

Avocado Restaurant

Starters

Moroccan seafood pastilla, filled with butterfish, calamari and Gambian river shrimps with coriander, saffron and rice vermicelli	D270
Grilled skewer of pan fried local tiger prawns with a vanilla and bisque sauce on a bed of fried sushi rice	D380
Carpaccio of Atlantic ladyfish, with an aubergine caviar seasoned with fresh limejuice served with grapefruit and basil puree	D260
Apple salad topped with blue cheese and fried bacon with a yoghurt and mint dressing topped with almonds	D270
Deep fried local calamari with onions, garlic, chilli, Soya and tomatoes, with slices of papaya on a bed of Chinese noodles seasoned with oyster sauce	D265
Seared escalope of tuna marinated with sesame, wasabi, Soya and pickled ginger, with julienne vegetables	D255
Chinese noodles prepared in ginger, coriander, garlic and chilli, with chicken in Asian fusion style	D255

Soups

Homemade lentil soup prepared with horseradish cream	D145
Thai chicken soup seasoned with lemon grass and lemon leaves with vegetable brunoise	D180
Avocado, mint and lime	D95

Main Course

Fish

Pan fried escalope of Atlantic red snapper topped with slices of Spanish salami and mozzarella cheese, with a risotto of sun dried tomatoes D435

Grilled kebab of local seafood in garlic, onions, mustard and African chilli served with red rice D405

Pan fried ladyfish Thai style coated in desiccated coconut, with West African sweet potatoes, roast pumpkin with a Thai curry and banana sauce D415

African style captain fish prepared with onions, tomatoes, hot pepper and eggplant with African sweet potatoes in a traditional clay pot D390

Blackened "Cajun style" tuna served with creamed potatoes, tomato and spring onion confit and a coriander butter sauce D395

Duo of grilled tiger prawn rolled in Atlantic sole fillets and a yoghurt, tomato, raisin and basil sauce with steamed potatoes and stir fried vegetables D540

Meat

Roast pork fillet wrapped in Spanish bacon with grilled potatoes, courgette flan and a kumquat sauce D450

Chicken Marengo seasoned with rosemary and onions, with julienne vegetables in a white wine and mushroom sauce D405

Rack of lamb marinated in fresh thyme, sautéed spinach, grilled vegetables and rich garlic sauce D485

Grilled slices of beef teriyaki served with pineapple compote, seasoned with ginger, sherry and sesame and served with shoestring vegetables	D495
Grilled fillet of Spanish style beef served with polenta of apricots and roasted leek prepared with traditional marrow bone sauce	D495
Chateaubriand with sautéed potatoes, mixed garden vegetables and a classical béarnaise sauce (for one or two people)	D525 pp

Dessert

Grapefruit parfait with an orange & mint ice-cream	D225
Warm, rich dark chocolate fondant with a sesame tuille and vanilla ice-cream	D265
Traditional crepe suzette with orange segments marinated in cointreau with vanilla ice-cream	D245
Crème Brule	D220
Apple tart tatin with cinnamon ice-cream	D225
Ginger and rum mousse served with a coconut ice-cream and fresh lime coulis	D240
Exotic mixed fruits served with a gratinated sabayon	D200

LUNCH MENU
STARTERS

MIXED HOMEMADE TAPAS

TWO SATÉS PER PORTION—CHOOSE FROM:

TUNA MARINATED WITH SESAME AND WASABI D105

CHICKEN SEASONED WITH PEANUT BUTTER D105

SHRIMPS MARINATED IN CORIANDER, LIME AND CHILLI D105

BEEF MARINATED IN LIME, CHILLI AND MUSTARD D125

TWO DUMPLINGS PER PORTION

FRESH FISH PREPARED IN WORCESTER SAUCE D105

OR LOCAL BEEF FROM SANYANG
PREPARED IN A SWEET & SOUR SAUCE D105

TWO HOMEMADE FISH CAKES PER PORTION
SERVED WITH A THAI FISH SAUCE D105

SALADS

MIXED SALAD LEAVES WITH GRAPEFRUIT AND
FRESH SHRIMPS SAUTÉED IN A BASIL PESTO D210

SALAD NICOISE WITH FRESH TUNA, TOMATOES, GREEN BEANS, ONIONS, POTATOES, OLIVES AND ANCHOVIES	D200
MIXED SALAD WITH LOCAL FRUITS DRIZZLED WITH A COCONUT VINAIGRETTE	D190
COCO GARDEN SALAD DRESSED IN BALSAMIC VINAIGRETTE — SERVED WITH A CHOICE OF	D230
ROAST CHICKEN	
PAN FRIED FISH	
FRESH VEGETABLES	

SANDWICHES

CLUB SANDWICH Á LA MINUTE SERVED WITH FRENCH FRIES	D190
CHEESE BURGER WITH EGGS AND BACON SERVED WITH FRENCH FRIES	D220
FOCCACIA BREAD SERVED WITH A TOMATO CONCASSÉ SALAD AND LOCAL COOKED HAM	D215
“THE WRAP” STUFFED WITH CHICKEN, PEANUTS AND SALADS FROM THE COCONUT GARDENS	D220

MAIN COURSES

PENNE A L'ARRABIATA	D210
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ENTRECOTE STEAK GRILLED TO YOUR LIKING, SERVED WITH
A SIDE SALAD AND FRENCH FRIES D395

ASIA MEETS SPAIN IN AFRICA

EGG NOODLES AND GAMBIAN RIVER SHRIMPS PIL-PIL
SAUTÉED IN PARSLEY, PAPRIKA AND GARLIC D230

VEGETARIAN PIZZA WITH TOMATOES, ONIONS,
COURGETTE, PEPPERS, ROCKET AND TOPPED WITH
EDAM AND PARMESAN CHEESE D255

AFRICAN SPECIALITY— CHICKEN YASSA
PREPARED WITH ONIONS, MUSTARD AND SERVED
WITH FATAYAS OF GREEN LEAVES D260

DESSERT

HOMEMADE LEMON TART
SERVED WITH KUMQUATS AND PEANUT ICE CREAM D180

COCONUT TART WITH COFFEE ICE CREAM
D190

WONJO AND BAOBAB ICE CREAM SERVED WITH
GINGER BISCUIT D180