

Villa Paradiso

Mammee Bay Estate, Ocho Rios

Sample Menus



Dear Guests,

The suggested menus are only meant as a guideline to assist in the selection of your meals. There are a number of local dishes that you might like to try which are indicated as “local”.

If you wish, your Housekeeper can open up a tab for you at the local supermarket and purchase the fruits and vegetables from the market (cash required) before your arrival. She will give you the invoices which you can then pay. Alternatively, food for the first day can be purchased and you can do your own shopping when you arrive.

We hope that you will find this informative and helpful in planning your menus.

Have a wonderful vacation.

The Albergas

Villa Paradiso

BREAKFAST

Assorted Cereals

Cornmeal Porridge (local)

Oatmeal Porridge

Fresh Fruit Platter

Fresh Fruit Juice

Main

Saltfish and Ackee & Johnny Cakes (local)

Fish Fritters

French Toast

Pancakes

Waffles

Omelets (various)

Eggs (fried, scrambled, boiled, poached)

Sausages/Bacon

Beverages

Blue Mountain Coffee

Assorted Teas

Assorted Jams and Toast

It is suggested that one main breakfast item be selected for each day

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LUNCH

Day 1	<i>Main</i>	Egg Salad Tuna Salad Corn Salad
	<i>Dessert</i>	Bun and Cheese
Day 2	<i>Main</i>	Chicken Salad Mixed Salad Coleslaw Mango Salad
	<i>Dessert</i>	Fruit Salad
Day 3	<i>Main</i>	Salmon Salad Potato Salad Corn Salad
	<i>Dessert</i>	Banana Bread
Day 4	<i>Main</i>	Hamburgers Hotdogs French Fries Coleslaw
	<i>Dessert</i>	Cake
Day 5	<i>Main</i>	Assorted Cold Meats French Fries Mixed Salad
	<i>Dessert</i>	Ice Cream
Day 6	<i>Main</i>	Jamaican Patties (local) (chicken & beef) BLT Sandwiches Potato Salad
	<i>Dessert</i>	Fruit Salad
Day 7	<i>Main</i>	Tuna Salad Assorted Cold Meats Corn Salad
	<i>Dessert</i>	Banana Bread

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DINNER

Day 1	<i>Hors d'oeuvres</i>	Stamp and Go
	<i>Soup</i>	Pumpkin Soup
	<i>Salad</i>	Mixed Green Salad
	<i>Entre</i>	Fricassee Chicken Eggplant Vegetables in Season Rice and Peas (local)
	<i>Dessert</i>	Lemon Meringue Pie
Day 2	<i>Hors d'oeuvres</i>	Stuffed Eggs
	<i>Soup</i>	Pepperpot Soup (local)
	<i>Salad</i>	Caesar Salad
	<i>Entre</i>	Spaghetti Bolognaise Garlic Bread
	<i>Dessert</i>	Crème Caramel
Day 3	<i>Hors d'oeuvres</i>	Stuffed Mushrooms
	<i>Soup</i>	Chicken Vegetable Soup
	<i>Salad</i>	Mixed Green Salad
	<i>Entre</i>	Roast Lamb Rice & Peas (local) Vegetables in Season Candied Sweet Potatoes Baked Plantain (local)
	<i>Dessert</i>	Banana Fritters
Day 4	<i>Hors d'oeuvres</i>	Curried Ackee Dip & Pita (local)
	<i>Soup</i>	Mango or Gazpacho Soup
	<i>Salad</i>	Mixed Green Salad
	<i>Entre</i>	BBQ Chicken, Sausages & Lamb Chops Vegetables in Season Baked Potatoes Baked Plantain (local) Corn on the Cob
	<i>Dessert</i>	Key Lime Pie

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DINNER

Day 5	<i>Hors d'oeuvres</i>	Salsa & Banana Chips
	<i>Soup</i>	Red Pea Soup
	<i>Salad</i>	Mixed Green Salad
	<i>Entre</i>	Curried Goat (local) Rice Vegetables in Season Bread Fruit (local)
	<i>Dessert</i>	Baked Bananas
Day 6	<i>Hors d'oeuvres</i>	Smoked Salmon
	<i>Soup</i>	Cabbage Soup
	<i>Salad</i>	Mixed Green Salad
	<i>Entre</i>	Fried Chicken Vegetables in Season Rice Baked Plantain (local)
	<i>Dessert</i>	Fruit Salad
Day 7	<i>Hors d'oeuvres</i>	Vegetable Dip
	<i>Soup</i>	Pumpkin Soup
	<i>Salad</i>	Mixed Green Salad
	<i>Entre</i>	Jerk Chicken or Pork (local) Vegetables in Season Ackee Soufflé (local) Bread Fruit (local) Potato au Gratin
	<i>Dessert</i>	Cake & Ice Cream

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ADDITIONAL OPTIONS MAY INCLUDE

Beef Tenderloin

Lobster

Shrimp

Ox Tail or Beef Stew

Macaroni & Cheese

Penne

Meat Balls

Catch of the Day Fish

