

# La Sagesse

BEACHFRONT ISLAND DINING



## BREAKFAST

Savoury	<b>THE CLASSIC</b>	17
	<i>Two fresh, local eggs prepared your way, served with locally baked toast and jam, and a selection of seasonal fresh fruit.</i>	
	<b>FARMER'S OMELETTE</b>	23
	<i>Cheese, onions, peppers, and tomatoes.</i>	
	<b>GRENADIAN "FRENCH" TOAST</b>	17
	<i>Locally baked bread paired with seasonal fresh fruit and rich nutmeg syrup.</i>	
	<b>THE LOCAL</b>	23
	<i>Freshly prepared sautéed Salt-Fish with an assortment of local vegetables, served with freshly baked in-house Coconut Bakes.</i>	
	<b>CONTINENTAL BAGEL or TOAST</b>	15
	<i>Served with cream cheese and sliced tomato.</i>	
Sweet	<b>SPICE ISLAND SWEET "FRENCH" TOAST</b>	21
	<i>Our baked fresh in-house CAKE DU JOUR prepared French Toast style topped with delectably sweet caramelized local bananas in nutmeg syrup. Paired with a selection of seasonal fresh fruit.</i>	
	<b>SEASONAL FRESH FRUIT PLATE</b>	13/18
	<i>A sweet selection of seasonal fresh fruit. Small or Large</i>	
	<b>OATMEAL OR CEREAL</b>	16
	<i>Paired with milk and seasonal fresh fruit.</i>	
	<b>SEASONAL FRESH FRUIT PARFAIT</b>	22
	<i>Granola / Cereal with seasonal fresh fruit and yogurt.</i>	
Beverages	<b>ISLAND COFFEE / TEA</b>	8.5
	<b>ESPRESSO</b> <i>Single/Double</i>	12/18
	<b>SEASONAL FRUIT JUICE</b>	9
	<b>SEASONAL FRUIT SMOOTHIE</b>	13
Sides	<b>TURKEY OR PORK BACON</b>	10
	<b>SWEET TOAST</b>	8
	<i>Locally baked, whole wheat bread served with butter and local jam.</i>	
	<b>SAVORY TOAST</b>	12
	<i>Locally baked, whole wheat bread served with butter and cheddar cheese.</i>	
	<b>COCONUT BAKES</b>	10
	<i>Baked fresh in-house, our bakes are Grenadian Staple you can't pass up. Served warm with butter and local jam.</i>	
	<b>CAKE DU JOUR</b>	13
	<i>Baked fresh in-house, our cake/bread is served warm with butter and local jam.</i>	

EC\$ - PRICES INCLUDE 15% VAT - ADDITIONAL 10% SERVICE CHARGE



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## LUNCH

### Soups, Salads & Small Plates

*All soups and salads  
are served with  
locally baked bread.*

<b>CALLALOO OR PUMPKIN SOUP</b> <i>Our soups are prepared with fresh, local ingredients.</i>	16
<b>LA SAGESSE CHEF SALAD</b> <i>Our mixed green garden salad, topped with grilled fresh tuna, cheddar cheese, hard-boiled eggs, and assorted sliced local vegetables, is served with our island-famous 'Pink' salad dressing.</i>	48
<b>THE GRECIAN</b> <i>Fresh, local mixed greens, topped with chopped tomatoes, cucumbers, peppers, feta cheese, and black olives. Served with balsamic vinaigrette dressing.</i>	32
<b>CAESAR SALAD</b> <i>Crisp, local romaine lettuce tossed with our homemade classic Caesar dressing, topped with garlic-herb rouitons and grated parmesan cheese. Add Ons: Blackened Shrimp +\$22, Grilled Chicken Strips +\$15, Grilled Catch of the Day +\$18.</i>	32
<b>SPICE ISLE SALAD</b> <i>Fresh, local mixed greens, served with our island-famous 'Pink' dressing. No add-ons available for this salad.</i>	22
<b>THE CLASSIC FISH CAKE</b> <i>Homemade fish cake topped with a seasonal fruit chutney, served with a side of fresh, local mixed greens.</i>	23

### Specialty Sandwiches and Burgers

<b>FISH FILET SANDWICH</b> <i>A sweet selection of seasonal fresh fruit. Small or Large</i>	33
<b>THE LOCAL (CHICKEN ROTI)</b> <i>Paired with milk and seasonal fresh fruit.</i>	29
<b>BBQ SLAW BURGER</b> <i>Granola / Cereal with seasonal fresh fruit and yogurt.</i>	30
<b>B.Y.O.B.</b> <i>Build your own burger' Choice of beef, fish or veggie for the patty. Choice of onion, lettuce, pickles, and/or tomato to top it off. Add-ons: Cheese +4, French fries +8, Sweet Potato Fries +10</i>	28
<b>VEGETARIAN THREE BEAN CHILI</b> <i>All your veggie classics combined into a hearty and rich favorite.</i>	36

### Sides

<b>SWEET POTATO FRIES</b>	15
<b>FRENCH FRIES</b>	13
<b>PLANTAIN CHIPS</b>	12
<b>SEASONAL FRESH FRUIT PLATE</b>	18



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## LUNCH

### Main Plates

*All main plates are served with vegetable brown rice and a mixed green salad, except where indicated (\*).*

#### FISH & CHIPS

*Pan-fried, Panko crusted local fish strips served with homemade tartar sauce, french fries and a side of creamy coleslaw. (\*)*

52

#### CARIBBEAN FISH TACOS

*Soft tortillas filled with strips of grilled local fish, topped with our special tangy mayo sauce and fresh island salsa. (\*) 3 tacos / 4 tacos.*

34/45

#### CATCH OF THE DAY

*Fresh, local fish that is seasoned and prepared to perfection. Served either blackened, grilled or pan fried.*

55

#### SESAME WASABI TUNA

*Fresh local sesame seared tuna with a side of wasabi mayo. \* Best Seller\**

58

#### LA SAGESSE LAMBI CREOLE

*Locally caught lambi (conch) that is pressure cooked and paired with some of the best West Indian spices, mixed in a tomato base.*

56

#### SPICE ISLE SHRIMP

*Large, local shrimp served either grilled in seasoned garlic butter, blackened, or curried with West Indian spices.*

62

#### GRILLED LOBSTER TAIL

*Delivered directly to us at La Sagesse Bay from surrounding waters. Our delicious Caribbean Lobster Tails are grilled and served with a garlic butter dipping sauce.*

85

#### WEST INDIAN CURRY

*Made with quality beef and beautifully seasoned with local spices.*

52

#### CHICKEN FRANÇAISE

*Lightly breaded chicken cutlets that are pan-fried in olive oil and butter. All your veggie classics combined into a hearty and rich favorite.*

50



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## LUNCH

### Sweet Treats

<b>GRENADIAN CHOCOLATE MOUSSE</b> <i>This light and fluffy classic is made with delicious Organic Grenadian Chocolate.</i>	18
<b>BANANA SPLIT</b> <i>Local bananas paired with locally made ice cream, piled high and topped with a delectable dark chocolate syrup.</i>	20
<b>FROZEN DELIGHT</b> <i>A dish of assorted, locally made ice cream.</i>	13
<b>CAKE DU JOUR</b> <i>Cakes and breads are freshly baked in-house and served warm. Add-ons: Ice cream +5</i>	13
<b>ESPRESSO</b> <i>Single/Double</i>	12/18



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## DINNER

### Soups, Salads & Small Plates

*All soups and salads  
are served with  
locally baked bread.*

**LA SAGESSE SOUP DU JOUR** 16  
*Our soups are prepared with fresh, local ingredients.*

**LA SAGESSE CHEF SALAD** 48  
*Our local mixed green garden salad, topped with grilled fresh tuna,  
beddar cheese, and topped with our island-famous 'Pink' salad dressing.*

**THE GRECIAN** 32  
*Fresh local mixed greens, topped with chopped tomatoes, cucumbers,  
peppers, feta cheese, and black olives. Served with balsamic vinaigrette dressing.*

**CAESAR SALAD** 32  
*Crisp, local romaine lettuce tossed with our homemade classic Caesar  
dressing, topped with garlic-herbed croûtons and grated Parmesan cheese.  
Add-ons: Blackened shrimp +\$22, Grilled Chicken Strips +\$17, Grilled Catch of the Day +\$20.*

**SPICE ISLE SALAD** 22  
*Fresh, local mixed greens. Served with our island-famous 'Pink' dressing.  
Add-ons not available on this salad.*

**THE CLASSIC FISH CAKE** 23  
*Homemade fish cake, topped with a seasonal fruit chutney. Served with a side of fresh, local mixed greens.*

### Sides & Situations

**FRENCH FRIES** 13

**SWEET POTATO FRIES** 15

**PLANTAIN CHIPS** 12

**SEASONAL FRESH FRUIT PLATE** 18



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# La Sagesse

BEACHFRONT ISLAND DINING

## DINNER

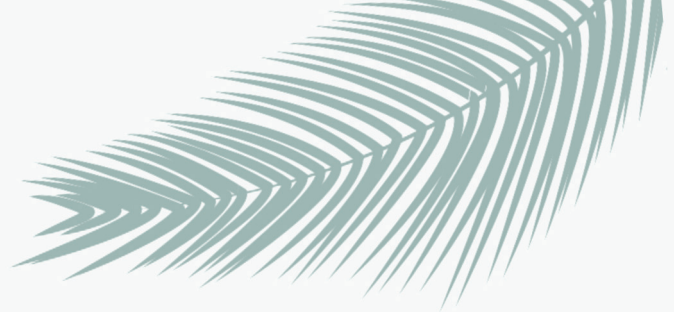
### Main Plates

*All main plates are served with vegetable brown rice and a mixed green salad, except where indicated (\*).*

<b>GRILLED FILET MIGNON</b> <i>Delectable beef, imported from the US, cooked to your liking.</i>	85
<b>PARMESAN CRUSTED PORK CUTLET</b> <i>Tender, lean pork cutlet that is crusted with grated Parmesan Cheese, then cooked to a crispy outer coating.</i>	54
<b>CATCH OF THE DAY</b> <i>Fresh, local fish that is seasoned and grilled to perfection. Available to be sautéed, pan-fried, or blackened.</i>	58
<b>SESAME WASABI TUNA</b> <i>Fresh, local sesame-seared tuna with a side of wasabi mayo.</i>	60
<b>FISH AND CHIPS</b> <i>Pan-fried, Panko crusted local fish strips served with french fries and a side of creamy coleslaw. (*)</i>	54
<b>LA SAGESSE LAMBI CREOLE</b> <i>Locally caught lambi (conch) that is pressure cooked and paired with some of the best West Indian spices, mixed in a tomato base.</i>	58
<b>PENNE PASTA</b> <i>Penne pasta topped with our delicious homemade marinara sauce, served with a garden side salad. (*)</i> <i>Add-ons: Blackened shrimp +\$22</i>	42/64
<b>SPICE ISLE SHRIMP</b> <i>Large, local shrimp prepared either sautéed in seasoned garlic butter, blackened, or curried in West Indian spices.</i>	64
<b>GRILLED LOBSTER TAIL</b> <i>Delivered directly to us at La Sagesse Bay from surrounding waters. Our delicious Caribbean Lobster Tails are grilled and served with a garlic butter dipping sauce.</i>	85
<b>LEMON CHICKEN PICCATA</b> <i>A delightful, lemony chicken, prepared with locally raised chicken and island grown lemons. Served in a white wine sauce and tangy capers.</i>	54
<b>VEGETABLE-TOFU COCONUT CURRY</b> <i>A West Indian inspired dish made with tofu, local vegetables, chickpeas, and warm/sweet Caribbean spices.</i>	48

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## DINNER

### Sweet Endings

**GRENADIAN CHOCOLATE MOUSSE** 18

*This light and fluffy classic is made with delicious Organic Grenadian Chocolate.*

**BANANA FLAMBÉ** 21

*Local bananas paired with locally-made ice cream, piled high and topped with a rich nutmeg syrup and sweet liqueur the set ablaze with a splash of white rum.*

**FROZEN DELIGHT** 13

*A dish of assorted, locally-made ice cream.*

**CAKE DU JOUR** 13

*Cakes and breads are freshly baked in-house and served warm.*

*Add-ons: Ice cream +5*

**SEASONAL FRESH FRUIT** 13

*A selection of seasonal fresh fruit. Add-ons: Ice cream +5*

**ESPRESSO** 12/18

*Single/Double*



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## BEVERAGES

### Non-Alcoholic Beverages

SEASONAL FRESH FRUIT JUICE - 9  
SEASONAL FRESH FRUIT SMOOTHIE - 13  
*A blend of seasonal fresh fruit and juice.*

LIME SQUASH - 6.50  
*Pure lime juice slightly sweetened with nutmeg syrup,  
club soda, and bitters.*

ISLAND COFFEE / TEA - 8.50

ESPRESSO - 12/18  
*Single / Double*

ISLAND SPICED ICED TEA - 8  
*Freshly brewed iced tea with a hint of  
cinnamon, nutmeg, and clove.*

SODA - gl 4.50 / btl 6.50  
*Coke, Coke Zero (when available),  
Ginger Ale, and Sprite*

TING - 6

BOTTLED SPRING WATER - 4/7  
*Small or Large*

### Beer

CARIB - 7  
SHANDY CARIB - 6  
HEINEKEN - 8  
GUINNESS - 8

STAG - 7  
STELLA - 8  
CARIBE HARD CIDER - 7

### Liquor

LOCAL RUM - 12  
*Westerhall, and Clarke's Court*  
PREMIUM RUM - 16  
*Mount Gay*  
SCOTCH - 18  
*Grant's, Dewar's, Johnny Walker Red Label*  
PREMIUM SCOTCH - 25  
*Johnny Walker Black Label and Glenfiddich*

GIN - 15  
*Gordon's, Gilbey's, and Seagram's*

PREMIUM GIN - 20  
*Tanqueray, Beefeater, and Bombay*

VODKA - 15  
*Skyy, Smirnoff, and Ivanoff*

PREMIUM VODKA - 20  
*Stolichnaya and Absolute*

CANADIAN WHISKEY - 20  
*Canadian Club and Seagram's VO*  
TENNESSEE WHISKEY - 22  
*Jack Daniel's*

FRENCH BRANDY OR CAMPARI - 18

SHERRY - 15  
*Sheffield Dry or Sheffield Cream*

LIQUEUR - 20  
*Crème de Menthe, Banana, De La Grenada,  
and Pomegranate*

PREMIUM LIQUEUR - 23  
*Bailey's Irish Cream, Tia Maria, Drambuie, Cointreau,  
Galliano, Amaretto, and Sambuca*

COGNAC - 25  
*Hennessy and Courvoisier*

TEQUILA - 18

### Cocktails

RUM PUNCH - 13  
*Made with fresh juice - Best on the island!*

BLOODY MARY - 16

PINA COLADA / MARGARITA / DAIQUIRI - 18

RUM NUT / BLACK or WHITE RUSSIAN - 20

RUSTY NAIL / VODKA or GIN MARTINI - 20



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## WINES

Whites	Chile: Dona Dominga - Sauvignon Blanc 2018	62
	Chile: Vina Maipo - Sauvignon Blanc 2017	50
	Chile: Casa Silva - Chardonnay 2018	60
	Chile: Canepa Novisimo - Pinot Grigio 2017	62
	South Africa: Cape Spring - Sauvignon Blanc 2017	55
Reds	Chile: Baron Philippe De Rothschild- Merlot 2018	60
	Chile: Dona Dominga - Cabernet Sauvignon 2017	62
	Chile: Fronterra - Cabernet Sauvignon 2019	55
	Argentina: Trivento Tribu - Pinot Noir 2016	70
	France: Duchesse de Berry - Bordeaux 2016	70
Sparkling	Italy: Serena Gran Cuvée - Spumante Blanco - extra dry	70
Rosé	Chile: Mapu - Rosé 2019	55
House Wines by the Glass	White	13
	Red	13
	Sparkling	13



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