

PLUNGE

LUNCH MENU

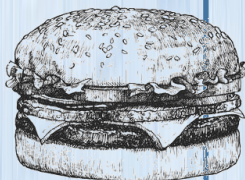
– SMALL PLATES –

- TUNA WONTONS** 20
Poke marinated tuna, pickled ginger mayo green onion, avocado, toasted sesame
- LOCAL FISH CEVICHE**  20
Marinated with fresh habanero oil, tomato, red onion, lime juice, cilantro
- ISLAND CONCH FRITTERS** 20
Calypso sauce, side of fresh salad
- COCONUT SHRIMP** 20
Crispy coconut shrimp, mango spicy mayo, mixed green salad
- CORN TORTILLA CHIPS**  16
Served with guacamole, sour cream, and salsa

– BURGER BAR –

PROTEINS

- HOUSE BLEND SIRLOIN BEEF 8oz** 24
- BEER BATTERED CRISPY CHICKEN** 22
- BLACKENED SNAPPER** 22
- GARDEN VEGGIE BURGER** 20



TOPPINGS & CHEESE

*American, cheddar, Swiss, blue cheese
Bacon, vine tomato, iceberg lettuce, arugula
dill pickle, red onion*

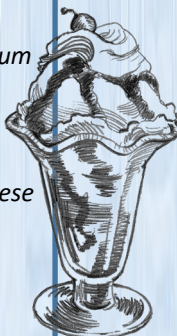
Our burgers are served on a house baked sesame bun with choice of fries, green salad or sweet potato fries.



Gluten free bread available, please ask your server

– DESSERTS –

- CLASSIC KEY LIME PIE** 12
Creamy key lime custard, graham crust, Raspberry coulis
- CHOCOLATE BUTTER RUM CAKE** 12
Layers of moist chocolate sponge, infused with rum flavor, layered butter rum frosting,
- CARIBBEAN SPICED CARROT CAKE** 12
Moist dense carrot cake, topped with cream cheese frosting and cookie crumbs
- TROPICAL FRESH FRUIT** 12
- ICE CREAM/ SORBET** 10
Choose 2 scoops of our daily special



– SALADS –

- CAPRESE SALAD**  18
Fresh mozzarella, tomato slices, basil, olive oil, balsamic glaze
- CLASSIC CAESAR** 18
Romaine hearts, anchovy – Caesar dressing, Focaccia crouton, Parmesan cheese
- THE PALMS HOUSE SALAD** 18
Mixed green, avocado, mango, cherry tomato, cucumber, Kalamata olives, balsamic vinaigrette 

– WRAPS & SANDWICHES –

- GROUPE WRAP** 24
Spinach wrap tortilla, filled with pan seared grouper fillet, quinoa, fresh spinach, passion fruit-ginger dressing, crispy red cabbage
- JERK CHICKEN “JAMAICAN” WRAP** 24
Flavorful chicken breast with a spicy touch, in a tomato wrap, grilled pineapple, arugula, roasted bell pepper dressing, jerk mayo
- CHICKEN CAESAR WRAP** 24
Classic Caesar salad, grilled chicken, Parmesan cheese, crispy bacon, Calypso sauce
- PHILLY CHEESE SANDWICH** 24
Thinly sliced beef, caramelized onion, provolone cheese, bell pepper

– PIZZA –

- MARGHERITA** 20
mozzarella cheese, tomato, basil leaves
- PEPPERONI** 22
sliced pepperoni, oregano, marinara sauce
- JERK CHICKEN** 22
jerk chicken, pineapple



– SPECIALTIES –

- JERK CHICKEN WINGS**  24
Spiced jumbo grilled chicken wings, pineapple –habanero glaze served with fries
- PALMS STYLE FISH & CHIPS** 24
Beer tempura battered snapper, house tartar sauce, coleslaw, served with fries
- “BAJA STYLE” FISH TACOS** 24
Flour tortilla, grilled fish, cabbage slaw, Baja sauce, carrot julienne, cilantro sour cream, “Pico de Gallo”, served with fries
- CHOOSE YOUR PASTA** 20
*Penne or spaghetti
Pomodoro or Alfredo creamy sauce
Served with shaved Parmesan cheese*
- add Grilled Chicken** 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 your final check

