

**Mango Tree  
Lunch Menu**

**Starters**

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<b>Accra's Curry Mayo Tangy Tomato Sauce</b>	<b>8</b>
<b>Plain Caesar Salad</b>	<b>12</b>
<b>Soup of the day with Garlic Toast</b>	<b>12</b>
<b>Deep Fried Calamari with Tartar Sauce</b>	<b>13</b>
<b>Greek Salad, Feta Cheese, Kalamata Olives, Diced Tomatoes and Cucumber over a Crispy Romaine Lettuce and Organic Greens Balsamic Dressing</b>	<b>13</b>
<b>Caesar Salad with Jerk Chicken</b>	<b>14</b>
<b>Caesar Salad with Fish</b>	<b>14</b>
<b>Caesar Salad with Shrimps</b>	<b>15</b>

**Main**

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<b>Lentil Burger with Sweet Potato Fries</b>	<b>12</b>
<b>Vegetarian Thai Rice Roll with Noodles, Sweet Potato and Pumpkin Chutney</b>	<b>13</b>
<b>Grilled Cheese Sandwich with a Spicy Tomato Soup</b>	<b>14</b>
<b>Roasted Pumpkin and Mushroom Risotto</b>	<b>14</b>
<b>Chicken or Fish Roti with Salad, Chutney</b>	<b>14</b>
<b>Penne Pasta with Mushrooms and Spinach in a Creamy Sauce</b>	<b>15</b>
<b>Tuna Melt with Organic Salad</b>	<b>15</b>
<b>Fish Burger with Salad or Sweet Potato Fries</b>	<b>15</b>
<b>Chicken or Vegetable Wrap grilled with Spicy Mayo Dip</b>	<b>16</b>
<b>Jerk Chicken and Grilled Pineapple Sandwich with Sweet Potato Fries</b>	<b>16</b>
<b>Creamy Chicken or Fish Pasta</b>	<b>18</b>
<b>Mango Tree Burger with Fries or Salad (Mozzarella Cheese, Pickled Cucumber, Cole Slaw)</b>	<b>18</b>

**Coconut Crusted Chicken with Sweet Potato Mash, Spinach and Rosemary Sauce** 23

**Catch of the day with Green Fig Mash, Vegetables, Passion Fruit Dressing and Herb Butter Sauce** 25

**Sirloin Steak served with Peppercorn or Mushroom Sauce, Sweet Potato Fries and Green Salad** 28

### **HEALTHY STONEFIELD RESORT ROOT VEGETABLE BOWLS**

As part of our wellness menu offerings, we have created healthy root vegetable bowls served with various peas and beans, salad and local chicken or fish specialties infused with ginger, turmeric and local seasoning and medicinal herbs. Our vegetables and herbs are all grown on property. Root vegetables are truly natural, unadulterated sources of complex carbohydrates, antioxidants and important nutrients. They are low in calories and high in antioxidants. Each one contains a wide variety of vitamins and minerals. Root vegetables have a lower glycemic index load and cause less digestive or inflammatory issues than many grains do. They are full of good carbs and are wonderful sources of fiber for a healthy diet, not to mention they taste delicious.

**DASHEEN BOWL** – Chopped or sliced dasheen, sautéed tomato, tumeric, onion and plantain, lentils, mixed greens. (Stewed or curried chicken or fish optional) **\$18**

**GREEN BANANA & FISH BOWL** – Green bananas, fresh local stewed fish in tumeric broth, pickled cucumber, chopped tomatoes, chopped local parsley, avocado (seasonal) and lime **\$20**

**BWAPAIN BOWL** – Breadfruit slices, stewed black eyed peas, fried plantain, curried vegetables with ginger & coconut milk, chopped cucumber & tomato salad (Stewed or curried chicken or fish optional) **\$20**

**ROTI BOWL** – Curry chick peas/veggies, fish or chicken in coconut milk and ginger, tomato and cucumber salad in chopped roti shell \*Chadon beni and lime (Vegetarian option available) **\$18**

**PATAT DOUX** –Local sweet potato bowl served with, stewed beans, steamed carrots, chopped salad, pickled cucumber and avocado **\$17**

### **Desserts**

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**Chef's Specials of the day** 6

\* All prices are in US Dollars and are subject to 10% service charge and+ 10% Government sales tax (VAT).