



Sample Menus

Chef Chris Barnett is both versatile and inventive. He can prepare both elegant cuisine and delicious family style meals as well as always delicious desserts.

Whether you seek authentic Jamaican dishes, French, Italian or even his famous “Crash Curry”, the choice is yours.

Every group of guests is different. Some like to plan for the whole week shortly after arrival. Some like to decide a couple of days at a time.

Before you arrive at dragonfly, we will ask you for your first afternoon and evening needs and your breakfast requests for your first morning. After you arrive and settle in at dragonfly, Chef Barnett will work with you to design a program for your stay. He will accommodate any particular needs you may have (such as Gluten-free, food allergies etc..). Together, you will decide the types of food you desire and your preferred dining style (family style/formal/a mixture etc..). Then, Chef Barnett will purchase the ingredients.

If you plan for the whole week, it might make sense to do a “big shop” at the supermarket and farmer’s market in Montego Bay (he will need to be armed with cash). Or if you like, you can accompany him (it’s an experience!) armed with your credit card and ID.

Alternatively, if you only want to plan a couple of days at a time, Chris will buy your supplies at the on-resort commissary and they will be charged to your account. As a rough guide, you should budget food costs (excluding alcohol) at about US\$65/adult/day and US\$35/child/day.

While Chef Barnett would hate you to be constrained by a “menu” of breakfast, lunch and dinner options, one is attached as a starting point for your culinary adventures.

Typically, our guests will agree with Chef Barnett on times for Breakfast, Lunch and Dinner. Many guests prefer to start dinner proceedings with cocktails and Hors D’oeuvres, in the verandah, in lieu of an appetizer course – but you are welcome to design your arrangements as you like!

Breakfast Menu Examples

Cold Breakfast

assorted fresh seasonal fruit platter
assorted cheese platter
assorted cold cut platter
assorted breakfast cereals
assorted yoghurt
breakfast smoothies

Hot Breakfast

eggs any style
omelet any style
eggs benedict
ackee and cod fish (Jamaican Breakfast)
waffles and pancakes
breakfast bruschetta
breakfast burrito



Breakfast Sides

grilled ham, pork or turkey bacon

pork, chicken or turkey sausage

toast, bagels, crepes

hash browns, breakfast potato

fried plantain

Breakfast Baked Goods

banana bread

chocolate brownie

croissants

coconut tea cake

pumpkin bread

blueberry or chocolate chip muffins

strawberry muffin danish

chocolate chip cookies



Lunch Menu Examples

Lunch Selections

assorted salads (see below)

tuna & mayo salad

assorted wraps including:

turkey club, chicken salad

assorted sandwiches, including:

turkey reuben, BLT, Club, tuna, grilled cheese and fish

burger (beef, chicken or vegetarian)

fresh fish/stuffed fish

bbq ribs

curry chicken

baked chicken

grilled shrimp

burrito bowls

quesadillas

assorted chicken wings

cheese soufflé

pizza

lunch sides

fries, rice, pasta, salads



Specialty Salads

summertime strawberry salad

fajita salad

santa fe chicken salad

fiesta shrimp salad

cobb salad

avocado salad

cranberry and walnut salad

All Day Kids Menu

grilled cheese

hot dogs

pizza

mac & cheese

mini burger

french fries

potato chips

chicken tenders

fish fingers



All Day Beverages (non-alcoholic)

coffee (caffeinated and decaf)

tea (variety)

hot chocolate

orange juice

pineapple juice

fruit punch juice

june plum juice

sour sop juice

apple juice

smoothie

iced tea and coffee

lemonade

sodas



Dinner Menu Examples

Hors d'Oeuvres

smoked salmon canape
brie in puff pastry
tuna bruschetta
cheese and crackers
crudité
escovitch fish and bammy
chicken satay
grilled mini lamb chop
quesadilla
Jamaican stamp and go
cheese puff
chicken wings
homemade chips and salsa/guacamole
coconut crusted shrimp
nachos
spinach and cheese dip
fish cake with zesty lemon aioli
crab cakes with pineapple salsa
meat balls with cocktail dipping sauce
grilled shrimp / shrimp platter with cocktail sauce
pigs in blanket



Soup Appetizers

cream of pumpkin or broccoli soup

cream of leek or potato soup

chicken chowder

chicken and lentil soup

Jamaican pepper pot soup

red peas and beef soup

white bean chicken chilli

chilled cucumber soup

cold soups and gazpachos



Entrees

herb and lemon roast chicken

jerk chicken (spicy or mild)

grilled fish

rosemary baked chicken

BBQ pork chop

grilled lobster

curried crab

grilled shrimp

roast lamb*

lamb chops*

steak*

beef Burgers*/veggie burgers

Jamaican mutton curry

Jamaican goat curry

Indian chicken curry ("cr-ash" curry)

Jamaican brown stew with fish, beef or chicken

lasagne (with beef, chicken or vegetable)

other pasta dishes as requested

chicken cacciatore

* imported produce – high quality, but a little expensive



Side Dishes

pumpkin rice
vegetable rice pilaf
garlic mash potato
roasted potato
baked potato
caribbean rice and peas
pasta
french fries
popovers/ yorkshire pudding

Vegetable Dishes

carrots and broccoli
peas
cho cho
string beans
cauliflower
brussel sprouts
cabbage
callaloo
plantains

(Vegetables can be grilled, steamed, sautéed)



desserts

- cheese cake (with your choice of topping)
- chocolate lava cake
- pineapple upside down cake
- chocolate soufflé
- pana cotta
- ice cream filled crepes
- plantain tart
- banana or bread or potato pudding
- ice cream
- ice cream cake
- apple crispy or crumble
- assorted pies: apple, blueberry, pumpkin, pecan
- coconut cream pie
- key lime pie
- birthday cakes: chocolate, carrot or other

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stay on menu, or ignore the menu
mix, match, edit or invent to your hearts content
it's your stay, your way...

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