

The Classics

served with two sides

Petite Tenderloin - 6 oz. of beef tenderloin pan seared to order. Served with sautéed mushroom gravy, mashed potatoes and asparagus... 17

Seared Salmon/Mahi Mahi - Pan-seared with Caribbean spices and coated with sweet chili glaze. Served with sides of our own Island rice and fresh asparagus... 16

Cabbage Rolls - Seasoned beef, long grain rice and spices rolled into tender cabbage leaves and topped with rich tangy tomato sauce. Served with side of red smashed potatoes and rich gravy... 11

British Favorites

Bangers and Mash - English Banger sausages served with mashed potatoes and brown gravy. Side of peas and carrots... 13

Shepherd's Pie - (with Roast Beef) - We replaced the traditional ground beef with roast beef topped with peas, carrots and onions. Mashed potatoes and melted cheese crust on top... 13

Pot Roast - Slow roasted beef round topped with gravy. Served with mashed roasted potatoes, peas and carrots... 13

Sandwiches

served with one side

Caribbean Fish Sandwich - Mahi-Mahi pan seared with Caribbean spices served on a toasted Kaiser Bun with lettuce, tomatoes, and onions. Tartar sauce on the side... 12

BBC - (The Beatles favorite, served at the BBC cafeteria) Thin shaved roast beef with Au Jus topped with caramelized onions, peppers, melted sharp cheddar cheese. Horseradish sauce on the side... 11

The Diana - A twist on the Reuben. Smoked turkey topped with fresh creamy coleslaw. Served on toasted rye bread with Thousand Island dressing... 10

Big Bens BBQ - Pulled slow-roasted pork with Kansas style BBQ sauce served on Texas Toast... 10

Earl of Pastrami - Thin sliced pastrami with Swiss cheese and sauerkraut. Served on marbled rye with Thousand Island dressing... 10

Hen & Pig - Oven baked chicken breast with fresh herbs. Applewood-smoked bacon, Swiss cheese, lettuce, tomatoes, onions. BBQ mayonnaise on the side... 11

Triple Decker BLT - It's Big! Applewood-smoked bacon layered with sliced tomatoes and romaine lettuce. Covered with melted cheddar and Swiss cheeses. Served on a choice of white, wheat or rye toast with mayonnaise... 10

The Happy Cow - (vegetarian) - Oven roasted extra-large portabella mushroom topped with roasted red peppers, sautéed spinach and melted cheese. Served on a Kaiser roll. Mayonnaise on the side... 10

Coronation Chicken Salad Croissant - House made chicken salad with apricots, Craisins, coconut, light mayonnaise and Caribbean spices served on a buttery croissant topped with tomatoes and romaine lettuce... 10

Sides

Mashed Potatoes | Mini Roasted Potatoes | Island Rice | Peas and Carrots | Macaroni and Cheese 2.50

Premium Sides: Asparagus 4 | Sautéed Mixed Vegetables 4 | United or Caesar side salad 4

Premium side or side salad upcharge... 2