



Here's a listing of core nutritional information for our current menu, to provide you with meaningful, relevant information so you can make informed decisions about the food you eat when you dine with us.

Lunch Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Samplers					
Generously portioned for sharing (2-4)					
Coconut Shrimp (5 ea)	500	32	7	220	39
Citrus Mustard	190	7	1	370	31
Island Onion Rings	1910	116	17	2140	186
Citrus Mustard	190	7	1	370	31
Chili Horseradish Sauce	220	18	3	720	12
Island Flatbread - Vine-Ripened Tomato	860	39	18	2080	86
Island Flatbread - Grilled Chicken	1030	43	18	2890	86
Island Flatbread - Shrimp	960	40	18	2560	86
Creole Baked Goat Cheese	380	33	20	620	0
12 Homemade Croutons	500	29	14	740	47
Tomato Salsa	30	1	0	270	4
Roasted Cuban Bread	590	23	10	1030	77
West Indies Patties	1150	68	24	1620	102
Seasoned Sour Cream	120	11	7	280	5
Apple Mango Salsa	20	0	0	15	5
Firecracker Shrimp	830	47	5	1730	62
Red Pepper Fiery Sauce	520	56	9	210	2
Chicken & Fresh Vegetable Quesadillas	960	48	25	2980	76
Tomato Salsa	30	1	0	270	4
Sour Cream	150	14	9	65	5
Crab, Shrimp, Mango and Avocado Stack w/honey-red pepper drizzle	250	6	1	840	20
Homemade Crackers (2)	70	2	0	170	12
Crab Claws St. Thomas	710	64	39	1180	13
Cuban Bread	190	2	0.5	370	36
Fire-Roasted Jerk Shrimp	260	14	6	870	2
Cuban Bread	430	4	1	890	81
Tostones with Chicken	1250	63	17	2400	121

Lunch Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Samplers (cont.)					
Spinach Dip and Island Chips	680	60	38	1180	17
Tomato Salsa	30	1	0	270	4
Tortilla Chips	720	37	3	140	88
Habanero Wings	920	53	13	2800	11
Seasoned Sour Cream	120	11	7	280	5
Jamaican Grilled Chicken Wings	960	60	18	2570	2
Tangy Dipping Sauce	90	0.5	0	310	19
Soups & Side Salads					
Chicken Tortilla Soup	290	12	2	1910	26
Bahamian Seafood Chowder	600	47	24	1710	27
Cuban Black Bean Soup	320	4	0.5	1210	52
Breeze Salad (no dressing)	90	5	1	50	6
3 Homemade Croutons	130	7	4	180	12
Caesar Salad (no dressing)	70	3	2	210	6
3 Homemade Croutons	130	7	4	180	12
ENTRÉE SALADS (dressing not included)					
Tropical Fruit and Grilled Chicken on Mixed Green	430	11	2.5	670	40
Homemade Crackers (2)	70	2	0	170	12
Grilled Fresh Salmon Tostada w/chimichurri sauce	1045	57	22	1930	52
Grilled Chicken Caesar Salad w/croutons	490	20	9	1520	22
Crispy Chicken Club Salad w/bbq drizzle	880	52	12	3060	47
Grilled Chicken Cobb Salad	600	38	12	1630	4

Lunch Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Salad Dressings (1 oz)					
Tropical / Island Vinaigrette	60	4	0.5	600	15
Caesar Dressing	200	21	4	370	1
Blue Cheese Dressing	175	18	4	190	15
Ranch Dressing	130	14	2	260	2
Citrus Mustard	65	3	0.5	125	10
Sandwiches (does not include sides)					
Sun-Drenched Portobello & Veg Sandwich	670	22	9	1170	90
Cilantro Vinaigrette Dip	110	6	1	840	12
Cuban Sandwich	1130	59	24	2450	69
Key West Fish Tacos	550	26	5	1130	30
Ancho Chili Sour Cream	70	6	4	290	4
Yellow Rice and Black Beans	280	3	0.5	1220	54
Wood-Grilled Angus Burger	680	39	16	830	39
Oak-Grilled Chicken Sandwich	530	19	3	1330	45
Pepper-Jack	250	20	12	370	2
Swiss	250	19	11	125	<1
American	190	16	10	850	3
Bacon	100	6	2	370	1
Sides - Accompaniments					
Plantains	270	6	1	0	53
Tropical Rice	220	5	3	490	42
Broccoli	120	9	6	125	6
Seasonal Vegetables (Green Beans)	20	0.5	0.5	65	3
Garlic Mashed Potatoes	210	9	4	370	30
Cinnamon Mashed Sweet Potatoes	260	9	4	430	44
French Fries	530	26	2	940	67
Fresh Fruit Salad	130	0	0	0	32
Vine-Ripened Tomato Salad	60	1	0	490	12
Crispy Yuca w/peppers & onions	730	46	5	1680	77

Lunch Menu

Specialties (does not include sides)

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Jerk Chicken Pasta (lighter portion)	770	42	22	950	59
1 Herb Cheese Toast	120	5	2	180	15
Calypso Shrimp Linguine (lighter portion)	790	43	23	2430	58
1 Herb Cheese Toast	120	5	2	180	15
Bahamian Grilled Chicken Kabob w/yellow rice	385	6	1	1240	49
Breeze Wood-Grilled Chicken Breast (lighter portion) w/citrus butter sauce	390	23	8	1230	11
Coconut Shrimp	500	32	7	220	39
Citrus Mustard	190	7	1	370	31
Pan-Seared Salmon Pasta	910	55	23	1020	68

Combinations

(for soup and salad choice see Soups and Salads)

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Coconut Shrimp	305	19	4	132	24
Citrus Mustard	190	7	1	370	31
Fresh Vegetable & Chicken Quesadilla	480	24	13	1490	11
Tomato Salsa	30	1	0.5	270	4
Seasoned Sour Cream	120	11	7	280	5
Fresh Vegetable Quesadilla	435	48	26	1910	70
Tomato Salsa	30	1	0.5	270	4
Sour Cream	150	14	9	65	5
Island Flatbread - Vine-Ripened Tomato	430	20	9	1040	43
Island Flatbread - Grilled Chicken	515	22	9	1445	43
Island Flatbread - Shrimp	480	20	9	1280	43

Dinner Menu

Samplers

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Generously portioned for sharing (2-4)					
Coconut Shrimp (5 ea)	500	32	7	220	39
Citrus Mustard	190	7	1	370	31
Island Onion Rings	1910	116	17	2140	186
Citrus Mustard	190	7	1	370	31
Chili Horseradish Sauce	220	18	3	720	12
Island Flatbread - Vine-Ripened Tomato	860	39	18	2080	86

Dinner Menu

Samplers (cont.)

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Island Flatbread - Grilled Chicken	1030	43	18	2890	86
Island Flatbread - Shrimp	960	40	18	2560	86
Creole Baked Goat Cheese	380	33	20	620	0
12 Homemade Croutons	500	29	14	740	47
Tomato Salsa	30	1	0	270	4
Roasted Cuban Bread	590	23	10	1030	77
West Indies Patties	1150	68	24	1620	102
Seasoned Sour Cream	120	11	7	280	5
Apple Mango Salsa	20	0	0	15	5
Firecracker Shrimp	830	47	5	1730	62
Red Pepper Fiery Sauce	520	56	9	210	2
Chicken & Fresh Vegetable Quesadillas	960	48	25	2980	76
Tomato Salsa	30	1	0	270	4
Sour Cream	150	14	9	65	5
Crab, Shrimp, Mango and Avocado Stack w/honey-red pepper drizzle	250	6	1	840	20
Homemade Crackers (2)	70	2	0	170	12
Crab Claws St. Thomas	710	64	39	1180	13
Cuban Bread	190	2	0.5	370	36
Fire-Roasted Jerk Shrimp	260	14	6	870	2
Cuban Bread	430	4	1	890	81
Tostones with Chicken	1250	63	17	2400	121
Spinach Dip and Island Chips	680	60	38	1180	17
Tomato Salsa	30	1	0	270	4
Tortilla Chips	720	37	3	140	88
Habanero Wings	920	53	13	2800	11
Seasoned Sour Cream	120	11	7	280	5
Jamaican Grilled Chicken Wings	960	60	18	2570	2
Tangy Dipping Sauce	90	0.5	0	310	19

Soups & Side Salads

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Chicken Tortilla Soup	290	12	2	1910	26
Bahamian Seafood Chowder	600	47	24	1710	27
Cuban Black Bean Soup	320	4	0.5	1210	52
Breeze Salad (no dressing)	90	5	1	50	6
3 Homemade Croutons	130	7	4	180	12
Caesar Salad (no dressing)	70	3	2	210	6
3 Homemade Croutons	130	7	4	180	12

Dinner Menu

Seafood (does not include sides)

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Calypso Shrimp Linguine	1220	56	32	2970	111
1 Herb Cheese Toast	120	5	2	180	15
Calypso Shrimp Linguine (lighter portion)	790	43	23	2430	58
1 Herb Cheese Toast	120	5	2	180	15
Seafood Paella	800	23	5	2910	54
Coconut Shrimp Dinner	794	50	11	347	61
Citrus Mustard	190	7	1	370	31
Lobster and Shrimp Pasta	1080	42	18	2830	82
1 Herb Cheese Toast	120	5	2	180	15
Grilled Ahi Tuna w/cucumber pepper-slaw	340	5	2	1530	10
Wasabi Sauce	160	13	2	270	10
Sesame Ginger Sauce	90	6	1	590	7
Tropical Rice	220	5	3	490	42
Pan-Seared Salmon Pasta	1550	99	45	1860	96

Chicken (does not include sides)

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Jerk Chicken Pasta	1430	87	46	1500	107
1 Herb Cheese Toast	120	5	2	180	15
Jerk Chicken Pasta (lighter portion)	780	39	21	860	72
1 Herb Cheese Toast	120	5	2	180	15
Margarita Chicken w/Roasted Corn Salsa	470	6	2	1240	30
Margarita Chicken (lighter portion) w/roasted corn salsa	310	5	1	790	24
Chicken Santiago	1180	58	8	4560	85
Chicken Santiago (lighter portion)	1020	55	8	3680	85
Bahamian Grilled Chicken Kabobs w/yellow rice	770	11	3	2480	98
Combination of Steak & Chicken Kabobs w/yellow rice	785	12	3	2540	99
Jamaican Grilled Chicken Breast	310	4	2	1900	2
Mango Pineapple Salsa	60	0	0	160	15
Jamaican Grilled Chicken Breast (lighter portion)	160	2	0.5	940	1
Mango Pineapple Salsa	60	0	0	160	15
Breeze Wood-Grilled Chicken Breast w/citrus butter sauce	680	39	10	2130	18
Breeze Wood-Grilled Chicken Breast (lighter portion) w/citrus	390	23	8	1230	11

Dinner Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Beef & Pork (does not include sides)					
West Indies Ribs	810	55	19	570	7
Guava BBQ Sauce	80	0	0	280	19
New York Strip Steak w/onion ring and grilled tomato	770	49	18	490	11
Center-Cut Filet Mignon w/onion ring and grilled tomato	450	23	8	400	10
Bahamian Grilled Steak Kabobs w/yellow rice	800	13	4	2600	100
Smothered Pork Tenderloin w/lemon-butter sauce	900	59	35	1970	9
Wood-Grilled Top Sirloin Steak w/cheese and peppers	440	21	10	570	4

Sandwiches (does not include sides)

Sun-Drenched Portobello & Veg Sandwich	670	22	9	1170	90
Cilantro Vinaigrette Dip	110	6	1	840	12
Cuban Sandwich	1130	59	24	2450	69
Wood-Grilled Angus Burger	680	39	16	830	39
Oak-Grilled Chicken Sandwich	530	19	3	1330	45
Pepper-Jack	250	20	12	370	2
Swiss	250	19	11	125	<1
American	190	16	10	850	3
Bacon	100	6	2	370	1

Entrée Salads (does not include sides)

Tropical Fruit and Grilled Chicken on Mixed Green	430	11	2.5	670	40
3 Homemade Croutons	130	7	4	180	12
Grilled Fresh Salmon Tostada w/chimichurri sauce	1045	57	22	1930	52
Grilled Chicken Caesar Salad w/croutons	490	20	9	1520	22
Crispy Chicken Club Salad w/bbq drizzle	880	52	12	3060	47
Grilled Chicken Cobb Salad	600	38	12	1630	4

Salad Dressing (1 oz)

Tropical / Island Vinaigrette	60	4	0.5	600	15
Caesar Dressing	200	21	4	370	1
Blue Cheese Dressing	175	18	4	190	15
Ranch Dressing	130	14	2	260	2
Citrus Mustard	65	3	0.5	125	10

Dinner Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Sides - Accompaniments					
Plantains	270	6	1	0	53
Tropical Rice	220	5	3	490	42
Broccoli	120	9	6	125	6
Seasonal Vegetables (Green Beans)	20	0.5	0	65	3
Garlic Mashed Potatoes	210	9	4	370	30
Cinnamon Mashed Sweet Potatoes	260	9	4	430	44
French Fries	530	26	2	940	67
Fresh Fruit Salad	130	0	0	0	32
Vine-Ripened Tomato Salad	60	1	0	490	12
Crispy Yuca w/peppers & onions	730	46	5	1680	77

Fresh Fish Menu

Jerk Painted - Fresh Fish (does not include sides)

Lunch Portion					
Salmon	245	7	2	300	7
Mahi	155	1	0	285	7
Tilapia	185	3	1	465	8
Halibut	148	1	0.5	293	8
Dinner Portion					
Salmon	320	9	2	395	14
Mahi	200	1	0	375	7
Tilapia	240	4	1	615	9
Halibut	190	2	0.5	385	9

Simply Grilled - Fresh Fish (does not include side)

Lemon-Garlic-Herb Butter	80	8	5	40	1
Lunch Portion					
Salmon	155	6	1	300	3
Mahi	143	0	0	293	0
Tilapia	158	2	1	690	2
Halibut	158	3	1	308	5
Dinner Portion					
Salmon	310	11	3	600	6
Mahi	190	0.5	0	390	0
Tilapia	210	3	1	920	3
Halibut	210	4	1	410	6

Fresh Fish Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Pan Seared - Fresh Fish (does not include sides)					
Creamy Mango Butter Sauce	130	12	7	230	5
Lunch Portion					
Salmon	240	9	2	368	6
Mahi	135	2	0	450	1
Tilapia	180	5	1	540	2
Halibut	158	3	0	413	3
Dinner Portion					
Salmon	320	12	3	490	8
Mahi	180	2	0.5	600	1
Tilapia	240	6	1	720	3
Halibut	210	5	0.5	550	4

Almond Crusted - Fresh Fish (does not include side)

Lemon Butter Sauce	230	22	14	200	5
Almond Crust	220	17	6	85	14
Lunch Portion					
Salmon	240	9	2	368	6
Mahi	135	2	0	450	1
Tilapia	180	5	1	540	2
Halibut	158	3	0	413	3
Dinner Portion					
Salmon	320	12	3	490	8
Mahi	180	2	0.5	600	1
Tilapia	240	6	1	720	3
Halibut	210	5	0.5	550	4

Fresh Fish Menu

Shrimp Saute - Fresh Fish (does not include sides)

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Lemon Butter Sauce	230	22	14	200	5
Shrimp Sauté	70	1	0	540	<1
Lunch Portion					
Salmon	240	9	2	368	6
Mahi	135	2	0	450	1
Tilapia	180	5	1	540	2
Halibut	158	3	0	413	3
Dinner Portion					
Salmon	320	12	3	490	8
Mahi	180	2	0.5	600	1
Tilapia	240	6	1	720	3
Halibut	210	5	0.5	550	4

Dessert Menu

Desserts

Chocolate Island	1380	83	44	440	142
Warm Choc Pineapple Upside Down Cake	1140	58	18	940	144
Dulce de Leche Cheesecake	940	56	33	710	94
Bananas Supreme	940	45	19	560	122
Rebecca's Key Lime Pie	990	34	17	630	154

Beverage Menu

Beverages - Non-Alcoholic

Coke	105	0	0	35	27
Diet Coke	0	0	0	28	<1
Sprite	98	0	0	47	26
Coffee	3	0	0	5	0
Iced Tea	3	0	0	0	<1
Hot Tea	3	0	0	0	<1
Milk, 2%	123	5	3	100	12
Hot Chocolate	115	1	1	146	24
Lemon Breeze	410	0	0	0	103
Orange Juice	60	0	0	0	15
Cranberry Juice	130	0	0	35	33
Pineapple Juice	135	0	0	10	30
Apple Juice	120	0	0	10	29

Beverage Menu

Beverages - Non-Alcoholic

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Grapefruit Juice	70	0	0	25	15
Captain Berry Island	110	0	0	15	24
Mango Mango Man	300	8	7	20	56
Raspberry Surfer	210	0	0	10	52
Virgin BahamaRita	160	0	0	0	39
Virgin Ultimate Pina Colada	340	9	8	20	65
Island Refresher	370	7	5	30	73
Berries in Paradise	110	0	0	15	24
Mango Beach	300	8	7	20	56
Strawberry Beach	370	7	6	30	74
Slushies					
Kiwi	120	0	0	30	29
Mango	180	0	0	5	45
Strawberry	240	0	0	40	58
Vanilla Shake	560	30	18	200	62
Chocolate Shake	700	32	20	170	92
Strawberry Shake	530	32	20	190	50
Banana Shake	590	30	18	115	69
Strawberry Banana Shake	600	28	17	130	77
Chocolate Banana Shake	760	31	19	70	108
Mango Shake	450	25	15	115	47
Raspberry Shake	560	29	18	170	64

Beer - Non-Alcoholic

O'Doul's	70	0	0	6	13
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Other Beverages

Wine (5 oz)	122	0	0	7	4
Regular Beer (12 oz)	153	0	0	14	13
Light Beer (12 oz)	103	0	0	14	6
Distilled Spirits (1.5 oz) (80 proof Gin, Rum, Vodka or Whiskey)	96	0	0	0	0

Kid's Menu

Kids' Meals

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Crispy Chicken	420	24	3	1580	23
Fresh Fruit Salad	40	0	0	0	10
French Fries	265	13	1	470	34
Small Cheese Pizza	750	23	10	1620	101
Fresh Fruit Salad	40	0	0	0	10
Bowtie Mac n' Cheese	790	46	27	1100	74
Fresh Fruit Salad	40	0	0	0	10

Sides - Accompaniments

Plantains	270	6	1	0	53
Tropical Rice	220	5	3	490	42
Broccoli	120	9	6	125	6
Seasonal Vegetables (Green Beans)	20	.5	0	65	3
Garlic Mashed Potatoes	210	9	4	370	30
Cinnamon Mashed Sweet Potatoes	260	9	4	430	44
French Fries	530	26	2	940	67
Fresh Fruit Salad	130	0	0	0	32
Vine-Ripened Tomato Salad	60	1	0	490	12
Crispy Yuca w/peppers &	730	46	5	1680	77