

Soho Beach House Canouan, sample menu

Dips (vegetarian, all served with crudite and flatbread)

Eggplant, pumpkin seeds

Beetroot, hemp seeds

Hummus, paprika

Appetizers

Conch ceviche, lime, orange, chilli, cilantro, cassava chips

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)

Nicoise, beans tomato, cucumber, red onion, lettuce soft boiled egg, sherry dressing

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

Greek, Kalamata olives, tomato, cucumber, bell pepper, lettuce, feta

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 bbq sauce, pickled coleslaw, sweet potato wedges

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

Rigatoni bolognene, parmesan

Eggplant parmigiana, tomato, mozzarella, basil (vegetarian)

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

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

Jerk chicken taco, lettuce, pineapple salsa, mayonnaise, pickled coleslaw

Grilled lobster taco, lettuce, lime mayonnaise, avocado, pickled onion

Blackened barracuda taco, 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.