



Spa Lunch Menu

*This special menu is only offered by Spa Baan Suerte, designed for us by Blue Bahia, one of Roatan's premiere restaurants. Our aim is to bring you the very best quality -- fresh, healthful and tasty!
(Not available on Tuesdays)*

BAAN SUERTE SALAD

FRESH, FRESH GREENS FROM ROATAN'S BLUE HARBOR PLANTATION COMBINED WITH GARDEN VEGETABLES AND TOPPED WITH PEPPERED CANDIED PECANS AND YOUR CHOICE OF JUMBO SHRIMP, GRILLED LOBSTER, CHICKEN OR FILET MIGNON. CHOOSE FROM OUR HOUSE DRESSINGS - BALSAMIC VINAIGRETTE OR ORIENTAL SESAME. \$16

SHRIMP BOAT

JUMBO SHRIMP LIGHTLY DUSTED WITH OUR SPECIAL CURRY SPICES THEN PERFECTLY GRILLED AND SERVED IN A CANTALOUPE HALF WITH PLUM TOMATOES, MARINATED CUCUMBERS AND JUICY RED GRAPES. \$18

CATCH OF THE DAY

LIGHTLY GRILLED FISH OF THE DAY TOPPED WITH OUR GREEN OLIVE TAPENADE, SERVED WITH A SIDE OF SPECIAL RICE AND FRESH SALAD GREENS FROM BLUE HARBOR PLANTATION. \$16

SALMON FILET

A SWEET SESAME GLAZE TOPS OUR GRILLED-TO-PERFECTION SALMON, ACCOMPANIED BY CRISP GRILLED VEGGIES AND LOCALLY GROWN SALAD GREENS. \$18

ORANGE-GINGER CHICKEN

TENDER BREAST OF CHICKEN TOSSED WITH GINGER AND ORANGE ZEST THEN STIR FRIED WITH GARDEN FRESH VEGETABLES AND OUR SPECIAL ASIAN SESAME SAUCE - COMES WITH RICE AND A CRISP GREEN SALAD. \$15

LOBSTER MEDALLIONS

SWEET CHUNKS OF CARIBBEAN LOBSTER GRILLED WITH OUR FAMOUS LIME-GARLIC SALSA, SERVED WITH FRESH GARDEN GREENS AND VEGGIES. \$18

TROPICAL FRUIT PLATE

A LUSCIOUS PLATE OF FRESH LOCAL AND SEASONAL FRUITS (PAPAYA, MANGO, WATERMELON, PINEAPPLE, MELON, GRAPES) SERVED WITH OPTIONAL YOGURT AND GRANOLA. \$10

Sandy Bay, Roatan - Tel. 445 3059 - info@spabaansuerte.com