



FROM THE SEA

Ahi Tuna \$22
6oz Steak grilled to your specification

Fresh Island Lobster

You're the Boss. Choose the Sauce & the Size; Cajun, Coconut, Garlic, Grilled or Steamed with Butter.

8oz \$20; 9oz \$22
10oz \$24; 11oz \$26
12oz \$28

Add: Tenderloin Medallions \$11
Want larger? Just Ask!

Shrimp

Pan Seared or Beer Batter \$20

Bleu Cheese & Bacon

The name says it all – pan seared with bacon & mix with Bleu Cheese. \$20

Coconut Shrimp \$20

Garlic Shrimp \$19

“Loft” Shrimp

For the true Shrimp Lover, lightly seasoned & seared in butter. \$19

Red Snapper Filets

Cajun \$19
Coconut \$20
Garlic \$19
Just Grill \$19

Whole Red Snapper

(Cajun, Coconut or Grilled)

1 Pounder \$13
2 Pounder \$19

FROM THE LAND

Beef Lovers

Southern Fried Steak \$16

Tenderloin Steak breaded, then Southern Fried & topped with white gravy

Churrasco \$16

Tenderloin steak grilled the way you like & topped with sautéed onions & sweet peppers.

Tipico Flambiyada \$16

Tenderloin grilled your way & topped with a white butter, red wine & peppercorn sauce.

Tenderloin Medallions \$16

Steak the natural way; Salt, Pepper & grilled to perfection

SMOKED GOODNESS

Imported USDA meats, dry rubbed & slow smoked in Roatan's ONLY brick smoker

Ribs

¼ Rack \$16
½ Rack \$26
Smoked Pulled Pork \$19
Smoked Beef Brisket \$19
BBQ Shrimp & Pulled Pork \$24
BBQ TRIO:
1/4 Rack Ribs, Pulled Pork & Beef Brisket \$30

PASTA \$8

Pasta with white garlic sauce
Add:
Veggies \$3
Chicken \$5
Shrimp \$6

All Meals From The Land & Sea includes veggies and your choice of; Rice, Bake Potato or French Fries. Substitute Sweet Potato Fries for \$1

*Prices do not include tax and gratuity.
We accept all major credit cards, however, we prefer CASH!*