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• Lunch Menu •

Appetizer:

Local Fish Ceviche, Scotch Bonnet, Cilantro,
Peppers, Orange Segments

Arugula Beet Salad, Raspberry dressing, Goat
Cheese, sliced Almonds

Garden Vegetable Minestrone soup with short
Pasta

Smoked Salmon, Asparagus Quiche, Cream
Cheese, Dill

Sauer Dough Crostini with Avocado, Salmon, Egg,
Cherry Tomato



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Main:

Asian Noodle Salad, Edamame, Roasted Peanuts,
Cabbage, Teriyaki Chicken Breast, Orange Ginger
dressing

Grilled NY Steak Tagliata, roast Potato, Arugula,
Parmesan Cherry Tomato, Balsamic Glaze

Grilled Wild Salmon Filet, Caper-Parsley-Lemon
Salsa, grilled Vegetables

Chicken Chili Con Carne, crispy Tortilla, Avocado,
shredded Cheese, Sour Cream, Cilantro

Quinoa Shrimp bowl, Watercress, Eggs, Cherry
Tomato, Avocado, Red Wine Oregano Vinaigrette

Niçoise Salad, Green Beans, Egg, Cherry Tomato,
Kalamata Olives, Potato, seared Tuna Steak, Red
Wine Vinaigrette



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Main:

Crispy Chicken Sandwich, crispy Bacon, sliced Aged Cheddar, Tomato, Lettuce, Tartare Sauce

Italian Sub, French baguette, Pepperoni, Salami, Black Forrest Ham, Lettuce, Tomato, Kalamata Olives, Ranch Dressing

Crispy Fish Burger, Tartare Sauce, Avocado, Lettuce, Tomato

Cuban Bread, Pulled Pork, Ham, Swiss Cheese, Mustard, Pickles, Red Onion

Grilled Fish Sandwich, French Baguette grilled Vegetable, Pesto Mayo, Arugula, sliced Tomato