

# Cécilia's 7 Days Menu

Healthy | Caribbean | Local food

Since you're on board, why not take your taste buds on an adventure too

We prioritize sustainability by sourcing local ingredients and partnering with local brands. Choosing our offerings supports the preservation of our island's natural resources and local economy

## THURSDAY 11



Kreyol Dish  
Seasonal Fresh Fruits Salads

## FRIDAY 12



Homemade beet caviar  
Tabbouleh with quinoa



Coconut milk Marlin | Smashed sweet potatoes  
Mango chia pudding

## SATURDAY 13



Concombre pie  
Roti (caribbean specialty) | Lettuce



Marlin Fish Burger | French fries  
Fruits salad

## SUNDAY 14



Local pumkin "achard"  
Tuna Poke Bowl



Chicken curry | Saffron rice & Lady's fingers  
Vegan Brownie

## MONDAY 15



Homemade houmous  
mahi-mahi ceviche | homemade dauphinoise



Breadfruit & smoked Lion fish gratin | lettuce  
Coconut pudding

## TUESDAY 16



Guacamole Cones  
Grilled snapper | Broccoli Parmesan Cheese



Garlic & ginger shrimp | coconut milk green beans  
Roasted bananas

## WEDNESDAY 17



Homemade tapenade  
Mahi-mahi & local herbs baked in foil | bulgur

