



YOUNG ESTATES
BARBADOS

IN-VILLA DINING

Martangie

— REGINA'S MENU —

Richard Young

CURATED BY YOUNG ESTATES · BARBADOS

WELCOME

Dining, at Martangie

Every dish is prepared at Martangie by your private cook, Regina, using the finest produce the island has to offer.

PLEASE NOTE

This is a sample menu offering a flavour of what your private cook 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 & Starters	TO BEGIN
III	Soups & Salads	FRESH & SEASONAL
IV	Lunch	MIDDAY
V	Main Course	THE EVENING TABLE
VI	Dessert	SWEET ENDINGS

TO BEGIN THE DAY

Breakfast

To start the day right — fresh fruit salad or platter and toast, served with a choice of one of the following.

FULL ENGLISH BREAKFAST

Fried egg, seasoned hash potatoes, grilled tomato, sautéed mushrooms, sausage, bacon & baked beans

OMELET

Suggested toppings: broccoli, shredded carrot, spinach, onions, tomatoes, mushrooms, sweet peppers, cheeses, sausage, ham or smoked salmon

FLUFFY BUTTERMILK PANCAKES, FRENCH TOAST OR CREPES

Served with seasonal fruit compote, maple syrup & a healthy dollop of butter on top, with bacon or sausages

GINA'S MUESLI

Old-fashioned rolled oats with almond milk, chia, sesame, flax, pumpkin & sunflower seeds, dried cranberries, grated coconut & a sprinkling of ground cinnamon and nutmeg

POACHED EGG BREAKFAST

Poached eggs served with steamed broccoli or spinach and grilled tomato

SALMON BREAKFAST

Smoked salmon rosette with scrambled or poached egg on a crispy bread, served with leafy greens and broccoli salad, grilled tomato & seasoned hash potatoes

CARIBBEAN BREAKFAST

Bol jule (codfish, sautéed with aromatics, vegetables & herbs), pumpkin fritters, pakora (savoury vegetable fritters) & bakes (a savoury 'Bajan' doughnut)

TO BEGIN

Canapés & Starters

TRADITIONAL BAJAN FISHCAKES

Served with a spicy dip

SWEET POTATO & PLANTAIN BALLS

With a sweet & sour citrus gastrique

HUMMUS

With pita chips & crudités

FISH GOUJONETTES

With tropical salsa

SALAD STICKS

Your choice of salad usuals on a skewer, with a blue cheese dip

EGGPLANT ROLLS

Seasoned ground beef, lamb or vegetables wrapped in eggplant, topped with cheese & baked in a Creole-style tomato sauce

BUTTER CHICKEN

Char-grilled on a sugarcane skewer

COCONUT SHRIMP

With teriyaki dip & vanilla-scented pickled squash

SHRIMP COCKTAIL

Jumbo prawns roasted with aromatics, with tropical Mary-Rose sauce & tomato concasse

CEVICHE

Freshest catch of the day in a spicy lime marinade, mango salsa & plantain chip, in a cucumber cup

CHICKEN LIVER PÂTÉ

A terrine with aromatics, gin & brandy, with homemade crostini & green mango chutney

FRESH & SEASONAL

Soups & Salads

SOUPS

SEAFOOD BROTH

Catch of the day, shrimp, scallops & mussels in a lightly spicy aromatic wine broth, with multigrain focaccia

ROASTED PUMPKIN OR BUTTERNUT SQUASH

Roasted with warm spices & honey, blended smooth, with spicy pumpkin seeds & croutons

GAZPACHO

Fresh tomato, cucumber, red pepper, basil & olive oil, with crispy parmesan bread

SALADS

CAESAR SALAD

Classic, with crispy bacon bits, cherry tomatoes & homemade Caesar dressing

QUINOA SALAD

Quinoa & black beans with tomato & herbs in an orange red wine vinaigrette, cucumber & toasted nuts

LATIN-INSPIRED SALAD

Assorted lettuce, tortilla chips, red sweet pepper, cheddar & homemade aioli dressing

GREEK SALAD

Garnished with seasoned pita chips

Any salad may be served with pan-seared, grilled, Cajun or fried shrimp, fish, beef or chicken.

BAJAN SOUP

A hearty one-pot soup slow-cooked with aromatic vegetables & chicken, with delicate dumplings

BLACK BEAN COCONUT SOUP

Black beans simmered with veggies, herbs & spices, blended with coconut milk, coconut crisps & croutons

GINA'S SALAD

Cos lettuce, cherry tomatoes, cucumber & red onion in apple-cider vinaigrette, toasted seeds, sprouts & raisins

BEET & CITRUS SALAD

Slow-roasted beets, orange & grapefruit on leafy greens, lemony honey vinaigrette & toasted peanuts

SALAD NIÇOISE

Seared tuna, New potatoes, cherry tomatoes, snap peas, red onion, anchovies & red wine vinaigrette, soft-boiled egg

MIDDAY

Lunch

SANDWICHES, BURGERS, WRAPS OR SUBS

Chicken, tuna, beef, lentil, black bean, lamb, veggie or fish

FISH CUTTER

Bajan street food — crispy Mahi-mahi or flying fish in salt bread, lettuce, tomato, cucumber, sautéed onions & spicy Mary-Rose sauce

PIZZA

Italian-style crust with the cook's special sauce & your choice of toppings

CURRY CHICKEN WRAPS

Lightly curried chicken salad in a dhal puri skin with seasonal homemade chutney & lettuce

TACOS

Flour or corn tortillas — chicken, chili con carne, veggie chili, fish, beef or pork, with Pico de Gallo, cheddar, sour cream & key lime

QUICHE

Baked savoury custard with asparagus, sun-dried tomatoes, caramelised onions, ham, bacon, mushrooms & cheddar

Each lunch can be served with white potato, sweet potato, breadfruit or cassava — as chips or roasted.

THE EVENING TABLE

Main Course

WEST INDIAN 7 CURRY

Chicken, lamb, beef, shrimp, fish, vegetables or tofu in a Caribbean curry with channa, okra or eggplant, dhal puri or paratha roti, coconut or basmati rice, pepper jelly & seasonal chutney

CATCH OF THE DAY

Blackened, grilled, herb-crusted, battered & fried or pan-seared, with potatoes or rice, steamed or grilled vegetables & a fruity beurre blanc or fruit salsa

MARINATED BEEF STEAKS

Grilled or pan-seared with garlic mashed or roasted potatoes, steamed vegetables, sautéed mushrooms & a creamy peppercorn sauce

CHINESE-STYLE STIR FRY

Chicken, shrimp, beef, pork or vegetables on a bed of noodles or rice

BARBEQUE

Barbecued chicken, pork chops, beef steaks or grilled fish with macaroni pie, coleslaw, green salad, corn-on-the-cob & grilled vegetables

SEAFOOD PLATTER

Grilled lobster, shrimp, scallops & fish in the cook's marinade, with potatoes or rice, sautéed greens & garlic butter or lemon beurre blanc

ALMOND-CRUSTED CHICKEN

Sweet potato mash or coconut rice, roasted vegetables & a seasonal fruit ginger glaze

BRAISED LAMB SHANK

Slow-braised in a homemade red wine jus with thyme & aromatic vegetables, rustic mash & roasted root vegetables

PASTA

Bolognese, Lasagne, Alfredo, Mac 'n' Cheese, Marinara & more

SHEPHERD'S, COTTAGE OR FISH PIE

Seasoned lamb, beef or creamy fish layered with creamed potatoes, topped with cheese & baked golden, with steamed green vegetables

PAELLA

Mussels, clams, shrimp, calamari & fish with saffron & herbs, cooked pelau-style with a leafy green salad

SWEET ENDINGS

Dessert

ODE TO CHOCOLATE CAKE

Rich chocolate cake with orange-scented ganache, berries, almonds & white chocolate shavings

KEY-LIME MERINGUE TARTLET

Tangy key-lime filling topped with lightly caramelised meringue

DUET OF CHOCOLATE MOUSSE

White & dark chocolate layered with bitter-sweet wafers, drizzled with Caribbean sorrel syrup

MUSCOVADO CRÈME BRÛLÉE

A classic French dessert with a Bajan twist of brown rum & Muscovado sugar

FRESH FRUIT PLATTER

Served with dark & white chocolate fondues

FLAMBÉED SEASONAL FRUIT TRIFLE

Flambéed fruit layered with lady's fingers & coconut pâtissière, whipped cream & toasted coconut

