WAVES
restaurant + bar

LUNCH ON THE BEACH

Daily Menu Service 11:00AM – 4:00PM

SOUP

SOUP OF THE DAY
Served with Fresh Handcrafted Bread

SALADS

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

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 + ENTRÉES + PASTA

Tropical Grilled Shrimp (6) **$165**

Citrus Grilled Chicken **$95**

Grilled Lobster **$225**

Pan Toasted Tofu with 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**
Pineapple | BBQ | Hot Sauce

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

Legal Drinking Age Is 21 Years Old | Please Observe Non-Smoking + Vaping Signage
Ask your Server for Wi-Fi Access Code | Maximum 2 Checks Per Table \ Kindly Inform Server at Time of Order
All Prices TT Dollars + Are Subject to 10% Service Charge + 12.5% VAT | Prices Subject to Change Without Notice

Chicken Wings **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**
Lime Cream + Shredded Cabbage + Carrots + Red Onions + Cheddar Cheese

'Daily Catch' Fish Tacos **$105**
Pimento Lime Chilli Drizzle Cabbage + Carrots + Red Onions

Shrimp Tacos **$180**
Pico de Gallo Shredded Cabbage + Carrots + Red Onions

Lobster Tacos **$235**
Shadow Beni + Lime chilli sauce

Trio Fish + Shrimp + Lobster **$195**
One of Each!

BURGERS + PANINIS

Waves Cheeseburger **$155**
8oz 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**

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Penne Pasta, Fresh Basil Leaves, Rich Homemade Tomato Sauce, Parmesan Cheese

Linguini Alfredo **$75**

Delectable Italian Favourite; Mixture of Cream, Butter, Grated Parmesan Cheese

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

"Stonehaven Catch of the Day" (GF) **$115**

Grilled Fish, Cassava Pie, Grilled or Sautéed Vegetables

BBQ Baby Back Ribs – ½ Rack **$225**

Served with Cassava Pie + Grilled Vegetables of the Day

BBQ Baby Back Ribs – 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 Bodi Beans, Potato + Pumpkin + Mango Chutney + Basmati Rice + Fresh Salad

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 Tenders (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**

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