



TRANQUILLITY ISLAND RESORT



MEAL MENU

We happily cater for all dietary requirements but ask that you let us know in advance so we can order supplies from the mainland.

BREAKFAST

Tea & Coffee
Fresh lime juice & tropical fruit platter
Toast
Choice of eggs (omelette, scrambled, fried, boiled, poached)
Or
Pancakes

LUNCH (Rotated on a daily basis)

- (1) Steak and vegetables or salad
- (2) Sausages and vegetables or salad
- (3) Tuna salad
- (4) Chicken Wings and vegetables or salad

All served with tea, coffee & a tropical fruit platter

DINNER (Rotated on a nightly basis)

- (1) Spaghetti Bolognese
- (2) Chicken coconut curry
- (3) Veal crumbed with fresh lime or cheese sauce.
- (4) Fresh Fish
- (5) Veal/Chicken Brochettes with Satay sauce
- (6) Beef casserole
- (7) Veal chop with garlic sauce

Served with seasonal vegetables or salad and rice or potatoes

DRINKS ARE AVAILABLE FROM THE BAR AND ARE TO BE PAID FOR BEFORE LEAVING THE ISLAND.