

Food Food Glorious Food

Nutritious
and tasty

You'll
Love them



Breakfast is served 8.30 - 10.30am weekdays *(Weekends by request)*
(Earlier by request)

Food Food Glorious Food

Breakfast Bar

Brand new is the Tropical Hideaway breakfast bar with probably the best views and some of the best breakfasts available on Bequia. You now have the option of preparing breakfast in your own room or enjoying one of Tropical Hideaway's amazing breakfast's from the brand new 'Breakfast Bar'



Freshly cooked and locally sourced



Our staff look forward to cooking you breakfast but please note during quiet times of the year we do ask that you let us know the day before to ensure we have the correct staff to offer you a prompt and efficient service.

Home Cooked Ready Meals

Good home cooking allowing you the convenience of enjoying a meal in your room with only the minimal amount of time and effort involved.

A superb range of ready cooked meals all cooked by ourselves and our staff, using healthy, locally sourced ingredients and always flavoured with a Caribbean twist that we know you will enjoy.

Outstanding recipes available fresh on the day of cooking or vacuum packed and frozen with all the freshness sealed in.



Tasty with an authentic Caribbean twist

The Full English

A tasty and hearty breakfast cooked in the healthiest way possible. The bacon, sausages, mushrooms and tomatoes are all grilled with the plantain banana's being lightly fried in coconut oil and served with eggs of your choice.



Ingredients

- 2 eggs of your choice
- 1 tasty breakfast sausage
- 2 rashers of bacon
- Tomatoes
- Plantain banana
- Fresh mushrooms (or tinned if not available)
- Baked beans
- Coconut oil
- Parsley to garnish
- Pepper to taste
- Multi grain seeded bread

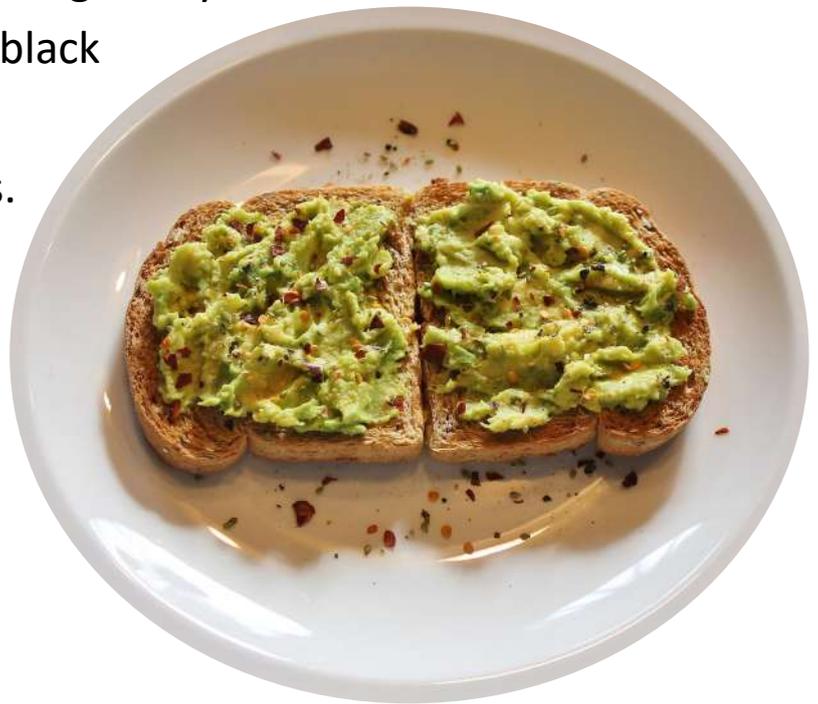
Includes
Coffee or Tea and
multi grain toast
\$65 EC

inc taxes

Avocado on Granary Toast

Ripe avocado with a hint of fresh lime juice spread thickly over two slices of our home baked toasted granary bread.

Seasoned with coarse ground black pepper and finished with a sprinkling of red pepper flakes.



2 slices of
Avocado toast
with Coffee or Tea

\$33 EC

Including taxes

Avocado on Granary Toast with Poached Eggs

Another nice option is to top the Avocado toast with 2 poached eggs and this makes a lovely dish.

Ingredients

2 eggs

Avocado

2 slices of home
baked granary bread

Butter for cooking & toast

Scallions for garnish

Pepper to taste



2 slices of
Avocado toast
with Coffee or Tea
and 2 poached eggs

\$46 EC

Including taxes

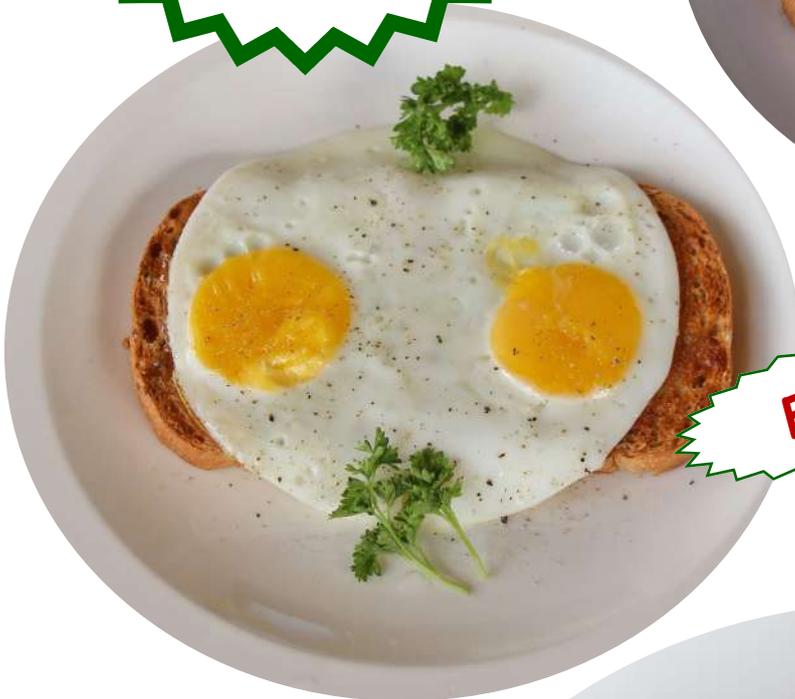
Eggs of your choice

Set yourself up for a great start to the day with two eggs of your choice served on our very own toasted granary bread.

Includes
Coffee or Tea
and Toast
\$33 EC
inc taxes



Scrambled



Fried

Poached



Ingredients

Pepper to taste
2 local fresh eggs
Parsley for garnish
Scallions for garnish
2 slices of our home
cooked granary bread
Butter for cooking & toast

Muesli and Oats Fruit Breakfast

These superfood healthy breakfasts are a great start to the day.

Containing organic luxury Muesli, Oats, Chia seeds and combined overnight with locally made yoghurt, unsweetened almond milk and our very own natural honey. This is a very healthy superfood breakfast and is served with either fresh **Banana or Mango**. Other fruits may be available depending on season.

Includes
Coffee or Tea
\$40 EC
inc taxes

Locally grown Fruit



Mango
Mango



Papaya



Banana



'Superfood' Chia seeds



Locally made Yoghurt



Bequia Honey-WOW



Generous portions



Organic Oats
and Muesli



Unsweetened
Almond milk



Contains nuts

Natural Yoghurt with Bequia Honey



You can't get more natural than this. Locally made yoghurt with our own Bequia honey and served with a choice of banana, mango or papaya. A great start to the day and a healthy one too.

Includes Coffee or Tea
\$37 EC inc taxes

Locally grown Fruit



Bequia honey

Banana



Papaya



Mango

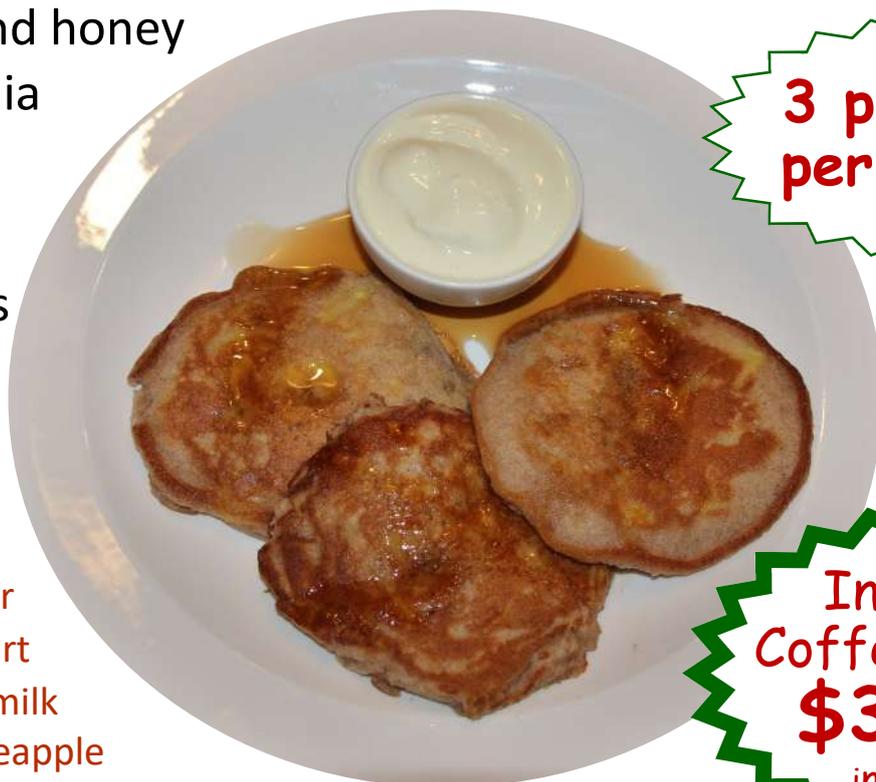


American style Banana and Pineapple pancakes

Cooked with coconut oil and filled with banana and pineapple these delicious pancakes are served with locally made natural yoghurt and honey from Bequia bees.

Ingredients

Cinnamon
Coconut oil
Local honey
Brown Sugar
Baking Powder
Natural yoghurt
Eggs, flour & milk
Banana & Pineapple



3 pancakes
per serving

Includes
Coffee or Tea
\$38 EC
inc taxes

Tasty Breakfast Omelette

This is my favourite omelette. Packed with healthy, nutritious ingredients and full of flavour. This 3 egg omelette is a lovely start to the day.

**Nutritious
and Tasty**



Includes
Coffee or Tea
\$46 EC
inc taxes



Ingredients

3 eggs
Tomatoes
Red salad onion
Feta cheese
Black olives
Olive oil
Parsley
Pepper to taste

Caribbean Breakfast on the Grill

A hearty breakfast cooked under the grille with a Caribbean twist. Full of tasty, wholesome ingredients. There is a minimum of two persons for this breakfast.

Please allow 45 minutes for preparation and cooking

**Serves
two large
Portions**



Ingredients

Potatoes
Sweet potatoes
Onion
Tomatoes
Bacon
4 eggs
Feta cheese
Cheddar cheese
Parsley and Chives
Scotch bonnet pepper
Olive oil
Pepper to taste



**Includes
Coffee or Tea
\$104 EC
inc taxes**

Fresh Fruit Island Plate

Local fruit can be expensive and difficult to get but if you can let us know in advance we can often offer a better selection.



Fresh fruit in season is a great start to the day. We offer a choice of Mango, Papaya, Melon, Banana and other local fruits but everything is dependent on season.

Includes Coffee
or Tea **\$44 EC**
inc taxes

Please note the plate is for one and will not include everything above

Extra Sides served at the Table

- | | |
|---|-------|
| a) 1 slices of buttered granary toast | 6 EC |
| b) Above but served with Jam or Marmalade | 10 EC |
| c) 2 slices of buttered granary toast | 10 EC |
| d) Above but served with Jam or Marmalade | 16 EC |
| e) Pot of Twining breakfast tea (2 cups) | 10 EC |
| f) Pot of Twining breakfast tea (4 cups) | 16 EC |
| g) Pot of Vincentian coffee (2 cups) | 12 EC |
| h) Pot of Vincentian coffee (4 cups) | 18 EC |
| i) Round of bacon (2 slices) | 12 EC |
| j) 1 large sausage | 10 EC |
| k) 2 eggs by themselves | 15 EC |
| l) 1 grilled tomato | 10 EC |
| m) Portion of mushrooms | 10 EC |
| n) Portion of beans | 7 EC |
| o) Portion of plantain | 8 EC |
| p) Glass of coconut water | 8 EC |
| q) Glass of orange juice | 8 EC |

Our staff look forward to cooking you breakfast but please note during quiet times of the year we do ask that you let us know the day before to ensure we have the correct staff to offer you a prompt and efficient service.

All prices include taxes

(Weekends by request)

(Earlier by request)

Breakfast served 8.30 - 10.30am Weekdays

Homecooked Meals



Nutritious
and tasty



You'll
Love them



Available frozen as a ready meal or fresh on our cooking days

Local Homemade Rotis

Beautifully made and large in size, these locally made Roti's use the finest ingredients and are generously filled with the best quality Conch, Beef or Chicken. We freeze these Roti's as soon as they are made and they will thaw naturally in an hour or two or you can defrost in the microwave in around 15 minutes.

A very popular, tasty and inexpensive meal we know you will enjoy.

*The best
local Roti
I've tasted*



Conch



Beef	16 EC
Chicken	16 EC
Conch	18 EC

Price includes 16% vat

Beef Ale and Mushroom Pie



You can't beat a traditional home cooked pie and this beef, ale and mushroom recipe is outstanding.

Serving suggestion : Serve with broccoli or peas. *(Not included)* Peas are available in our shop

One of our Favourites

Ingredients

Prime Beef

Bacon

Carrots

Mushrooms

Onions

Vegetable oil

Guinness

Beef Stock

Thyme

Bay leaves

Parsley

Flour

Butter

Egg yolks

Caster sugar

Salt and pepper for seasoning

We use no preservatives or colourings in any of our meals



Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the dish in the microwave. If you are in a hurry you can also leave the dish out at room temperature or in a pan of warm water and this will thaw in around 2 hours.

On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the dish is still cool microwave for another minute or until the temperature is to your liking.

(Do not leave any metal utensils in the microwave when heating)

From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please **carefully** wash the glass dish and return after use.

\$115 EC

For the large (2 large portions)

\$160 EC

Extra large size (4 - 6 large portions)

Coconut Curry Fish



Made using prime fillets of fish this meal is nutritious and tasty and is one of our guest favourites.

Serving suggestion : Serve by itself or with rice (*not Included*). A selection of rice is available in our shop.

Ingredients

Around 1 lb of beautiful Mahi Mahi
Scotch bonnet pepper
Shredded carrots
Plantain Banana
Scallions
Garlic
Basil
Olive oil
Lime juice
Coconut Oil
Bell peppers
Coconut milk
Curry powder
Salt and pepper for seasoning
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Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the dish in the microwave. If you are in a hurry you can also leave the dish out at room temperature or in a pan of warm water and this will thaw in around 2 hours.

On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the dish is still cool microwave for another minute or until the temperature is to your liking.

(Do not leave any metal utensils in the microwave when heating)

From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please **carefully** wash the glass dish and return after use.

\$98 EC

Price includes 16% vat
Contains 2 generous portions

Chicken Curry with chickpeas and potatoes



Made using prime cuts of chicken breast this Caribbean style mild curry is wholesome and tasty.

Serving suggestion :

Serve with rice (*not Included*).

A selection of rice is available in our shop.

Ingredients

Chicken

Chick peas

Potatoes

Tomatoes

Curry powder

Scotch bonnet pepper

Green seasoning

Garlic

Onions

Ginger

Cilantro

Vegetable oil

Salt and pepper for seasoning

We use no preservatives or colourings in any of our meals



Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the dish in the microwave. If you are in a hurry you can also leave the dish out at room temperature or in a pan of warm water and this will thaw in around 2 hours.

On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the dish is still cool microwave for another minute or until the temperature is to your liking.

(Do not leave any metal utensils in the microwave when heating)

From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please **carefully** wash the glass dish and return after use.

\$90 EC

Price includes 16% vat

Contains 2 generous portions

Cottage Pie



Made from prime cuts of lean ground beef or lamb. This lovely recipe has a few local ingredients to give it a Caribbean twist.

Serving suggestion :

Serve with vegetables of your choice (*not Included*) Vegetables available in the shop

Ingredients

Ground Beef or Lamb (prime)

Potatoes

Onions and Garlic

Carrots and Peas

Celery

Tomato puree

Beef stock

Scotch bonnet pepper

Flour

Red Wine

Worcestershire sauce

Thyme, Bay leaves and

Parsley

Olive oil

Milk

Butter

Cheddar Cheese

Salt and pepper for seasoning

We use no preservatives or colourings in any of our meals



Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the dish in the microwave. If you are in a hurry you can also leave the dish out at room temperature or in a pan of warm water and this will thaw in around 2 hours.

On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the dish is still cool microwave for another minute or until the temperature is to your liking.

(Do not leave any metal utensils in the microwave when heating)

From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please **carefully** wash the glass dish and return after use.

\$98 EC

Price includes 16% vat

Contains 2 generous portions

Fish and Prawn Pie



Home cooked healthy food with locally sourced ingredients using prime cuts of fish from Cod, Tuna, Mahi Mahi and Blue Marlin with a generous helping of Shrimps. This pie is one of our favourite dishes

Serving suggestion : Serve with peas or vegetables (*not Included*). Frozen peas and vegetables are available in our shop.

Ingredients

3 species of fish, cod, mahi mahi, tuna, swordfish, or blue marlin

Smoked mackerel

Mushrooms

Potatoes

Shrimp

Cheese

Milk

Flour

Butter

Capers, peppercorns,

bay leaves, thyme, parsley,

nutmeg, cayenne pepper and salt for seasoning.

We use no preservatives or colourings in any of our meals

Outstanding



Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the dish in the microwave. If you are in a hurry you can also leave the dish out at room temperature or in a pan of warm water and this will thaw in around 2 hours.

On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the dish is still cool microwave for another minute or until the temperature is to your liking.

(Do not leave any metal utensils in the microwave when heating)

From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please **carefully** wash the glass dish and return after use.

\$115 EC

Price includes 16% vat
Contains 2 generous portions

Teriyaki Chicken & Roast Vegetables



Prime chicken breast left to marinade overnight in a home-made Teriyaki sauce.

The roasted vegetables are a delight and make this meal a wholesome and tasty option.

*Tasty, Healthy
& Nutritious*

Ingredients

Two Prime Chicken breasts

Red & green Bell Peppers

Butternut Squash

Sweet Potatoes

Red Onions

Potatoes

Pumpkin

Ginger

Garlic

Thyme

Parsley

Olive oil

Soy sauce

Rosemary

Corn starch

Brown sugar

Apple Balsamic vinegar

Salt and Pepper for seasoning



We use no preservatives or colourings in any of our meals

Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the dish in the microwave. If you are in a hurry you can also leave the dish out at room temperature or in a pan of warm water and this will thaw in around 2 hours.

On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the dish is still cool microwave for another minute or until the temperature is to your liking.

(Do not leave any metal utensils in the microwave when heating)

From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please **carefully** wash the glass dish and return after use.

\$98 EC

Price includes 16% vat

Contains 2 generous portions

Pasta & Baked Vegetables



Made from quality organic Italian pasta and roasted vegetables. This vegetarian dish makes a wholesome and tasty meal. Simply heat and serve.

Tasty, Healthy & Nutritious

Ingredients

Italian Organic Pasta
Home made Marinara sauce
Red and green Peppers
Mushrooms
Tomatoes
Zucchini
Squash
Onions
Peas
Butter
Olive oil
Italian herbs
Gouda cheese
Parmesan cheese
Mozzarella cheese
Salt and pepper for seasoning
We use no preservatives or colourings in any of our meals



Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the dish in the microwave. If you are in a hurry you can also leave the dish out at room temperature or in a pan of warm water and this will thaw in around 2 hours.

On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the dish is still cool microwave for another minute or until the temperature is to your liking.

(Do not leave any metal utensils in the microwave when heating)

From frozen

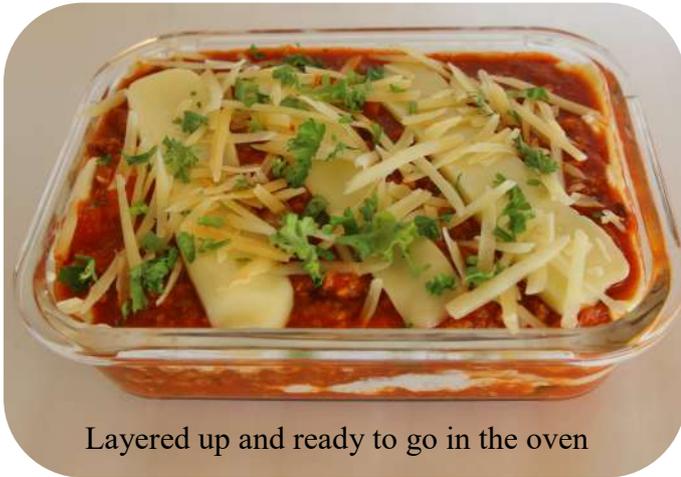
Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please **carefully** wash the glass dish and return after use.

\$98 EC

Price includes 16% vat
Contains 2 generous portions

The World's best Lasagne



Layered up and ready to go in the oven

There's a lot of work in preparing and cooking this Lasagne but it's definitely worth it.

Serving suggestion : Serve with salad of your choice. Garlic bread also goes well (*not included*).



**Absolutely
Delicious**

Ingredients

Spicy Sausage

Ground Beef

Tomatoes

Onions and Garlic

Organic Lasagne pasta

Tomato paste and tomato sauce

Ricotta, Mozzarella

and Parmesan cheese

Eggs and Sugar

Fresh Basil and Parsley

Fennel seeds

Italian seasoning

Salt and pepper for seasoning

*We use no preservatives or
colourings in any of our meals*



Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the dish in the microwave. If you are in a hurry you can also leave the dish out at room temperature or in a pan of warm water and this will thaw in around 2 hours.

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(Do not leave any metal utensils in the microwave when heating)

From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please **carefully** wash the glass dish and return after use.

\$115 EC

Price includes 16% vat

Contains 2 generous portions

Home made Quiche



These beautiful Quiches are entirely homemade using only the best ingredients. Perfect for the afternoon or evening or enjoy this lovely Quiche in the company of friends for a very special treat.

Ingredients

Eggs

Flour

Butter

Cream and Milk

Swiss cheese

Parmesan cheese

Spinach

Onions

Bacon

Tomatoes

Nutmeg and salt to taste

Black and Cayenne Pepper

We use no preservatives or colourings in any of our meals



Great for
sharing with
friends

Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the dish in the microwave. If you are in a hurry you can also leave the dish out at room temperature or in a pan of warm water and this will thaw in around 2 hours.

On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the dish is still cool microwave for another minute or until the temperature is to your liking.

(Do not leave any metal utensils in the microwave when heating)

From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please **carefully** wash the glass dish and return after use.

\$115 EC

Price includes 16% vat

Contains 8 large servings

The Very Best Lentil Soup

This Lentil soup is hearty, healthy and loaded with roasted vegetables. Very tasty and one we often enjoy with a slice of our home baked bread.

Ingredients

Organic lentil broth mix

Carrots and Celery

Vegetable broth

Diced tomatoes

Oregano

Garlic

Cumin

Kale

Onions

Lime juice

Basil and Thyme

Italian seasoning

Extra virgin olive oil

Salt and pepper for seasoning

We use no preservatives or colourings in any of our meals



Tasty, Healthy & Nutritious

Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the dish in the microwave. If you are in a hurry you can also leave the dish out at room temperature or in a pan of warm water and this will thaw in around 2 hours.

On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the dish is still cool microwave for another minute or until the temperature is to your liking.

(Do not leave any metal utensils in the microwave when heating)

From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please **carefully** wash the glass dish and return after use.



\$75 EC

Price includes 16% vat
Contains 2 generous portions

Home Baked Rustic Seeded Bread

Beautiful home baked bread using the very best organic stoneground flour and infused with a variety of natural seeds known for their beneficial health effects.

Our exceptional flour is produced in Wales by Artisan millers dating back to 1575



Organic,
and healthy with
full flavour

24 EC for a 330g loaf (including all taxes)

Available **freshly baked** or from our freezer.

Available in the morning if you order the day before or at lunchtime if you order early morning.

The bread takes 4 hours to bake.

INGREDIENTS

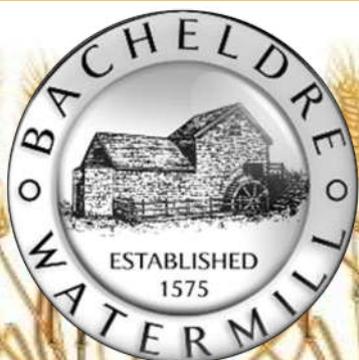
Stoneground strong malted wheat flour, yeast and water with a little butter, sugar and salt to taste.

With a fabulous blend of the following seeds :

Sunflower, Alfalfa, Flax, Sesame, Pumpkin, Hemp, Fennel, Linseed, Millett, Poppy, and Chia Seeds.

SIMPLY BEAUTIFUL

This fully seeded
loaf is truly
amazing



Quality Cooked Meats

We import our own Chicken, Beef, Pork, and Lamb direct from the UK from free range farm animals that enjoy the outside and live as natural a life as possible. Providence & sustainability with Passion

We usually have some of our UK imported free range sliced meats in stock including roast ham and our home cooked chicken, turkey and lamb as well. Please ask for details



Other favourites from our shop

Our air conditioned, licensed, shop offers an excellent selection of quality wines and beverages and an extensive range of everyday produce ranging from tinned goods to quality meats, from locally caught fish to fresh fruit and vegetables, from pastas and rice to locally grown coffee, teas and a wide variety of crisps, chips and snacks etc.

and remember our prices are supermarket based so you'll always pay local prices

EVERYDAY PRODUCE

Muesli, Oats & Granola
Tea & locally grown Coffee
Biscuits, Crackers & Cheese
Crisps, Chips & Snacks
Chocolate, Nuts, Olives, Onions
& Pickles, Pineapple chunks,
Coconut Milk & Cream, Pasta,
Rice, Beans and Pulses.
Herbs, Spices, Vinegar, Dips,
Sauces & Olive Oil
Margarine & Butter
Tinned Tuna, Mackerel,
Sardines, Salmon & Mussels
Tinned Tomatoes, Beans,
Mushrooms & Meat
Clingfilm, Aluminium Foil.
Washing Powder

and LOTS MORE

FRESH PRODUCE

Fresh local eggs. Fresh local
fruit, Limes, Mangoes and
Bananas. Salad & vegetables,
Tomatoes, Cucumber, Lettuce,
Potatoes, Onions, Carrots,
Garlic, Basil, Rosemary, Mint

FROM THE FREEZER

Homecooked Meals
Beef, Chicken & Conch Rotis

BARBECUE MEATS

Sausages, Bacon, Burgers,
Ribs, Steak, Chicken Breasts
& Legs, Mince, Lamb & Pork
Chops / Joints

LOCALLY CAUGHT FISH

Tuna and Mahi Mahi

and LOTS MORE

WINES and BEVERAGES

Martin's 'Famous' Rum Punch



Quality Red Wines
Chilled White Wines
Chilled Rose Wines
Sparkling Wines
Champagne and Prosecco
Non alcoholic Wine
Premium Spirits including
Rums, Vodkas, Gins, Tequila,
Port and Rum Cream
Hairoun and Carib Beers
Soft drinks & Mixers
Milk, Soya & Almond milk
Orange & Pineapple juice
Fresh Coconut Water

and LOTS MORE