



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 (6) OR \$32 (12)

bajan fish cakes served with marie rose sauce

salt & black pepper crusted calamari - \$30 [entrée - \$40]

with lemon & basil aioli and lemon wedge

bajan chicken wings - \$30 (6) [entrée - \$40 (9)]

with an aged brown rum barbecue sauce with blue cheese and chive aioli

lemon zest infused ricotta spread - \$18

freshly baked focaccia served with lemon zest infused ricotta

sharing platter for two - \$50

salt & black pepper crusted calamari, vegetable samosas and fish cakes (4)

salads

atlantis caesar salad - \$35

crispy romaine lettuce, cherry tomatoes, homemade croutons, parmesan cheese and caesar dressing

caprese salad - \$38

freshly sliced mozzarella cheese served with sliced tomatoes, roasted pine nut pesto, balsamic reduction and finished with fine touches of sea salt

roasted pumpkin and rocket salad - \$35

served with cherry tomatoes, kalamata olives and finished with a lemon raspberry vinaigrette

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

finished with a blueberry and balsamic dressing

add ons - for all salads

grilled chicken breast - \$15 grilled catch of the day - \$16

grilled shrimp - \$18 panko crusted flying fish (3) - \$16

sandwiches & burgers

atlantis mediterranean flatbread - \$35

with sliced cherry tomatoes, crumbled feta cheese, spinach leaves, kalamata olives, red onions & basil pesto

OR ask your server about our daily flat bread special

atlantis bacon crusted beef burger - \$38

a homemade 6oz. beef burger crusted with bacon served on a sesame seed bun, with lettuce, grilled onion and your choice of wholegrain mustard & basil aioli with blue cheese OR cheddar cheese, tomato and a paprika & garlic aioli served with our in-house thick cut fries

atlantis vegan burger - \$38

roasted garlic, chilli, basil chickpea and black bean burger served on a whole wheat bun, with roasted red pepper coulis, vegan mayo, lettuce, tomato and our in-house thick cut fries

bbq pulled pork burger - \$38

pulled pork served on a sesame seed bun, with chipotle aioli, crispy bacon bits and coleslaw, served with our in-house thick cut fries

flying fish sandwich - \$35

freshly caught fried flying fish served on a buttery brioche with lettuce & tomato, with a drizzle of jalapeño & cilantro aioli, served with our in-house thick cut fries

atlantis buttermilk fried chicken sandwich - \$38

fresh boneless chicken thigh with lettuce, tomato, paprika and garlic aioli and served on a sesame seed bun with our in-house thick cut fries

atlantis chicken, spinach & goat's cheese wrap - \$35

grilled garlic & herb marinated chicken, pressed on a panini grill served with our in-house thick cut fries

entrées

atlantis green pea and mascarpone risotto - \$55

creamy green pea and mascarpone risotto finished with a touch of parmesan, served with seared prawns, in a vanilla infused olive oil

vegan cashew pesto pasta - \$45

whole wheat penne tossed in cashew pesto and sautéed mushrooms, topped with chopped cashews, roasted red pepper coulis and a petit salad of micro greens. (can be prepared with regular penne)

add ons - for all pastas

grilled chicken breast - \$15 grilled catch of the day - \$16

grilled shrimp - \$18 panko crusted flying fish (3) - \$16

enid's west indian pepperpot - \$45

tender pieces of beef and lamb with vegetables cooked in a hearty stew and served with rice and peas and fried plantain

asian style nutty stir fry quinoa - \$48

served on a bed of simmered coconut bean stew

roti fusion

red thai curry served in a west indian dhal puri skin with chick peas, potatoes, mango chutney and garden salad

chicken - \$35 shrimp - \$40 vegetables - \$30

tent bay catch of the day - \$50

blackened OR grilled, basted with lemon zest herb butter, served with tomato caper salsa and your choice of vinaigrette potato salad with sautéed spinach or french fries and coleslaw

flying fish trio - \$45

blackened, grilled and fried flying fish, served with garlic & herb potato wedges and coleslaw

grilled usda 8oz sirloin steak - \$60

8oz. grilled USDA sirloin steak served with parmesan, broccoli and gorgonzola pie with subtle notes of tarragon & mustard, accompanied with onions and mushrooms in a peppercorn sauce with a side of in-house steak cut fries

sides

side dishes on all entrées can be exchanged for any of the 6 following sides:

fried plantain - \$12

macaroni pie - \$13

garden salad - \$16

breadfruit chips - \$12

french fries - \$14

rice & peas with gravy - \$11

side dishes available for a surcharge are:

broccoli, parmesan & gorgonzola pie - \$14

vinaigrette potato salad - \$14

steamed vegetables - \$16

garlic & herb potato wedges - \$15

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.

vegan
vegetarian
gluten free