sauce. 18.99

## *Drunken Tilapia*

Tender white filet pan seared and intoxicated with Cruzan coconut rum. Laced with mango sauce and served with rice and fresh vegetable medley. 17.99

## *Caribbean Shrimp Scampi*

Shrimp sauteed with fresh bell pepper and red Bermuda onion in white wine, then tossed in ginger cilantro butter. Served over linguini. 17.99

## *Sesame Tuna Steak*

Ahi tuna steak coated in black and white sesame seeds and seared rare. Glazed with Asian ginger sauce and served with fruited jasmine rice and vegetable medley. 18.99

## *Crab, Shrimp & Scallop Cakes*

The above ingredients delicately seasoned and shaped into two patties. Topped with a dollop of remoulade and served with mango relish, red beans and rice and tropical fruit cole slaw. 17.99

## *The Island Trio*

Our signature Crab, Shrimp & Scallop Cake with mango salsa. Flash fried Ungrouper. Pan seared Shrimp with garlic butter over rice. And steamed vegetable medley. 19.99

## *Pan Seared Salmon*

Delicately seasoned and finished with roasted red bell pepper sauce. Served with parmesan mashed Yukon gold potato and vegetable medley. 18.99

## *Mango Mahi-Mahi*

An Island classic. Lightly blackened mahi-mahi filet with sweet chili glaze and homemade mango relish. Served with red beans and rice and fresh vegetable. 18.99



lighter fare



### *Tilapia and Island Salad*

Tilapia filet sauteed or blackened. Spring mix, carrots, bell pepper, red onions, tomato, hearts of palm, Mandarin orange, roasted coconut, almonds and pineapple. Mango vinaigrette dressing. 13.99

### *Chicken Bistro Salad*

Island spiced grilled chicken. Artichoke and hearts of palm, mixed field greens, cucumber, tomato, gorgonzola cheese and roasted walnuts. Maple vinaigrette dressing. 13.99

### *Caesars by the Falls*

One of the following served hot over a bed of caesar dressing laced romaine lettuce. With croutons and shaved parmesan cheese. 13.99

Grilled Marinated Chicken, Pan Seared Rare Tuna Steak  
Crab, Shrimp & Scallop Cake or Blackened Salmon

### *Crispy Fish Wrap*

Crispy mild white fish with our creamy cole slaw, remoulade sauce and cheddar-jack cheese. All rolled up in a sundried tomato tortilla. Served with red beans and rice. 11.99

### *Ungrouper Sandwich*

Better than grouper. Flaky white mild filet tempura battered and flash fried. On a bun with red onion, lettuce and tomato, waffle fries and tropical cole slaw. 11.99

### *Cha-Cha Cheeseburger*

Half pound burger grilled to order and topped with cheddar cheese, roasted garlic mayo, lettuce, tomato and sauteed Bahamian onions. With waffle fries and tropical cole slaw. 10.99

## Entertainment on The Island

Mondays 5:00 to 8:00

Jazz Jam Session With... **Jebry and Friends**

Fridays 6:00 to 9:00

Raggae, Calypso & The Island Sounds of  
**Trevor Earl**