



# MENU

## APPETIZERS

<b>OCTOPUS AND SHRIMP TACOS</b>	309
LIGHT, ZESTY OCTOPUS AND SHRIMP TACOS FILLED WITH AVOCADO AND TOMATO SALSA. FINISHED WITH A DRIZZLE OF BALSAMIC REDUCTION AND TOPPED WITH FRESH LIME.	
<b>THE SUNKEN FISH GUATEMALAN CEVICHE</b>	299
OUR SPECIAL SIGNATURE CARIBBEAN CEVICHE DISH. A BLEND OF SHRIMP, FISH, AND CONCH, TOSSED WITH THE CHEF'S BLEND OF ONION, TOMATO, CILANTRO, AVOCADO, AND CHILE DE CABRO. SERVED WITH PLANTAIN CHIPS.	
<b>ATLANTIC CALAMARI</b>	299
RICH SHREDDED CALAMARI IN A SPECIAL HOUSE STYLE BREADING SERVED WITH A TARTAR SAUCE IN A BED OF HYDROPONIC GREEN LETTUCE.	
<b>LENTIL AND QUINOA SALAD</b>	249
MIXED WITH BLACK OLIVES, MARINATED TOMATOES, AND SWEET CORN. FINISHED WITH AVOCADO AND YUCA CHIPS.	
<b>CHICKEN AND TORTILLA MEXICAN SOUP</b>	229
MEXICAN CLASSIC TOMATO AND CHICKEN SOUP, FRESH HERB, AND CRISPY TORTILLA PIECES.	
<b>CAULIFLOWER BITES</b>	219
CRISPY TEMPURA CAULIFLOWER TOSSED IN YOUR CHOICE OF SWEET THAI CHILI, GARLIC PARMESAN, OR BUFFALO SAUCE.	

## MAIN COURSES

<b>TRANQUILSEAS MIXED SEAFOOD PASTA</b>	819
LOBSTER, SHRIMP, OCTOPUS, CALAMARI, AND MUSSELS COOKED WITH CHILI AND LEMON JUICE. TOSSED WITH WHITE WINE AND HOMEMADE FETTUCINE PASTA.	
<b>BEEF FILLET</b>	819
7OZ BEEF FILLET COOKED TO YOUR LIKING, WRAPPED IN BACON, AND SERVED WITH A SWEET POTATO PUREE, ASPARAGUS, AND A CREAMY PEPPER SAUCE.	
<b>MARINERA SOUP FOR 2</b>	799
LOCAL FRESH SEAFOOD SIMMERED IN A COCONUT MILK ISLAND-STYLE BROTH WITH ONION, GREEN PEPPER, CARROTS, POTATOES, AND CILANTRO. SERVED WITH WHITE RICE.	

ALL PRODUCTS ARE MADE IN-HOUSE, USING NATURAL INGREDIENTS  
INCLUDING BREAD, DESSERTS, AND TORTILLAS  
OPEN MONDAY - SUNDAY FROM 7:00 AM TO 9:00 PM  
RESERVATIONS: BESTFOODROATAN@GMAIL.COM  
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<b>THE LOCAL CARIBBEAN FAVORITE</b>	799
WHOLE FRIED RED SNAPPER, WITH GARLIC BUTTER SAUCE, SERVED WITH PLANTAIN AND SEASONAL VEGETABLES.	
<b>PAN SEARED SNAPPER</b>	649
PAN-SEARED SNAPPER SAT ON A SWEET PEPPER & POTATO PUREE, SERVED WITH CARROTS AND CHERRY TOMATOES.	
<b>COCONUT SHRIMP</b>	619
LOCAL SHRIMPS COOKED WITH COCONUT. CREAMY POTATO PUREE AND SEASONAL VEGETABLES.	
<b>CLASSIC GRILLED CHURASCO</b>	599
WITH A CHOICE OF POTATOES AND SEASONAL VEGETABLES.	
<b>SPICY CARIBBEAN OCTOPUS</b>	589
WITH BABY POTATOES COOKED WITH HERB BUTTER AND CARROT PUREE.	
<b>HOMEMADE BEETROOT PASTA</b>	419
HOMEMADE BEETROOT PASTA WITH OLIVES, ASPARAGUS, ONION, AND TOASTED BREAD. (VG)	
<b>COCONUT CHICKPEA CURRY WITH STEAM RICE</b>	369
<b>WINGS N' RINGS</b>	349
SIX CHICKEN WINGS (BUFFALO OR BBQ) WITH ONION RINGS. SERVED WITH CARROTS, CELERY, AND TARTARE SAUCE.	
<b>SIZZLING VEGETABLE FAJITAS</b>	309
ACCOMPANIED WITH GRATED CHEESE, SOUR CREAM, AND GUACAMOLE. • ADD CHICKEN LPS 95*** ADD BEEF LPS 115	

## SALADS

<b>MIXED SEAFOOD SALAD</b>	459
A JUICY MIX OF PRAWN, OCTOPUS, AND CALAMARI TOSSED WITH FETA CHEESE AND MIXED GREEN SALAD.	
<b>STEAK FAJITAS SALAD, TORTILLA BOWL</b>	459
STIR-FRIED BEEF, ONIONS, AND PEPPERS WITH AVOCADO AND HYDROPONIC LETTUCE SERVED IN A CRISPY TORTILLA BOWL.	
<b>CARIBBEAN CHICKEN SALAD WITH ORANGE VINAIGRETTE</b>	409
A FRESH MIX OF GRILLED CHICKEN, CHIA SEEDS, ORANGE, AND HYDROPONIC LETTUCE. BOUND WITH A FRESH ORANGE VINAIGRETTE.	

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## SNACKS

<b>THE BIGGER BETTER BURGER</b>	399
A PERFECTLY GRILLED BEEF PADDY TOPPED WITH HYDROPONIC LETTUCE, TOMATOES, CARAMELIZED ONIONS, SAUTÉED MUSHROOMS & CHEDDAR CHEESE, SERVED WITH HOMESTYLE FRIES.	
<b>TRANQUILSEAS CHEESEBURGER</b>	329
HAND-PRESSED LOCAL BEEF TOPPED WITH CHEDDAR CHEESE SERVED WITH HOMESTYLE FRIES.	
<b>ISLAND BEEF SANDWICH</b>	329
HOMEMADE TOASTED BAGUETTE WITH JUICY GRILLED BEEF STRIPS. SLICED TOMATOES AND LETTUCE AND FINISHED WITH DRESSING.	
<b>TRANQUILSEAS CLUB SANDWICH</b>	329
GRILLED CHICKEN BREAST, BACON, AND EGG TOASTED SANDWICH FINISHED WITH TOMATO, LETTUCE, AND DRESSING. SERVED WITH HOMESTYLE FRIES AND KETCHUP.	
<b>SUNKEN FISH SANDWICH</b>	319
HOMEMADE TOASTED BAGUETTE FILLED WITH GRILLED RED SNAPPER, FETA CHEESE, TOMATO, AND TARTAR SAUCE.	
<b>FISH FINGERS</b>	309
BATTERED LOCALLY CAUGHT SNAPPER SERVED WITH HOMESTYLE FRIES & TARTAR SAUCE.	
<b>CHICKEN FINGERS</b>	309
CRISPY CHICKEN TENDERS SERVED WITH HONEY MUSTARD & HOMESTYLE FRIES.	
<b>MAKE IT YOUR WAY QUESADILLA</b>	249
CHOOSE FROM CHICKEN, SHRIMP, OR LOBSTER. WE TAKE YOUR CHOICE OF PROTEIN AND SAUTÉE IT WITH ONIONS AND PEPPERS, AND STUFF IT INTO TWO FLOUR TORTILLAS WITH QUESILLO BEFORE GIVING IT A QUICK GRILL. SERVED WITH CHIMOL AND SOUR CREAM. • ADD LOBSTER Lps 280*** Add SHRIMP Lps 130*** Add CHICKEN Lps 95	
<b>HUMMUS</b>	219
WITH VEGETABLE STICKS AND PITTA BREAD.	

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## SUNDAY FAMILY PLATTERS

<b>LARGE FAMILY PLATTER</b>	2999
A FAMILY PLATTER WITH A VARIETY OF BEEF, CHICKEN, AND SHRIMP SKEWERS. GRILLED LOBSTER AND BREADED CHICKEN AND FISH FINGERS. SERVED WITH FAMILY SIDES OF FRENCH FRIES AND CRISPY PLANTAIN CHIPS.	
<b>SMALL FAMILY PLATTER</b>	1999
A FAMILY PLATTER WITH A VARIETY OF BEEF, CHICKEN, AND SHRIMP SKEWERS. BREADED CHICKEN AND FISH FINGERS. SERVED WITH FAMILY SIDES OF FRENCH FRIES AND CRISPY PLANTAIN CHIPS.	

## DESSERTS

<b>COCONUT BOWL SPECIAL</b>	208
COCONUT RICE PUDDING, MANGO MOUSE, AND FRESH PINEAPPLE SERVED THE SUNKEN FISH WAY.	
<b>CHOCOLATE FONDANT</b>	208
WITH ICE CREAM.	
<b>LEMON CHEESECAKE</b>	199
HOME-MADE FRESH LEMON CHEESECAKE WITH A CHOCOLATE GANACHE AND CARAMELIZED ALMONDS.	
<b>TRANQUILSEAS BANANA DOUGHNUTS</b>	169
HOMEMADE BANANA DOUGHNUTS WITH A NUTELLA DIP.	
<b>CARROT CAKE</b>	169
LIGHTLY SPICED CARROT CAKE TOPPED WITH A CREAM FROSTING AND WALNUT CRUMBS.	
<b>CREPES</b>	149
A LARGE CREPE FILLED WITH NUTELLA AND BANANA.	

**\*\* ENJOY YOUR MEAL \*\***

**\*\*\* ALL PRICES ARE IN LPS \*\*\***

**\*\*\* VAT IS ALREADY INCLUDED IN PRICES \*\*\***

**\*\*\* NO TIPS INCLUDED, VOLUNTARY TIPS ARE APPRECIATED \*\*\***

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