



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 + Whipped 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, Black Olives, Sweet Peppers, Basmati Rice, Quinoa, Watercress	
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 | Green Goddess | Ranch **Add to**

Salads

Tropical Grilled Shrimp **\$185**
Citrus Grilled Chicken **\$110**
Grilled Lobster **\$\$225**

TO SHARE

Coconut Shrimp (SF)	\$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 or Hot Sauce	
Chicken Tenders	\$95
6 Deep-Fried Breaded Boneless Chicken Strips + French Fries	

WAVES FAMOUS HOMEMADE TACOS

'Daily Catch' Fish Tacos	\$105	Lobster Tacos	\$235
Shrimp Tacos	\$180	Trio Fish +Shrimp + Lobster	\$195

A Trio of Homemade Softshell Tacos, Pico De Gallo, Shredded Cabbage, Carrots, Black Beans + Tangy Dressing

ENTRÉES

"Tobago Catch of the Day" (GF)	\$115
Grilled Fish, Cajun Casava Pie, Grilled or Sauté Vegetables	
Shrimp Kebabs	\$220
Skewers pierced with Pineapple, Sweet Peppers Cajun Casava Pie, Sautéed Vegetables	
Tobago Chicken Roti	\$110
Curried Chicken, Mango Chutney, Dhalpuri Roti Skin +Fresh Salad	
Vegetarian Roti	\$100
Curried Bodhi Beans, Potato and Pumpkin, Mango Chutney Dhalpuri Roti Skin +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	
Veggie Garden Burger	\$119
Unique Blend of Black Beans, Bell Peppers, Onions, Carrots	
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	

COVID-19 Policies in Effect + are Updated Frequently ~ Masks, Sanitization + Hand Washing Protocols in Place are Observed for Service

Legal Drinking Age Is 18 Years Old | Please Observe Non-Smoking + Vaping Signage | Ask Server for WIFI Access Code
Maximum 2 Checks Per Table Kindly Inform Server at Time of Order Large Tables of 8+ & More Will Automatically Be Charged An 18% Service Charge
All Prices TT Dollars + Are Subject to Service Charge + VAT | Prices Subject to Change Without Notice

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 Favorite; Mixture of Cream, Butter, Grated Parmesan Cheese, Black Pepper + Nutmeg		ADDITION
		Tropical Grilled Shrimp \$160
		Citrus Grilled Chicken \$65
		Grilled Lobster \$170

SIDES + ADDITIONS

Plantain Chips	\$40	Tropical Grilled Shrimp	\$185
Bowl of French Fries	\$40	Citrus Grilled Chicken	\$110
House Side Salad	\$35	Grilled Lobster	\$225

ADDITIONS to PANINI

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

DESSERTS + COFFEE MENU

DESSERTS

Dark Chocolate Truffle Cake	\$70
Layers of Rich Dark Chocolate Ganache Cake Covered in Chocolate + Truffle Knob + Non Pareil Cocoa 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
----------------------------	-------------	-----------------------------	-------------

TEA | COFFEE

Tea Coffee Herbal Teas	\$20
Hot Cocoa	\$20
Single Shot Espresso	\$20
Double Shot Espresso	\$35
Café Latte Cappuccino	\$35
Irish Coffee	\$35

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

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 Foodborne Illness

PLATING | CORKAGE FEES

Plating Per Slice ~\$25.00 | Wine ~\$100 Per Bottle
Sprit/ Champagne ~ \$300 Per Bottle | Non-Alcoholic Beverages ~\$50 Per Bottle

BE ADVISED:

GRAFTON BEACH RESORTS LTD MAY PROCESS LINX | BANK CARD | VISA | MASTERCARD | AMEX TRANSACTIONS ON BEHALF OF WAVES RESTAURANT + BAR

COVID-19 Policies in Effect + are Updated Frequently ~ Masks, Sanitization + Hand Washing Protocols in Place are Observed for Service

Legal Drinking Age Is 18 Years Old | Please Observe Non-Smoking + Vaping Signage | Ask Server for WIFI Access Code
Maximum 2 Checks Per Table Kindly Inform Server at Time of Order Large Tables of 8+ & More Will Automatically Be Charged An 18% Service Charge
All Prices TT Dollars + Are Subject to Service Charge + VAT | Prices Subject to Change Without Notice