



THE ATLANTIS HISTORIC INN

A Few Words from our Head Chef, Mark St. John

Welcome to the Atlantis Historic Inn, established in the late 1800s. Our menu is an eclectic representation of myself and my style of cooking which is modern and healthy, using locally grown fresh produce with an emphasis on vegan and vegetarian food. We hope you enjoy your dining experience with us today and please do ask any of our staff about places to visit on the East Coast, arguably the most beautiful part of Barbados.

appetisers

soup of the day - \$18

please ask your server for our daily creation

fish cakes - \$17 (main course \$32)

bajan fish cakes served with marie rose sauce

grilled garlic, chilli & basil shrimp - \$30 GF

served with papaya salsa & avocado mousse

falafels - \$25 V

spiced middle eastern deep fried chickpea balls, served with lemon & tahini sauce

herb crusted seared ahi tuna - \$30 GF

served with mango salsa, radish sprout & ponzu sauce

sea salt & black pepper crusted calamari

\$30 (main course \$40)

with lemon & basil aioli

cajun flash fried sea cat (local octopus)

\$30 (main course \$40)

served with louisiana remoulade sauce

spicy buffalo wings - \$28 (main course \$40) 🌶️

spicy buffalo sauce served with blue cheese and chive aioli

vegan platter for two - \$45 V

falafel, vegetable samosa & humus with crisp julienne vegetables

lost city of atlantis platter for two - \$55

cajun flash fried sea cat (local octopus), vegetable samosas and fish cakes (4)

salads

atlantis caesar salad - \$35 🌿

crispy romaine lettuce, cherry tomatoes, house-made croutons, parmesan cheese and caesar dressing

pickled sea cat (local octopus) & breadfruit salad - \$38

lime juice, cucumbers, parsley, breadfruit, local octopus & scotch bonnet peppers

roasted beetroot & breaded goat's cheese - \$35 🌿

served with fresh arugula & finished with a blueberry & balsamic dressing

tuscan roasted vegetables

with a lemon & herb israeli couscous - \$38 V

fresh chopped basil & parsley, lemon zest, lemon juice tossed with israeli couscous & tuscan roasted vegetables

add ons - for all salads

grilled chicken breast - \$15 grilled catch of the day - \$16
grilled shrimp - \$18 grilled flying fish (3) - \$16

sandwiches & burgers

flying fish sandwich - \$38

fresh fried flying fish with lettuce & tomato and a drizzle of jalapeño & cilantro aioli on a buttery brioche, served with french fries

atlantis grilled beef burger - \$38

a house-made 6oz beef burger on a sesame seed bun with lettuce, grilled onions, bacon, pickles and your choice of paprika & garlic aioli with cheddar cheese **OR** wholegrain mustard & basil aioli with blue cheese, served with french fries

atlantis chickpea, caramelized onion

& sweet potato burger - \$38 V

roasted garlic, chilli, sweet potato, green peas & chickpea burger served on a whole wheat bun, finished with roasted red pepper coulis, vegenaïse, lettuce, tomato and french fries

entrées

pan seared tent bay catch of the day - \$50 GF

served with a creamy cauliflower purée, crispy herb potatoes, florets of sautéed broccoli & finished with a zesty lemon butter sauce.

crispy salmon & char-grilled asparagus - \$60 GF

pan seared and served with a cherry tomato & truffle butter sauce & a fresh rocket and cherry tomato salad

flying fish trio - \$48

blackened, grilled and stuffed with cream cheese & spinach, served with sweet potato fries and coleslaw.

atlantis coconut shrimp - \$60

served with roasted pineapple salsa, pina colada sauce, garlic & herb croquette, arugula & tomato salad with shaved parmesan

grilled usda 8oz sirloin steak - \$75 GF

8oz. grilled USDA sirloin steak served with béarnaise sauce, grilled vegetables and truffle parmesan hand cut fries.

atlantis jerk chicken - \$48 GF 🌶️

served with roasted pineapple and sweet potato mash, grilled vegetables, papaya salsa & chimichurri sauce

asian style nutty stir fry quinoa - \$42 V GF

served on a bed of coconut simmered bean stew.

atlantis pepperpot - \$45 GF

tender pieces of beef, lamb & oxtail served with rice & peas, steamed vegetables & fried plantain.

red thai curry platter

served with coconut basmati rice, butternut squash, broccoli, poppadums & mango chutney.
chicken - \$45 **or** shrimp - \$50 **or** vegetables - \$40 V

pasta

vegan cashew pesto pasta - \$45 V

served with mushrooms, cashews, red pepper coulis & a petit salad

spicy vegan alfredo - \$45 V

served with vegan italian sausage, florets of broccoli & a petit salad

green pea & mascarpone risotto - \$55

served with seared shrimp in a vanilla infused olive oil & finished with micro greens

all pasta is served with garlic bread and your choice of pasta (penne OR linguini)

pasta add ons

grilled chicken breast - \$15 grilled catch of the day - \$16
grilled shrimp - \$18 grilled flying fish (2) - \$16

sides

sides on all entrée options can be exchanged for the following:

fried plantain V GF	breadfruit chips V GF
macaroni pie 🌿	french fries V GF
garden salad V GF	rice & peas with gravy V

additional sides

sweet potato fries - \$15 V GF	fried plantain - \$12 V GF
macaroni pie - \$14 V	french fries - \$14 V GF
garden salad - \$18 V GF	rice & peas with gravy - \$14 🌿
breadfruit chips - \$14 V GF	

Please advise the wait staff if you have allergies to any food product.

Prices include VAT and are subject to 10% service charge and 2.5% Tourism Product Development Levy.

We accept Visa and MasterCard and local debit cards only. Kindly note that smoking is not allowed.

We are also happy to provide transport to/from your hotel - USD\$10 per person (min. of 5 persons) please ask for details.

vegetarian 🌿	vegan V
gluten free GF	spicy 🌶️