

BREAKFAST

	<u>EC\$</u>
COFFEE/TEA	8
SEASONAL FRUIT JUICE	9
FRESH FRUIT SMOOTHIE	13
FRESH FRUIT PLATE LARGE / SMALL	17/12
OATMEAL OR MUESLI W/MILK & FRESH FRUIT	16
GRANOLA/CEREAL W/FRESH FRUIT & YOGURT	22
TWO EGGS ANY STYLE W/WHOLE WHEAT TOAST	17
CHEF'S OMELETTE(CHEESE/ONIONS/PEPPERS/TOMATOES)	23
FRENCH TOAST W/FRESH FRUIT & NUTMEG SYRUP	17
BAGEL W/ CREAM CHEESE & SLICED TOMATO	15
SIDE ORDER OF TURKEY BACON	8
WHOLE WHEAT TOAST W/BUTTER & LOCAL JAM	8
WHOLE WHEAT TOAST W/BUTTER & CHEDDAR CHEESE	12

**PRICES INCLUDE 15% VAT
10% SERVICE CHARGE ADDITIONAL**

LUNCH

	<u>EC\$</u>
Callaloo or Pumpkin Soup	16
Our Soups are prepared with fresh, local ingredients, Simmered to perfection! Perfect for any vegetarian diet!	
Home Made Fish Cake / Fresh Fruit Chutney	22
Served with a side of fresh, local grown salad greens. Our Fresh Fruit Chutney is always homemade!	
Mixed Green Garden Salad	20
Our Garden Salads are made with the freshest local produce available on island: Served with our island famous 'pink' salad dressing.	
Fresh Greek salad	32
A mound of fresh salad greens topped with chopped tomatoes, cucumbers, peppers, premium Feta Cheese, and black olives. Served with Balsamic Vinaigrette Dressing.	
La Sagesse House Chef's Salad	46
A larger portion of our fabulous Mixed Green Garden Salad topped with the addition of perfectly grilled fresh Tuna, and New Zealand Cheddar Cheese. Served with our island famous 'pink' salad dressing. A perfect Lunch Salad Entre!!	
Burgers: 100% Pure Beef Pattie, Fish Pattie, Veggie Burger	26
With side of French Fries	34
Cheese Burgers add an additional EC \$3 .00	
Fresh Fish Filet Sandwich	32
Our fish of the day grilled to perfection, served on a whole-wheat bun	
With side of French Fries	40
Boneless Breast of Chicken Sandwich	32
Breaded and seasoned chicken breast pan-fried, on a whole wheat bun	
With side of French Fries	40
Vegetarian Three Bean Chili	35
Delicious and rich flavor, this 3 bean chili is a hearty meal for any Chili lover! Served with brown rice	

SIDES

French Fries	12
Plantain Chips	10
Fresh Fruit Plate	17

**PRICES INCLUDE 15% VAT
10% SERVICE CHARGE ADDITIONAL**

LUNCH PLATTERS

	<u>EC\$</u>
Fresh Catch of the Day Fresh fish seasoned and grilled	55
Sesame Seared Tuna with Wasabi Mayo This thick-cut filet is one of La Sagesse's signature dishes! Our Seared Tuna is always cooked to perfection. Served with a side of Wasabi Mayo, this dish is our best seller!	57
La Sagesse Lambi (Conch) Creole This labor-intensive island dish is a true favorite of La Sagesse guests. Our lambi is locally caught just for us! Once cleaned, pounded, and pressure -cooked, it is simmered to a delicate tenderness. Married with some of the best West Indian spices, this tomato-based creation is a must have for lambi lovers.	55
Grilled Island Shrimp Large Shrimp, grilled with seasoned garlic butter, we can also prepare them for you, tossed with West Indian spices to create a tasty Curried Shrimp.	62
Grilled Lobster Tail Delivered directly to us by boat on La Sagesse Bay, these delicious Caribbean Lobster Tails are grilled and served with a garlic butter dipping sauce.	85
West Indian Beef Curry Made with 100% US grade beef, this beautifully seasoned Beef Curry is considered by many to be the best on the island!	50
Chicken Francaise Lightly breaded local chicken cutlets pan fried in olive oil and butter to a golden brown	50

**All of the above are served with Vegetable Brown Rice
and Garden Salad**

**Price Includes 15% VAT
10% Service Charge Additional**

LUNCH DESSERTS

Grenadian Chocolate Mousse

This Outstanding chocolate dessert is made with
Organic Grenadian Chocolate!

16 EC

Banana Split

Bananas and local Ice cream
Piled high,
topped with dark chocolate syrup

17 EC

Dish of Ice Cream

Assorted Flavors of locally made Ice Cream

12 EC

Homemade Cake of the Day

Freshly baked cake served with or without ice cream

12 EC / 17 EC with Ice Cream

**Prices Include 15% VAT
10% Service Charge Additional**

DINNER

APPETIZERS & SALADS

	<u>EC\$</u>
La Sagesse Soup of the Day Homemade soups prepared with fresh, local ingredients Simmered to perfection!	16
Homemade Fish Cake/Fresh Fruit Chutney Served with a side of fresh, local salad greens. Our Fresh Fruit Chutney is always homemade!	22
Mixed Garden Salad Our Garden Salads are made with the freshest local produce available on the island! Served with our Island famous La Sagesse 'Pink' Salad Dressing!	20
Fresh Greek Salad A mound of fresh salad green topped with chopped tomatoes, cucumbers, peppers, premium feta cheese, and black olives. Served with Balsamic Vinaigrette Salad Dressing	32
La Sagesse House Chef's Salad A large portion of our fabulous Mixed Garden Salad topped with the addition of perfectly grilled fresh Tuna and New Zealand Cheddar Cheese. Served with our Island famous 'Pink' Salad Dressing	46

**Soups and Salads are served with a basket of locally baked
bread or dinner rolls**

**15% VAT INCLUDED
10% SERVICE CHARGE ADDITIONAL**

DINNER

MAIN COURSE

	<u>EC\$</u>
Fresh Catch of the Day At La Sagesse we serve only the freshest, local caught fish available. Enjoy your fresh catch sautéed, grilled or blackened!	58
Sesame Seared Tuna with Wasabi Mayo This great meal is one of La Sagesse's signature dishes. Our Seared Tuna is always cooked to perfection. Served with a side of spicy wasabi mayo, this dish is hard to beat!	60
West Indian Lambi (Conch) Creole This labor-intensive island dish is a true favorite of La Sagesse guests. Our Lambi is locally caught just for us! Once cleaned, pounded, and pressure cooked, it is simmered to a delicate tenderness. Married with the some of the best West Indian spices, this tomato based dish is a must have for Lambi lovers.	60
Sautéed Island Shrimp Large Shrimp, pan sautéed with seasoned garlic butter. We will also prepare it for you tossed with West Indian spices to create a tasty Curried Shrimp.	64
Lemon Chicken Piccata A delightful, lemony chicken dish prepared with locally raised chicken and island grown lemons. Served with a white wine sauce, and tangy capers, it is no wonder that this dish has become a favorite for La Sagesse diners.	52
Grilled Filet Mignon Imported US beef cooked to your specifications!	82
Parmesan Crusted Pork Cutlet Our tender, lean, pork cutlet is encrusted with grated Parmesan Cheese, and cooked to crispy outer coating.	52
Vegetarian Platter Our Vegetarian platters are comprised of the freshest local vegetables available on the island. Our vegetable offering can be prepared for you in a number of ways, with a variety of side additions. Please discuss preparation options with your waiter.	45
Grilled Lobster Tail Delivered directly to us by boat on La Sagesse Bay, these delicious Caribbean Lobster Tails are grilled, and served with a garlic butter dipping sauce.	85

**Main course dinners are served with a side of vegetables
and rice or potato as appropriate.**

**Price Includes 15% VAT
10% Service Charge Additional**

SWEET ENDINGS

Grenadian Chocolate Mousse

This outstanding Chocolate dessert is made with
Organic Grenadian Chocolate!

16 EC

Banana Flambé

Bananas, ice cream, nutmeg syrup and sweet liquor
Set ablaze with a splash of white rum

20 EC

Home Made Cake of the Day

Freshly baked cake served with or without ice cream

12EC/17 EC with Ice cream

Dish of Ice Cream

Assorted flavors of Local Ice cream

12 EC

**Price Includes 15% VAT
10% Service Charge Additional**

Beverages

	<u>EC\$</u>
Fresh Fruit Juice	9.00
Fresh Fruit Smoothie – A blend of fresh juice & fruit	13.00
with Rum	18.00
Lime Squash – Pure lime juice slightly sweetened, club soda & bitters	6.00
Coffee/Tea	8.00
Rum Punch – Made with fresh juice – Best on the island!	14.00
Spiced Ice Tea – Freshly brewed with a hint of cinnamon, nutmeg & clove	7.00
Carib Beer/Stag	8.00
Heineken	12.00
Guinness	10.00
Coke, Ginger, Sprite	5.00
Ting or Diet Coke	6.00
Bottled Spring Water (small & large)	4.00/7.00

Mixed Drinks

Local Rums – Westerhall, Clarke's Court	12.00
Mount Gay Rum	15.00
Scotch – Grants, Dewar's, Johnny Walker Red Label	20.00
Johnny Walker Black Label, Glenfiddich	25.00
Gin – Gordons, Gilbeys, Seagrams	18.00
Tanqueray, Beefeater, Bombay	24.00
Vodka – Smirnoff , Skyy, Ivanoff	18.00
Absolut, Stlichnaya,	22.00
Bourbon – Jack Daniels	24.00
Canadian Whiskey – Canadian Club, Seagrams VO	22.00
French Brandy or Campari	17.00
Sherry – Sheffield Dry or Sheffield Cream	15.00
Liqueurs – De La Grenade	20.00
Tia Maria, Drambuie, Cointreau, Baileys	23.00
Galliano, Amaretto, Sambuca	25.00
Cognac – Hennessy or Courvoisier	26.00
Tequila	20.00

Specialty Drinks

Bloody Mary	18.00
Pina Colada, Margarita, Daiquiri	20.00
Rum Nut, Black or White Russian	22.00
Rusty Nail, Vodka or Gin Martini	22.00

WINE

By the Glass: Red or White	16.00
Bottles: We offer a selection of Red & White Wine & Champagne	

Please ask your server for our wine list
15% VAT Included/10% Service Charge Additional