

Lunch Menu



SOUPS, SALADS & SMALL PLATES

All soups & salads are served with locally baked bread.

Callaloo or Pumpkin Soup

20.00

Our soups are prepared with fresh, local ingredients.

La Sagesse Chef Salad

52.00

Our mixed green salad, topped with grilled fresh tuna, cheddar cheese, hard-boiled eggs, and assorted sliced local vegetables. Served with our island-famous “Pink” salad dressing.

The Grecian

38.00

Fresh, local mixed greens, topped with chopped tomatoes, cucumbers, peppers, red onions, feta cheese, and black olives. Served with balsamic vinaigrette dressing.

Caesar Salad

38.00

Crisp, local romaine lettuce tossed with our house-made classic Caesar dressing, topped with garlic-herb croutons and grated parmesan cheese. Add-Ons: Blackened Shrimp +\$28, Grilled Chicken Strips +\$20, Grilled Catch of the Day, +\$25

Spice Isle Mixed Salad

26.00

Fresh, local mixed greens, served with our island-famous “Pink” dressing.
No add-ons available for this salad.

Classic Fish Cake

24.00

Homemade fish cake topped with a seasonal fruit chutney. Served with a side of fresh, local mixed greens.

SPECIALTY SANDWICHES & BURGERS

Catch of the Day Sandwich - Grilled

35.00

Chicken Breast Sandwich - Grilled

33.00

The Local

Chicken Roti (Boneless)

35.00

Beef Roti (Boneless)

38.00

Lambi Roti

40.00

Caribbean Fish Tacos (3 tacos/4 tacos)

39/47

Soft tortillas filled with strips of grilled local fish. Topped with our special tangy mayo sauce and fresh island salsa.

BYOB (Build Your Own Burger)

30.00

Beef, fish, or veggie. Onion, lettuce, pickles & tomato. Add-Ons: Cheddar Cheese +\$6

LA SAGESSE
BEACH FRONT ISLAND DINING

All Prices in EC\$. Includes 15% VAT and 10% Additional Service Charge.

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MAIN PLATES

All main plates are served with vegetable brown rice & mixed green salad.

(*)Does not include vegetable brown rice & mixed green salad.

Fish & Chips*

Pan-fried, Panko crusted local fish strips served with house-made tartar sauce, french fries, and a side of creamy coleslaw.

55.00

Chicken & Chips*

Pan-fried breaded chicken strips served with french fries and a side of creamy coleslaw.

48.00

Vegetarian Three Bean Chili

All your veggie classics combined into a hearty and rich favorite.

45.00

Catch of the Day

Fresh, local fish that is seasoned and prepared to perfection. Served sautéed, pan-fried, or blackened.

60.00

Sesame Wasabi Tuna

Fresh local sesame seared tuna with a side of wasabi mayo..

67.00

Spice Isle Shrimp

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

75.00

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.

120.00

SIDES

Sweet Potato Fries

16.00

French Fries

15.00

Potato Wedges

16.00

Plantain Chips

15.00

Seasonal Fresh Fruit Plate

21.00

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