

CARA LODGE LUNCH MENU

A TASTE OF GUYANA

Discover the rich culinary traditions of Guyana through dishes inspired by our Amerindian, African, Indian, Portuguese and European heritage. From slow-simmered classics to vibrant market flavours, each plate tells a story of culture, community and comfort.

APPETISERS

PEPPERPOT 4,000

Pepperpot is a traditional Guyanese stew with Amerindian roots. It features slow-braised beef flavoured with cassareep, cinnamon, clove, thyme, and fiery wiri wiri peppers.

GARLIC PORK 2,800

Brought by our Portuguese ancestors and traditionally served for Christmas Day breakfast. Pork marinated in garlic, thyme and vinegar. Pan fried and served with toast.

ENTREES

TRADITIONAL GUYANA CURRY 4,500

Inspired by our Indian heritage, served with your choice of rice or roti. Select from chicken or fish.

Beef + \$2,000

Prawns + 2,500

METEMGE WITH FRIED FISH 5,000

A traditional Guyanese dish with African roots, featuring ground provisions slow-cooked in coconut milk and accompanied by dumplings. Topped with crispy fried fish. Preparation time: 25 minutes.

APPETISERS

SEAFOOD CREPE 4,500

A blend of shrimp, crabmeat and fish in a crepe topped with alfredo sauce, cheese and baked golden brown

SEARED SCALLOPS 7,000

Jumbo scallops with black pudding on a green pea purée.

DUCK FLAUTITAS 5,000

Crispy corn tortillas filled with slow-braised duck, lightly fried and served with avocado crema, roasted tomato salsa and pickled red onions

MUSHROOM RAGU TURNOVER 3,500

With a creamy parsley sauce

SMOKED SALMON TARTS 4,200

Smoked salmon on a bed of zesty cream cheese and presented in a filo pastry basket.

BBQ WINGS 3,000

Chicken wings breaded and deep-fried, tossed in a spicy Barbeque sauce and finished in the oven.

SOUPS AND SALADS

FRENCH ONION SOUP 3,000

Classic French Onion Soup, crowned with a slice of grilled cheese toast.

CAESAR SALAD 3,800

A savoury green salad consisting of romaine lettuce, eggs, croutons and parmesan cheese with a Caesar dressing.

Chicken Breast +2,000

SOUP OF THE DAY 1,800

Ask about our Soup of the Day made with our vegetable stock

MEDITERRANEAN KALE SALAD 3,000

Fresh kale tossed with tomatoes, cucumbers, red onions, olives, and optional feta cheese, finished with a bright lemon dressing.

BURGERS, SANDWICHED AND LIGHT BITES

Served with French Fries

CARA BURGER \$4,000

Your choice of juicy beef, crispy fried or grilled chicken, or tender fish, served on a toasted sesame bun.

Customize it with your favorite toppings.

Bacon +\$500 Onion Rings +\$500 Cheese +\$500

VEGE BURGER \$4,000

A hearty vegetable paté served on a toasted sesame bun, layered with crisp lettuce, juicy tomatoes, fresh cucumber, and onions. Topped with a golden, deep-fried slice of eggplant for a flavorful finish.

CLUB SANDWICH \$4,000

Layers of Chicken, and bacon with juicy tomatoes, crisp lettuce and cucumbers to create the perfect bite!

FISH OR CHICKEN FINGERS \$3,500

Crispy golden chicken or fish fingers fried to perfection, served hot and delicious

BURGER OF THE WEEK 4,500

A gourmet burger creation featuring premium ingredients, layered flavours and chef inspired topping, crafted for a limited time.

ENTREES

All entrees are served with a choice of rice, creamed potatoes or French fries.

PRAWNS THERMIDOR 9,200

Jumbo prawns sautéed with bell peppers and Spanish onions in a rich cheddar cheese and white wine reduction, finished with delicate micro herbs.

GRILLED SALMON 7,800

Grilled salmon fillet finished with a vibrant chili-ginger sauce.

LAMB CHOPS 8,500

Fresh herb-marinated lamb chops, grilled to perfection and finished with a rich pan gravy.

GRILLED NEW YORK STEAK 9,000

10 oz New York strip loin, marinated and grilled, served with a red peppercorn sauce.

VEGAN HOT POT 4,200

Delicate rice noodles with fresh mushrooms, bok choy, carrots, and broccoli, simmered in a fragrant spicy broth and finished with mixed herbs.

PORK RIBS \$4,500

Imported pork spare ribs, marinated and flame-grilled, then glazed with a sticky BBQ jerk sauce.

PASTA BOWL 3,000

Penne or Fettuccini prepared to order and finished in your choice of slow-simmered Marinara, creamy Alfredo, or aromatic Basil Pesto sauce.

**Chicken +2,000 Beef +2,500
Shrimp +3,000 Vegetables +1,500
Bacon Bits +1,000**

FILLET MIGNON \$6,500

8oz local grass-fed fillet steak marinated with local herbs and coffee, grilled to perfection and garnished with cherry tomatoes, carrots and broccoli.

CHICKEN DIJONNAISE 4,800

Sautéed chicken breast topped with a rich blend of Parmesan, mayonnaise, and Dijon mustard, crusted with breadcrumbs and oven-baked until golden.

CAJUN TROUT \$4,500

Atlantic trout fillet marinated with Cajun spices and baked

SIDE DISHES

CREAMED POTATOES 800

FRENCH FRIES 800

BAKED POTATO 800

VEGETABLE RICE 800

SAUTÉED VEGETABLES 1000

FRIED PLANTAIN 1,000

STEAMED BROCCOLI 1,500

SAUTEED MUSHROOMS 2,800

DESSERTS

RED VELVET LAVA CAKE 3,000

Served with rum and raisin ice cream.

CLASSIC CHEESECAKE 3,500

With fruit compote and fresh mint.

FRUIT COCKTAIL JARS 2,500

A refreshing selection of fresh local and exotic fruits, served with a strawberry-mint syrup.

TIRAMISU \$4,000

A rich Italian dessert of layered sponge cake, cream cheese, coffee liqueur, and semi-sweet chocolate.

All prices are subject to 14% VAT