



# Postia's Kitchen

## CATERING MENU

Harbour Island, Eleuthera,  
The Bahamas.





# BREAKFAST

## PANCAKES:

Banana Nut  
Blueberry  
Buttermilk  
Chocolate Chip  
- served with maple syrup -



## WAFFLES:

Blueberry  
Buttermilk  
Chocolate Chip  
- served with maple syrup -



## OMELETTES:

Ham & Cheese  
Vegetarian  
Sausage & Cheese  
3- Cheese



**HOMEMADE FRENCH  
TOAST**

**AVOCADO TOAST**

**QUICHE**

## SIDES:

Cheesy Grits  
Homemade Toast  
Bacon Strips  
Sausages  
Homemade Banana Bread  
Bagels  
Oatmeal  
Cinnamon Rolls  
Fruit



## EGGS (ANY STYLE)

**SMOKED SALMON &  
CREAM CHEESE**

**HOMEMADE GRANOLA  
& YOGURT**



## DRINKS:

Hot Coffee  
Hot Tea  
Orange Juice  
Apple Juice  
Cranberry Juice  
Grapefruit Juice





# LUNCH

## SHARED BITES

Bahamian Conch Salad  
Bahamian Conch Fritters served with a Cocktail Sauce  
Guacamole served with Chips and Veggies  
Hummus served with Crudites and Pita Chips



## SOUP & SALADS

Gazpacho Soup  
Creamy Leek and Potato Soup  
Roast Red Pepper and Tomato Soup  
Tomato and Mozzarella with Basil Oil  
Ceasar Salad  
Greek Salad  
Shrimp, Asparagus and Avocado Salad with a Lemon Vinaigrette



## SANDWICHES

Grilled Chicken Sandwich  
Homemade Burgers  
Chicken / Shrimp Wraps



## ENTREES

Grilled Veggies with Goat Cheese and Basil  
Lobster Quesadillas  
Chicken/ Fish Fingers and Homemade Fries  
Fish Tacos  
Asparagus and Roast Red Pepper Penne Pasta  
Zucchini and Basil Pasta  
Fresh Basil and Tomato Pasta





# DINNER

## APPETIZERS

Ginger Sesame Tuna Tartar  
Onion Canapés  
Artichoke Dip served with Crackers  
Jerk Chicken Skewers  
Coconut Shrimp served with Sweet Chilli Sauce  
Stone Crab Claws  
Tomato Bruschetta  
Mushroom/ Onion Tart  
Crab Cakes

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## SOUPS & SALADS

Curried Pumpkin Soup served with Poppadoms  
White Conch Chowder  
Arugula, Avocado and Asparagus with a Lemon Vinaigrette  
House Salad  
Arugula and Cherry Tomato with Parmesan Cheese and Balsamic  
Vinaigrette

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## ENTREES

Local Grilled Fish, Cracked Potatoes, and Asparagus served with a  
Mustard Sauce  
Roasted Lemon Chicken, Sweet Potatoes and Green Beans  
Thai Lobster, Jasmine Rice, Steamed Bok Choy and Ginger Carrots  
Jerk Chicken, Peas 'n' rice, Cole Slaw, Sautéed Plantain and Local  
Greens  
Grilled Lobster, Riscotto and Sautéed Spinach  
Bar-b-que Ribs, Coconut Rice, Corn Salad, and Grilled Vegetables  
Curried Chicken, Lemon Rice Pilaf, Local Greens and Chickpea Salad  
Beef Tenderloin with a Cool Horseradish sauce, Roasted Potatoes  
and Grilled Asparagus



A watercolor illustration of green leaves and blue berries, possibly olives, is positioned in the top right corner of the page. The leaves are elongated and pointed, with some showing signs of aging or damage. The berries are small and round, hanging from thin stems. The overall style is soft and artistic.

# DESSERTS

Coconut Cake

Key Lime Pie

Chocolate Cake

Pine-apple Cake

Carrot Cake

Passionfruit Mousse

Lemon Tart

Assorted Cookies



