



YOUNG ESTATES  
BARBADOS

IN-VILLA DINING

# Bluff House & Cottage

— BY CHEF MARK —

*Richard Young*

CURATED BY YOUNG ESTATES · BARBADOS

---

WELCOME

# Dining, at Bluff House

Every dish is prepared in your villa by your private chef, using the finest produce the island has to offer.

PLEASE NOTE

*This is a sample menu offering a flavour of what your private chef can prepare. Menus are curated and selections made for the whole group; individual dishes cannot be ordered separately by members of the party. Your chef will gladly tailor any menu to your tastes and dietary needs.*

|     |                               |                            |
|-----|-------------------------------|----------------------------|
| I   | Breakfast                     | TO BEGIN THE DAY           |
| II  | Canapés                       | SAVOURY & HEALTHIER BITES  |
| III | Lunch Menus                   | TEN CURATED MENUS          |
| IV  | Dinner Menus                  | TEN CURATED MENUS          |
| V   | Vegan Starters & Fish Options | PLANT-BASED & FROM THE SEA |

I · TO BEGIN THE DAY

# Breakfast

---

*Laid out each morning, with a new chef's dish and a fresh smoothie daily.*

## THE TABLE

*Eggs, any style*  
*Toasted sourdough & butter*  
*A selection of jams*  
*Pastries · every other day*  
*Choice of cereal*  
*Smoked salmon platter*  
*Sliced avocado · every other day*

*For the toasts — grated tomato, olive oil & coarse sea salt, served alongside*

## A NEW DISH EACH DAY

*Trinidadian choka*  
*Plantain*  
*Fishcakes*  
*Pumpkin fritters*  
*Buljol*  
*Breadfruit puffs*  
*Banana & raisin bakes*

## BEVERAGES

*Freshly brewed coffee*  
*A selection of teas*  
*Orange juice*  
*Daily smoothie*  
*Water*

## DAILY SMOOTHIES

*Banana-berry*  
*Banana & peanut butter*  
*Superfood sunshine orange*  
*Pumpkin & apple*  
*Heart-helper green*

II · BITES & CANAPÉS

# Canapés

---

## SAVOURY

Cheesy polenta fritters

Blue cheese filo bites with pears & pecans

Cheddar beignets with sesame dressing

Mini red onion marmalade tart

Lamb skewers with minted tzatziki

Smoked salmon, avocado & herb tarts

Sesame prawn balls with ponzu dressing

Ham & mushroom vol-au-vents

Grilled peach & prosciutto bruschetta

Mini corn blinis with smoked salmon & sour cream

Lentil patties with curried yogurt

Cajun shrimp guacamole bites on crispy plantains

Beet bruschetta with goat cheese & basil

Pork & date gyoza with ginger soy sauce

Chinese vegetable spring rolls with peanut sauce

## HEALTHIER

Edamame & feta dip with melba toast

Eggplant & romesco tarts

Charcuterie platter with fresh cheeses & fruit

Crispy fish bites with tartare sauce

Shallot bhajis with minted yogurt

Cauliflower fritters with spiced yogurt

Caramelised mushroom tartlets

Berry & Stilton blinis

Grilled vegetable platter with pesto

Chorizo & onion goat cheese blinis

Naan, spinach & halloumi bites

Seared scallops with sweet chilli sauce

Prawn & chorizo skewers

Prosciutto pears, arugula salad & balsamic reduction

Crispy mushroom caps with cream cheese & lox

III · THREE COURSES

# Lunch Menus

Ten curated three-course menus — choose one for the group.

|     |         |                                                                                                                                         |
|-----|---------|-----------------------------------------------------------------------------------------------------------------------------------------|
| I   | STARTER | Red Snapper with a grapefruit salsa                                                                                                     |
|     | MAIN    | Panko-crusted barracuda, garlic & pesto mashed green bananas, crispy fennel, arugula, olives, roasted peppers & a savoury tomato butter |
|     | DESSERT | Tarte Tatin with prune & Armagnac ice-cream                                                                                             |
| II  | STARTER | Couscous & asparagus salad with a ginger & lemon vinaigrette                                                                            |
|     | MAIN    | Baked pork chops, zucchini fritters, pan-fried summer squash & crushed blackberries                                                     |
|     | DESSERT | Passion fruit cheesecake with raspberry coulis                                                                                          |
| III | STARTER | Strawberry, avocado & broccoli salad with a honey lemon garlic dressing                                                                 |
|     | MAIN    | Grilled ribeye, sautéed mushrooms in a pink peppercorn sauce, grilled corn, sweet & sour braised red cabbage & roasted potatoes         |
|     | DESSERT | Almond Joy chocolate torte with shredded coconut & toasted almond slices                                                                |
| IV  | STARTER | Salmon cakes with rosemary & coconut Greek yogurt dressing                                                                              |
|     | MAIN    | Toasted cumin & tangerine rare tuna, wasabi mash, green papaya slaw & pineapple-ginger nage                                             |
|     | DESSERT | Bakewell tart with nutmeg ice-cream                                                                                                     |
| V   | STARTER | Seared swordfish with lemon, capers & shallot dressing on an eggplant crisp                                                             |
|     | MAIN    | Punchy piri-piri chicken wings, sweet potato & celeriac skinny fries, apple, cabbage & broccoli slaw                                    |
|     | DESSERT | Bluff House creamy chocolate mousse                                                                                                     |

III · THREE COURSES

# Lunch Menus continued

|      |         |                                                                                                     |
|------|---------|-----------------------------------------------------------------------------------------------------|
| VI   | STARTER | Shrimp sautéed in a spicy sauce with shredded fresh coconut                                         |
|      | MAIN    | Rack of pork marinated in orange, thyme & garlic, potato pierogi & orange garlic sauce              |
|      | DESSERT | Warm white chocolate bread & butter pudding, peanut ice-cream & peanut brittle                      |
| VII  | STARTER | Seafood salad of squid, scallops, octopus, lobster & avocado, lemon, coriander & ginger vinaigrette |
|      | MAIN    | Baked snapper in banana leaf with tamarind sauce, tomatoes, olives & onions on herb polenta         |
|      | DESSERT | Coconut crème brûlée with lemon pineapple sorbet & sesame tuile                                     |
| VIII | STARTER | Roasted beet salad with feta & roasted almonds, ginger & coriander dressing                         |
|      | MAIN    | Guava-glazed pork ribs with sweet potato wedges, coleslaw & green salad                             |
|      | DESSERT | Sticky toffee pudding, butterscotch sauce & cinnamon nutmeg sautéed pears                           |
| IX   | STARTER | Rillettes of Mahi-Mahi with pineapple jicama salsa                                                  |
|      | MAIN    | Roasted leg of lamb in herb crust, sweet potato gratin & brown sugar glazed carrots                 |
|      | DESSERT | Caramelised banana spring roll with coconut ice-cream                                               |
| X    | STARTER | Indian grilled lamb with fresh mango chutney                                                        |
|      | MAIN    | Ancho-crusted salmon with a yellow pepper sauce, black bean stew & summer squash noodles            |
|      | DESSERT | Apple crumble, caramel sauce & vanilla ice-cream                                                    |

IV · THREE COURSES

# Dinner Menus

Ten curated menus of canapés, starter & main — choose one for the group.

|     |         |                                                                                                    |
|-----|---------|----------------------------------------------------------------------------------------------------|
| I   | CANAPÉS | Cucumber with whipped feta, sun-dried tomato & basil · Sweet & spicy Sriracha bacon chicken bits   |
|     | STARTER | Coriander & ginger butternut squash & yellow split pea soup                                        |
|     | MAIN    | Roast chicken breast with mushrooms, creamy polenta & white truffle oil                            |
| II  | CANAPÉS | Strawberry ricotta bruschetta with a home-made reduction · Vietnamese lemongrass chicken meatballs |
|     | STARTER | Balsamic-caramel chicken with broccoli & walnuts                                                   |
|     | MAIN    | Tuscany baked chicken, garlic parmesan roasted potatoes & garlic thyme sauce                       |
| III | CANAPÉS | Thyme lemon watermelon · Crab-stuffed mushroom                                                     |
|     | STARTER | Spicy crab cakes with avocado mousse                                                               |
|     | MAIN    | Baked salmon, orange teriyaki glaze, French beans in garlic sauce & roasted Brussels sprouts       |
| IV  | CANAPÉS | Blueberry & brie twist · Shrimp lollipops with thyme & red pepper mayo                             |
|     | STARTER | Corn & saffron pancakes with spicy poached pear & ricotta                                          |
|     | MAIN    | Roast beef with carrots, fresh vegetables & sweet potato cake                                      |
| V   | CANAPÉS | Plantain chips with pickled saltfish · Cheese coins                                                |
|     | STARTER | Orange & carrot soup with a parmesan crisp                                                         |
|     | MAIN    | Dover sole in a piquant sauce with green beans & turnips                                           |

IV · THREE COURSES

# Dinner Menus continued

|      |         |                                                                                                        |
|------|---------|--------------------------------------------------------------------------------------------------------|
| VI   | CANAPÉS | Roast sweet potato rounds with avocado & bacon bits · Prosciutto & melon minis                         |
|      | STARTER | Pumpkin & mango sauce, ripe plantain & eggplant purée with seared snapper                              |
|      | MAIN    | Lobster in tarragon sauce with asparagus & pumpkin squash                                              |
| VII  | CANAPÉS | Blackberry, cucumber & caprese skewers · Chicken satay with peanut chilli dressing                     |
|      | STARTER | Watercress & endive salad, English cucumber, marinated beets & mascarpone croutons                     |
|      | MAIN    | Lamb chops braised in black pepper gravy, root vegetables, sautéed mushrooms & onions                  |
| VIII | CANAPÉS | Strawberry pecan mini goat cheese balls · Spicy mango shrimp tapas                                     |
|      | STARTER | Homemade ravioli with butternut squash, mushroom & basil, shaved parmesan                              |
|      | MAIN    | Eggplant fricassée with sweet & sour duck legs & lemon broccoli                                        |
| IX   | CANAPÉS | Breadfruit puffs with mango & sweet chilli mayo · Mini pineapple corn fritter with avocado & crab      |
|      | STARTER | Grilled pineapple, Caribbean pumpkin seeds, orange & pineapple vinaigrette                             |
|      | MAIN    | Pan-seared tenderloin of veal, wild mushrooms, asparagus & pumpkin fettuccine                          |
| X    | CANAPÉS | Rolled bell pepper with stuffed salmon · Caramelised onion, red wine & goat cheese tartlets with thyme |
|      | STARTER | Octopus & arugula salad with ginger coriander dressing                                                 |
|      | MAIN    | Sea bass in a green sauce, cherry tomato, micro greens, polenta cake & French beans                    |



V · PLANT-BASED

## Vegan Starters

---

Cauliflower fritters with a herb sauce

Falafel fritters with cucumber salad & yogurt sauce

Cheesy vegan broccoli bites with Sriracha aioli

Shallot bhajis with minted coconut yogurt

Spinach & artichoke cups

Nachos with guacamole & fresh tomato salsa

Thai sweet corn fritters with sweet chilli sauce

VI · FROM THE SEA

## Fish Options

---

APPETISERS

Coconut milk ceviche with sweet potato crisps

Tuna tataki

Fish chowder

Tuna Niçoise salad

Deconstructed grilled fish tacos

Grilled catch of the day with grilled market vegetable salad

Snapper with green bean salad & chilli vinegar sauce

Pan-seared snapper with zucchini noodles & tomato salsa

MAIN COURSE

Salt-baked whole fish

Poached Mahi-Mahi in a coconut nage with jewelled couscous

Snapper en papillote

Whole roasted snapper with mixed green salad & seasonal tropical fruit

Whipped potatoes with pickled christophene slaw & lemon beurre blanc

Swordfish steaks with sweet potato purée & sofrito

Grilled Mahi-Mahi with steamed basmati rice & grilled pineapple salsa

Jamaican escovitch fish with baked potatoes

