



SOUPS

All soups are served with French bread

Creamy Tomato Soup Grandma's recipe	9.50		
Caribbean Seafood Soup A must try	12.75		
Soup of The Day Ask your waiter	8.50		
SALADS			
JALADO			
Caesar Salad Romaine lettuce, homemade croutons, Caesar dressing and Parmesan cheese.Add: Grilled chicken breast 6.00 or seared shrimp 9.00	10.50		
Caprese Salad Slices of ripe juicy tomato with fresh mozzarella served with balsamic vinegar, virgin olive oil and fresh basil	13.50		
Tuna Tataki Salad Sesame crusted sushi grade tuna, flash seared, served on a green salad with edamame, green asparagus, dressed with wasabi mayogrette and soy syrup	17.50		
Fresh Fruit Salad A selection of our finest fresh fruits served with a fruit yoghurt dip	9.50		
Chef Salad Tossed greens topped with tomato, cucumber, bacon, croutons, ham, cheese, boiled egg and a 1000 island dressing	10.55		
Matthew's Salad With grilled chicken breast, Golden Delicious apple, walnuts, mixed organic local lettuce and a light curry dressing	15.75		
NOURISHING BOWLS Gluten free			
Ahi Tuna Poke Raw tuna, wakame, avocado, pickled cucumber and mango	17.00		
Pan Seared Salmon Edamame, avocado, pickled onion and grilled pineapple	19.00		
Beef Teriyaki Wakame, avocado, pickled onion and roasted sweet potato	17.00		
Roasted Tofu Vegan - wakame, avocado, edamame, roasted sweet potato and pumpkin seeds	14.00		
WRAPS			
Chicken Caesar Wrap Fresh Romaine lettuce with grilled chicken, parmesan cheese, croutons and caesar dressing rolled in a soft flour tortilla	10.75		
Smoked Salmon Wrap Smoked salmon with cream cheese, capers, red onions and Romaine lettuce in a soft flour tortilla	12.75		
French Turkey Wrap Thin sliced turkey, lettuce, French brie cheese, apple and mustard dressing all rolled in a soft flour tortilla	10.55		

QUESADILLAS

Served with sour cream, guacamole and pico de gallo

	The Mexican Chicken Quesadilla Flour tortilla stuffed with chicken, onion, bell pepper and cheddar cheese	12.75	
	The Mexican Virgin Flour tortilla stuffed with onion, bell pepper and cheddar cheese	8.50	
MAIN COURSE			
	Pizza Margherita Served with tomato and mozzarella cheese. Choose your toppings: ham, pepperoni, green pepper, mushroom, onions, black olives, pineapple, chicken, 1.90 per topping	14.95	
	Lasagna Bolognese Prepared with USDA ground beef, fresh tomato, basil and onions	19.00	
	Aruban Chicken Stew "bone in" Home made, authentic recipe served with rice and seosonal vegetables	21.95	
	Pina Colada Shrimp Caribbean shrimp prepared with pineapple, Caribbean rum and coconut in a creamy sauce, served with rice or french fries and vegetables	35.75	
	Filet of Grouper Pan seared and served with a creamy shrimp sauce served with rice and vegetables	28.50	
SPECIALTY SANDWICHES			
	Matthew's Sandwich Sauteed chunks of chicken with bacon and pineapple, served on French bread with paprika-mayonnaise	10.75	
	Smoked Salmon Ciabatta bread with lettuce, onions, capers, sun-dried tomatoes and horseradish dressing	11.75	
	B.L.A.T. Bacon, lettuce, avocado pulp, tomato, cheese with a Matthew's BBQ mayonnaise, served on an Italian sour dough bread	10.75	
	Club Panini Ham, roasted turkey, bacon, Swiss cheese, lettuce, tomato, onions, pickles and tarragon mayonnaise. served hot or cold	10.75	
	Pulled Spareribs Sandwich BBQ pulled spareribs meat, with sauteed onions and side of coleslaw, served on a bun	10.75	
	Spicy Chicken Cheeser Sandwich Chunks of chicken, onion and sambal in a creamy cheddar cheese sauce, served on a panini bread	9.75	
	Ship's Mate Lightly breaded fillet of grouper carefully fried and served on an Italian garlic loaf bread with tartar sauce	13.95	
	Hamburger (USDA) 8oz Beefburger with lettuce, sliced tomato, onion and sliced pickles, served with French fries. Add: cheese 1.60, bacon 3.70, pineapple 2.25, mushroom 2.25, fried onion 1.60, jalapeño pepper 1.60, fried egg 1.60	11.95	
	King Neptune Burger USDA beef burger topped with our famous shrimp in spicy cream sauce, served with French fries	17.95	
	Jumbo Hotdog Served with pickle relish, thin diced onions, sauerkraut on a bun, served with French fries	8.50	
	"Greg's Steak Sandwich" Chunks of grilled Argentine beef tenderloin, sauteed with onions, mushroom and bacon. Served on a garlic loaf bread with homemade Ranch dressing	13.95	

SIDE ORDERS

Colesiaw	3.75
White Rice	4.25
French Fries	4.50
Sweet potato fries	4.95

