

Soho Beach House Canouan, lunch sample menu

Dips (vegetarian, all served with crudite and flatbread)

Eggplant, pumpkin seeds
Red beetroot, hemp seeds
White bean, olives

Appetizers

Conch fritters, spicy mayonnaise
Ahi tuna poke, avocado, cucumber, fresno, sushi rice, seaweed
Calamari fritti, lemon, spicy mayonnaise
TFC fried chicken or cauliflower (plant based), hot sauce

Salads

Caesar, romaine lettuce, parmesan, croutons, white anchovy
Quinoa, pumpkin, kale, pumpkin seeds, apricot, agave lime dressing (plant based)
Niçoise, beans tomato, cucumber, red onion, lettuce soft boiled egg, sherry dressing
Beetroot, local lettuce, orange sunflower seeds, aged balsamic (plant based)
Greek, Kalamata olives, tomato, cucumber, bell pepper, lettuce, feta cheese

Wood fired pizza

Buffalo mozzarella, tomato, basil (vegetarian)
Pepperoni, tomato, mozzarella
Spicy salami, tomato, mozzarella, mushroom
Parma ham, tomato, mozzarella, olives, arugula

From the clay oven grill

Half jerk chicken
Fish of the day
Club ribeye steak
Lobster
choice of 2 sides: seasonal vegetable, mixed greens, coconut rice, house fries
choice of 1 sauce: herb butter, basil pesto, lemon butter sauce, salsa verde, papaya BBQ sauce

Entrees

Baby-pork back-ribs, papaya bqq sauce, pickled coleslaw, sweet potato wedges
Chicken curry, sweet potato, pumpkin, okra, coconut rice
Rigatoni, bolognese, parmesan
Trofie pasta, zucchini, basil pesto (vegetarian)
Soho smash burger, cheddar cheese, mustard, local lettuce, tomato, pickles
Dirty vegan burger, mustard, local lettuce, pickles (plant based)
Jerk chicken taco, local lettuce, pineapple salsa, mayonnaise, pickled coleslaw
Grilled lobster taco, local lettuce, lime mayonnaise, avocado, pickled onion
Blackened barracuda taco, local lettuce, spicy mayonnaise, tomato salsa, avocado, pickled coleslaw

Sides

Mixed greens. Coconut rice. House fries. Sweet potato wedges

Please let us know if you have any allergies or dietary requirements, our dishes are made here and may contain trace ingredients.

Soho Beach House Canouan, dinner sample menu

Dips (vegetarian, all served with crudite and flatbread)

Eggplant, pumpkin seeds

Red beetroot, hemp seeds

White bean, olives

Salads

Caesar, romaine lettuce, parmesan, croutons, white anchovy

Quinoa, pumpkin, kale, pumpkin seeds, apricot, agave lime dressing (plant based)

Beetroot, local lettuce, orange sunflower seeds, aged balsamic (plant based)

Entrees

Chicken curry, sweet potato, pumpkin, okra, coconut rice

Rigatoni, bolognese, parmesan

Trofie pasta, zucchini, basil pesto (vegetarian)

Soho smash burger, cheddar cheese, mustard, local lettuce, tomato, pickles

Dirty vegan burger, mustard, local lettuce, pickles (plant based)

Buttered lobster spaghetti, white wine, garlic, cherry tomato, parsley

From the clay oven grill

Lamb chops

Fish of the day

Club ribeye steak

Lobster

Organic chicken breast

choice of 2 sides: seasonal vegetable, mixed greens, coconut rice, house fries

choice of 1 sauce: herb butter, basil pesto, lemon butter sauce, salsa verde, papaya BBQ sauce

Wood fired pizza

Eggplant, zucchini, artichokes, mushrooms, mozzarella (vegetarian)

Spicy salami, mushrooms, cherry tomato, mozzarella

Buffalo mozzarella, tomato, basil (vegetarian)

Sides

Mixed greens. Coconut rice. House fries. Sweet potato wedges

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