



LUNCH ON THE BEACH

Daily Menu Service 11:00AM+4PM

SOUPS + SALADS

Homemade Daily Soups		Thu ~ Corn Soup	\$40
Mon~ Pumpkin	\$50	Fri ~ Lentil	\$40
Tue ~ Mushroom	\$60	Sat ~ Tobago Fish Broth	\$60
Wed ~ Carrot + Ginger	\$40	Sun ~ Callaloo	\$40

Served with Fresh Handcrafted Bread + Butter

Caesar Salad (VEG GF)	\$75
Mixed Greens, Garlic Croutons, Parmesan, Gently Tossed in a Light Caesar Dressing	
Caribbean Garden Salad (V VEG GF)	\$50
Mixed Greens, Tomatoes, Cucumbers, Sweet Peppers, Chickpeas, Red Onions, Pineapple + Waves Secret Vinaigrette	
Mediterranean Quinoa Bowl (VEG GF)	\$90
Chickpeas, Cucumbers, Red Onions, Tomatoes, Shredded Lettuce, Black Olives, Sweet Peppers, Basmati Rice, Quinoa	
Roasted Veggie Quinoa Bowl (VEG GF)	\$85
Quinoa, Roasted Vegetables of the Day, Sweet Potato, Sautéed Pak Choi, Spiced Chickpeas, Wedge of Lime	
Southwestern Quinoa Bowl (VEG GF)	\$110
Quinoa, Black Beans, Salsa, Shredded Carrots, Corn, Shredded Cabbage, Onions, Charred Tofu	

Featured Salad Dressings Shadow Beni Vinaigrette | Balsamic Vinaigrette | Olive oil + Balsamic Vinegar

ADDITIONS TO SALADS + ENTREES + PASTA

Tropical Grilled Shrimp (6)	\$165	Grilled Lobster	\$225
Citrus Grilled Chicken	\$95	Pan Toasted Tofu w/ Sweet Chili Sauce	\$85

TO SHARE

Coconut Shrimp (SF) (5)	\$140
Coconut Crusted Deep Fried Shrimp Served with Soy Chili Garlic Sauce	
Charred Pineapple Chicken Skewers (GF)	\$70
Trio of Succulent Chicken Skewers, drenched in a Charred Pineapple Compote on a Bed of Shredded Cabbage	
Chicken Wings	6 @ \$75 12 @ \$140
Pineapple BBQ Hot Sauce	
Chicken Tenders	\$95
6 Deep-Fried Breaded Boneless Chicken Strips + French Fries	

SIGNATURE TACO TRIOS

BBQ Chicken Taco	\$125	Trio Fish + Shrimp + Lobster	\$195
Lime Cream + Shredded Cabbage + Carrots + Red Onions + Cheddar Cheese		One of Each!	
'Daily Catch' Fish Tacos	\$105	Roasted Pumpkin Sweet Potato	\$105
Pimento Lime Chilli Drizzle Cabbage + Carrots + Red Onions		Charred Pineapple + Black Beans + Shaved Red Onions + Black Beans Cabbage + Carrots	
Shrimp Tacos	\$180	Roasted Veggie Taco	\$110
Pico de Gallo Shredded Cabbage + Carrots+ Red Onions		Grilled Okra + Shaved Red Onions + Sweet Peppers + Eggplant + Pico de Gallo + Cheddar Cheese	
Lobster Tacos	\$235		
Shadow Beni + Lime chilli sauce			

ENTRÉES

Caribbean Grilled Lobster (Served on the Shell) (GF SF)	\$450
Char-Grilled Lobster, Drizzled w/ Herbal Garlic Butter served with Cassava Pie + Grilled Vegetables of the Day	
Shrimp Kebabs	\$220
Skewers pierced with Pineapple, Sweet Peppers, Cassava Pie + Sautéed Vegetables	
"Stonehaven Catch of the Day" (GF)	\$115
Grilled Fish, Cassava Pie, Grilled or Sauté Vegetables	
BBQ Baby Back Ribs	1/2 Rack \$225 Full Rack \$345
Served with Cassava Pie + Grilled Vegetables of the Day	
Curried Shrimp Bowl (6)	\$190
Curried Shrimp Potato + Channa + Mango Chutney + Basmati Rice + Fresh Salad	
Tobago Curried Chicken Bowl	\$110
Curried Chicken, Potato + Channa, Mango Chutney + Basmati Rice + Fresh Salad	
Veggie Curry Bowl (VEG)	\$100
Curried Bodhi Beans, Potato + Pumpkin + Mango Chutney + Basmati Rice + Fresh Salad	

BURGERS + PANINIS

Waves Cheeseburger	\$155
8 Oz. Patties Char-Grilled, Cheddar Cheese, Lettuce, Tomato, Onion, Pickles, Sautéed Mushrooms, Fries + Fresh Salad	
“Catch of the Day” Burger	\$135
Fish Fillet Grilled Lettuce, Tomato, Onion, Creole Mayonnaise, Pickles, Fries + Fresh Salad	
Grilled Chicken Panini Sandwich	\$139
Butterflied Breast of Chicken Grilled with Lettuce, Tomato, Onion, Pickles, Fries + Fresh Salad	
Veggie Grilled Panini Sandwich (VEG)	\$119
Homemade Ciabatta Cheddar Cheese, Sautéed Mushrooms, Grilled Vegetables, Fries + Fresh Salad	

PASTA

Homemade Mac + Cheese	\$65
Macaroni Elbows + Creamy Mixed Cheese Sauce	
Penne Pasta Basilica (VEG)	\$75
Penne Pasta, Fresh Basil Leaves, Rich Homemade Tomato Sauce, Parmesan Cheese	
Linguini Alfredo	\$75
Delectable Italian Favourite; Mixture of Cream, Butter, Grated Parmesan Cheese	

ADDITIONS + SIDES

Tropical Grilled Shrimp (6)	\$165	Plantain Chips	\$40
Citrus Grilled Chicken	\$95	Bowl of French Fries	\$40
Grilled Lobster	\$225	House Side Salad	\$35
Pan Toasted Tofu w/ Sweet Chili Sauce	\$85		

KIDS CORNER

Chicken Tender s (3) + Fries	\$45	Pasta Tomato or Cream Sauce	\$45
Fish Fingers (4) + Fries	\$45	Mini Chicken Quesadillas	\$60
Duo of Cheeseburger Sliders + Fries	\$70	Mini Cheese Quesadillas	\$50
Duo of Grilled Cheese Sliders + Fries	\$45	Fruit Bowl	\$40

SWEETS + COFFEE MENU

Dark Chocolate Truffle Cake	\$70
Layers of Rich Dark Chocolate Ganache Cake Covered in Chocolate + Truffle Knob + Nibs	
Carrot Cake	\$70
Spiced Cake with Carrots, Raisins + Walnuts; Filled with Cream Cheese Icing	
Cheesecake	\$70
Luscious, Rich + Sweet Dessert with a Blend of Cream Cheese	
Classic Cream Caramel	\$70
Baked Custard Made Flavored with Vanilla + Coffee Liqueur	
Sweet Brownie Smash (to share)	\$80
Smashed Walnut Fudge Chocolate Chip Brownie + Caramel Drizzle + Vanilla Ice Cream	
Buttery-Sugary-Cinnamony Apple Tarte	\$70
Sweet Buttery Pastry Crust with Apple Slices Drenched in a Buttery-Sugary-Cinnamony Sauce	

Ice Cream of the Day

One (1) Scoop of Ice Cream	\$20	Two (2) Scoops of Ice Cream	\$38
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TEA | COFFEE

Tea Coffee Herbal Teas	\$20	Café Latte Cappuccino	\$35
Hot Cocoa	\$20	Irish Coffee	\$35
Single Shot Espresso	\$20	Substitute Oat Milk	+\$10
Double Shot Espresso	\$35	Substitute Soya Milk	+\$10

DAILY from 11 AM to 10PM

Brunch on Sunday's | Lunch | Dinner

PLATING | CORKAGE FEES

Plating Per Person ~\$35 | Wine ~\$100 Per Bottle

Sprit/ Champagne~ \$300 Per Bottle | Non-Alcoholic Beverages~ \$50 Per Bottle

All selections are based on market availability | Please Inform Server of Allergies

Consuming Raw or Undercooked Meats, Poultry, Seafood Shellfish or Eggs May Increase Your Risk of Food Borne Illness

V - Vegan | VEG - Vegetarian | GF - Gluten Free | SF-Shellfish

KINDLY NOTE BE ADVISED: GRAFTON BEACH RESORTS LTD MAY PROCESS

LINX | BANK CARD | VISA | MASTER CARD | AMEX TRANSACTIONS ON BEHALF OF WAVES RESTAURANT + BAR

All Prices are Quoted in TT Dollars + Are Subject to Tax + Service Charge | Prices are Subject to change without notice.

Reservations | Events | +1868-731-4646 | E. seaside@wavestobago.com | www.wavestobago.com

Revel in one of the #365Sunsets and panoramic views of the Caribbean Sea with a cocktail in hand + memories for life!