

PLUNGE

LUNCH MENU

– SMALL PLATES –

TUNA WONTONS	20
<i>Poke marinated tuna, pickled ginger mayo green onion, toasted sesame</i>	
LOCAL FISH CEVICHE 	20
<i>Marinated with fresh habanero oil, sweet papaya, tomato, red onion, limes juice, cilantro</i>	
ISLAND CONCH FRITTERS	20
<i>Calypso sauce, lemon wedges, side of fresh salad</i>	
COCONUT SHRIMP	20
<i>Crispy coconut shrimp, spicy mayo, mango relish, mixed green salad</i>	
WATERMELON & FETA 	18
<i>Arugula, red onion, watermelon, feta crumbles, olive tapenade, pistachio vinaigrette, fresh mint</i>	
CORN TORTILLA CHIPS	16
<i>Served with guacamole, sour cream, and salsa</i>	

– BURGER BAR –

PROTEINS

House blend Sirloin Beef 8oz	24
Beer Battered Crispy Chicken	24
Blackened Snapper	24
Garden Veggie Burger	20



TOPPINGS & CHEESE

*American, Cheddar, Swiss, Blue cheese
Iceberg lettuce, arugula, vine tomato, dill pickle,
red onion, jalapeno, guacamole, avocado,
apple wood bacon*

Our burgers are served on a house baked sesame bun with fries

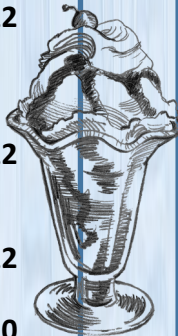
add Green Salad	4
Sweet Potato Fries	4



Gluten free bread available, please ask you server

– DESSERTS –

CLASSIC KEY LIME PIE	12
<i>Creamy key lime custard, graham crust, Raspberry coulis</i>	
CHOCOLATE DECADENCE	12
<i>Baked chocolate decadence, strawberry compote</i>	
PASSION & MANGO CHEESE CAKE	12
<i>Creamy baked cheese cake, mango compote</i>	
TROPICAL FRESH FRUIT	12
ICE CREAM/ SORBET	10
<i>Choose 2 scoops of our daily special homemade favorites</i>	



– SALADS –

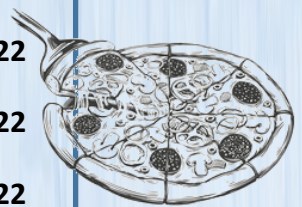
CAPRESE SALAD	18
<i>Fresh mozzarella, tomato slices, basil, olive oil, Balsamic glaze</i>	
CLASSIC CAESAR	18
<i>Romaine hearts, anchovy – Caesar dressing, focaccia, crouton, parmesan cheese</i>	
	add Grilled Chicken 10
	Shrimp 10
GREEK SALAD 	18
<i>Feta cheese, bell peppers, tomato, black olives red onion, herbs vinaigrette served with grilled pita bread</i>	
THE PALMS HOUSE SALAD 	18
<i>Mixed green, avocado, mango, cherry tomato, cucumber, Kalamata olives, balsamic vinaigrette</i>	
	add Grilled Chicken 10
	Blackened Snapper 12

– SANDWICHES & WRAPS –

GRILLED TUNA SANDWICH	24
<i>Grilled tuna steak, served with guacamole, Island tartar sauce, lettuce, tomato, onion, fries</i>	
GROUPE WRAP	24
<i>Spinach wrap tortilla, filled with pan seared grouper fillet, quinoa, fresh spinach, passion fruit-ginger dressing, crispy red cabbage</i>	
JERK CHICKEN “JAMAICAN” WRAP	24
<i>Flavorful chicken breast with a spicy touch, in a garlic wrap, grilled pineapple, arugula, roasted bell pepper dressing, Jerk mayo.</i>	
CHICKEN CEASAR WRAP	24
<i>Classic Caesar salad, grilled chicken, parmesan cheese, Calypso sauce</i>	
GRILLED VEGETABLE-SANDWICH	22
<i>Italian Foccacia bread, grilled vegetables, tomato, cucumber, pesto aioli, mozzarella cheese, fries</i>	

– PIZZA –

MARGHERITA	20
<i>mozzarella cheese, tomato, basil leaves</i>	
PEPPERONI	22
<i>sliced pepperoni, oregano, marinara sauce</i>	
SHRIMP	22
<i>Alfredo cream sauce, mozzarella, chili flakes</i>	
JERK CHICKEN	22
<i>jerk chicken, pineapple</i>	



– SPECIALTIES –

PALMS STYLE FISH & CHIPS	24
<i>Tempura battered catch of the day, fries, house tartar sauce, coleslaw</i>	
BUFFALO CHICKEN WINGS 	24
<i>Spiced jumbo crispy chicken wings, buffalo hot sauce served with fries, crudités, and blue cheese dressing</i>	
“BAJA STYLE” FISH TACOS	24
<i>Flour tortilla, grilled fish, cabbage slaw, Baja sauce, carrot julienne, cilantro sour cream, served with “Pico de Gallo” and fries</i>	
CHOOSE YOUR PASTA	22
<i>Penne or spaghetti</i>	
<i>Marinara or Alfredo creamy sauce, served with shaved parmesan cheese</i>	
	add Grilled Chicken 10
	Shrimp 10



Gluten Free

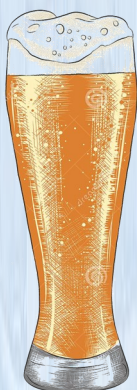
*Kindly alert your server if you have any special dietary needs
15% service charge and 12% government tax will be added to the final check*



PLUNGE

BEVERAGE MENU

— HOPS —



DOMESTIC

DRAFT:

Turks Head I-Ain-Ga-Lie *lager* (ABV 4.8%)

Turks Head Down-Da-Road *IPA* (ABV 6%)

BOTTLE:

Turks Head I-Ain-Ga-Lie *lager* (ABV 4.8%)

Turks Head Down-Da-Road *IPA* (ABV 6%)

Turks Head Gon-Ta-Nort *amber ale* (ABV 6%)

Turks Head I-Soon-Reach *light lager* (ABV 4.2%)

7

7

IMPORTED

Corona Extra *pale lager* (ABV 4.6%)

| Mexico

Coors Light *light lager* (ABV 4.2%)

| USA

Heineken *pale lager* (ABV 5%)

| The Netherlands

Red Stripe *pale lager* (ABV 4.7%)

| Jamaica

Presidente *lager* (ABV 5%)

| Dominican Republic

Presidente Light *light lager* (ABV 4.3%)

| Dominican Republic

O'Doul's Premium *non-alcoholic* (ABV 0.2%) | USA

6

Beer Bucket (6 bottles)

Domestic

36

Imported

48

ABV - Alcohol By Volume

— SIGNATURE COCKTAILS —

FROZEN DAIQUIRI

Strawberry | Mango | Banana

Aged rum, lime juice, sugar syrup

16

FROZEN MARGARITA

Lime | Pomegranate | Berry

Tequila, triple sec, lime juice, sugar syrup

16

FROZEN COLADA

Piña Colada | Strawberry | Mango

Amber rum, lime, pineapple, coconut

16

STORM IN PROVO

Amber rum, mango puree, lime juice, ginger beer

16

RASPBERRY SPRITZ

Vodka, limoncello, raspberries, bitters, soda water

16

APEROL SPRITZ

Aperol, prosecco, soda water

16

PALOMA

Tequila, grapefruit juice, lime, agave, grapefruit soda, bitters

16

POOLSIDE PUNCH

Dark and coconut rum, pineapple, lime, banana liqueur, cranberry

14

ICE TROPEZ ROSÉ COOLER

Wine Cocktail; Peach infused rosé wine cooler

18



— NON ALCOHOLIC —

SOFT DRINKS

Coca-Cola | Diet Coke | Sprite | Ginger Ale
Club Soda | Tonic

4

CHILLED JUICES

Orange | Apple | Pineapple | Cranberry
Tomato

6

ICED TEA

6

FRUIT SMOOTHIE

Strawberry | Mango | Banana
Pina Colada | Wild Berry

10

MILKSHAKE

Chocolate | Strawberry | Vanilla | Coffee

10

STRAWBERRY LEMONADE

Muddled strawberry, lemon, mint

10

CUCUMBER COOLER

Cucumber, green apple, mint

12

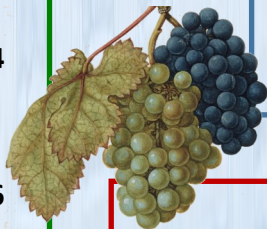
PREMIUM WATER

Fiji *natural artesian*

8

S.Pellegrino *sparkling*

8



— GRAPES —

BUBBLES

Gls.

Btl.

Piper-Heidsieck, Cuvée Brut, France, NV

20

89

Caposaldo, Brut Prosecco, Italy, NV

17

81

Möet & Chandon, Imperial, Epernay, France, NV

136

Veuve Clicquot, Brut Yellow Label, Reims, France, NV

140

WHITE

Paul Mas Reserve, Chardonnay, France, 2020

17

81

Borgo Molino Ciari, Pinot Grigio, Italy, 2018

17

81

Borgo Molino Ciari, Sauvignon Blanc, Italy, 2018

17

81

RED

Murphy Goode, Merlot, Santa Rosa, California, USA, 2019

18

89

Coastal Estates, Pinot Noir, California, USA, 2018

18

89

Earthquake, Cabernet Sauvignon, California, USA, 2019

21

98

ROSÉ

Mirabeau Classic, Côtes de Provence, AOP, France, 2018

15

65

Minuty, Côtes de Provence, AOP, France, 2019

17

75

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