<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>COFFEE/TEA</td>
<td>8 EC$</td>
</tr>
<tr>
<td>SEASONAL FRUIT JUICE</td>
<td>9 EC$</td>
</tr>
<tr>
<td>FRESH FRUIT SMOOTHIE</td>
<td>13 EC$</td>
</tr>
<tr>
<td>FRESH FRUIT PLATE</td>
<td>17/12 EC$</td>
</tr>
<tr>
<td>OATMEAL OR MUESLI W/MILK &amp; FRESH FRUIT</td>
<td>16 EC$</td>
</tr>
<tr>
<td>GRANOLA/CEREAL W/FRESH FRUIT &amp; YOGURT</td>
<td>22 EC$</td>
</tr>
<tr>
<td>TWO EGGS ANY STYLE W/WHOLE WHEAT TOAST</td>
<td>17 EC$</td>
</tr>
<tr>
<td>CHEF’S OMELETTE(CHEESE/ONIONS/PEPPERS/TOMATOES)</td>
<td>23 EC$</td>
</tr>
<tr>
<td>FRENCH TOAST W/FRESH FRUIT &amp; NUTMEG SYRUP</td>
<td>17 EC$</td>
</tr>
<tr>
<td>BAGEL W/ CREAM CHEESE &amp; SLICED TOMATO</td>
<td>15 EC$</td>
</tr>
<tr>
<td>SIDE ORDER OF TURKEY BACON</td>
<td>8 EC$</td>
</tr>
<tr>
<td>WHOLE WHEAT TOAST W/BUTTER &amp; LOCAL JAM</td>
<td>8 EC$</td>
</tr>
<tr>
<td>WHOLE WHEAT TOAST W/BUTTER &amp; CHEDDAR CHEESE</td>
<td>12 EC$</td>
</tr>
</tbody>
</table>

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

**Callaloo or Pumpkin Soup**
Our Soups are prepared with fresh, local ingredients, Simmered to perfection! Perfect for any vegetarian diet!

**Home Made Fish Cake / Fresh Fruit Chutney**
Served with a side of fresh, local grown salad greens.
Our Fresh Fruit Chutney is always homemade!

**Mixed Green Garden Salad**
Our Garden Salads are made with the freshest local produce available on island. Served with our island famous ‘pink’ salad dressing.

**Fresh Greek salad**
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**
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.

**Burgers: 100% Pure Beef Pattie, Fish Pattie, Veggie Burger**
With side of French Fries
Cheese Burgers add an additional EC $3.00

**Fresh Fish Filet Sandwich**
Our fish of the day grilled to perfection, served on a whole-wheat bun
With side of French Fries

**Boneless Breast of Chicken Sandwich**
Breaded and seasoned chicken breast pan-fried, on a whole wheat bun
With side of French Fries

**Vegetarian Three Bean Chili**
Delicious and rich flavor, this 3 bean chili is a hearty meal for any Chili lover! Served with brown rice

**SIDES**

**French Fries**

**Plantain Chips**

**Fresh Fruit Plate**

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

**Fresh Catch of the Day**
Fresh fish seasoned and grilled

**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!

**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.

**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.

**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.

**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!

**Chicken Francaise**
Lightly breaded local chicken cutlets pan fried in olive oil and butter to a golden brown

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
APPETIZERS & SALADS

La Sagesse Soup of the Day          16
Homemade soups prepared with fresh, local ingredients
Simmered to perfection!

Homemade Fish Cake/Fresh Fruit Chutney      22
Served with a side of fresh, local salad greens.
Our Fresh Fruit Chutney is always homemade!

Mixed Garden Salad            20
Our Garden Salads are made with the freshest
local produce available on the island!
Served with our Island famous La Sagesse ‘Pink’ Salad Dressing!

Fresh Greek Salad         32
A mound of fresh salad green topped with chopped tomatoes,
cucumbers, peppers, premium feta cheese, and black olives.
Served with Balsamic Vinaigrette Salad Dressing

La Sagesse House Chef’s Salad       46
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

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

**Fresh Catch of the Day**
58 EC$
At La Sagesse we serve only the freshest, local caught fish available.
Enjoy your fresh catch sautéed, grilled or blackened!

**Sesame Seared Tuna with Wasabi Mayo**
60 EC$
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!

**West Indian Lambi (Conch) Creole**
60 EC$
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. Marred with the some of the best West Indian spices, this tomato based dish is a must have for Lambi lovers.

**Sautéed Island Shrimp**
64 EC$
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.

**Lemon Chicken Piccata**
52 EC$
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.

**Grilled Filet Mignon**
82 EC$
Imported US beef cooked to your specifications!

**Parmesan Crusted Pork Cutlet**
52 EC$
Our tender, lean, pork cutlet is encrusted with grated Parmesan Cheese, and cooked to crispy outer coating.

**Vegetarian Platter**
45 EC$
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.

**Grilled Lobster Tail**
85 EC$
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.

**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

12 EC/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

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

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

### Specialty Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bloody Mary</td>
<td>18.00</td>
</tr>
<tr>
<td>Pina Colada, Margarita, Daiquiri</td>
<td>20.00</td>
</tr>
<tr>
<td>Rum Nut, Black or White Russian</td>
<td>22.00</td>
</tr>
<tr>
<td>Rusty Nail, Vodka or Gin Martini</td>
<td>22.00</td>
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</tbody>
</table>

### WINE

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>By the Glass: Red or White</td>
<td>16.00</td>
</tr>
<tr>
<td>Bottles: We offer a selection of Red &amp; White Wine &amp; Champagne</td>
<td></td>
</tr>
</tbody>
</table>

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