Calabash Cove Vegetarian Menu

DF = dairy free, GF = gluten free, NF = nuts free, SF = shellfish free

~~~~~Appetizers~~~~~	
cream of pumpkin with coconut milk and lemon grass DF, GF, NF, SF (vegan)	26
caesar's salad with sweet potato croutons and vegan caesar dressing DF, NF, SF (vegan)	30 / 42
enchiladas with sautéed black peas, green beans, corn and plantain in a grilled soft tortilla wrap df, nf, sf	33 / 62
garden vegetable spring rolls DF, NF, SF	39 / 64
stuffed baked zucchini with grilled tomato, crispy vegetables on a spinach and honey vinaigrette DF, GF, NF, SF (vegan)	36 / 52
jerked tofu with vegetable niçoise salad on a mustard olive oil vinaigrette DF, GF, NF, SF (vegan)	38 / 62
Appetizers are also available as a main course	
~~~~~Main courses~~~~~	
stir fried rice noodles with roasted walnuts, local julienne vegetables in a ginger infused soy sauce DF, SF	69
sautéed potato gnocchi with red beet, spinach in an olive tomato sauce DF, NF, SF	
open faced ravioli with broccoli, water chestnuts in pesto coconut cream 69 NF, SF	
gluten free penne with green vegetables and feta cheese in oregano tomato sauce GF, NF,	70
korma curried vegetables with coconut basmati rice and plantain chip GF, NF, SF (vegan)	os 68
arborio rice with pumpkin, mushrooms and garlic coconut cream sau DF, GF, NF, SF (vegan)	ce 62
Please inquire about our daily vegetarian special	
~~~~~Desserts~~~~~	
local vegan ice creams pumpkin, beet root and banana, mango DF, GF, NF, SF (vegan)	22

regular selection of desserts