



THE BLU PINEAPPLE

RESTAURANT AND BAR

Tel : 462-1501
www.theblupineapple.com

Appetizers

Soup of the Day - 20EC

Antiguan Fish Water, A traditional Antiguan dish and a must try!
Similar to a bouillabaisse, this fish broth based soup includes vegetables and chunks of fish with a little spicy kick - 30EC (Entree size available for 45EC)

Blu Pineapple Salad, Local Mixed Leaves with Pickled Onions, Carrot Ribbons, Grilled Black Pineapple, Cherry Tomatoes and Avocado (seasonal) - 28EC

Grilled Vegetable Salad, Grilled Vegetables Drizzled with Basil and Olive Oil dressing, served on a bed of Mixed Greens - 35EC

House Salad, Mixed leaves, Peppers, Tomato and Shallots served with a house dressing - 28EC

Conch Fritters, Fresh Antigua Conch blended with seasoning, Deep Fried and Served with a Spicy Garlic Mayo - 40EC

Red Pepper Shrimp, Large shrimp sautéed with mixed peppers and deglazed with white wine served in a roasted red pepper & Pernod sauce - 35EC

Bruschetta, bite sized pieces of French baguette rubbed with garlic, prepared with fresh basil, vine ripened tomatoes, red, white and green onions and drizzled with a Balsamic emulsion - 30EC

Sides

Fries, Deep fried French fries - 10 EC

Seasoned Wedges, Deep fried Seasoned Potato Wedges - 15 EC

Jasmine Rice, Aromatic Jasmine Rice - 10 EC

Gratin Potatoes, Thinly sliced potatoes baked and layered with cheese - 15EC

DID YOU KNOW?

An Antigua Black pineapple requires at least 18 months to produce its first crop.

PLEASE NOTE: ALL PRICES ARE INCLUSIVE OF 15 % ABST

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APOLOGIES BUT NO SEPERATE BILLS FOR TABLES



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Lighter Fare

Garlic Bread, French Baguette smothered in garlic and butter and grilled to perfection - 20EC
Add Mozzarella - 10EC

BBQ Chicken, Steak or Seafood Quesadilla, Flour tortilla filled with onions,
green peppers and cheese - 40EC

Beer Battered Shrimp, Shrimp dipped in a light beer batter,
then deep fried until golden brown - 30 EC

Chicken Wings, Caesar, Sweet Chili Lime, Honey Garlic, Medium, Hot, Extreme
6 pieces - 16EC / 12 pieces - 30EC / 18 pieces- 45EC / 24 pieces - 58EC

Mozzarella Sticks, Deep Fried breaded pieces of Mozzarella served with a marinara sauce - 30EC

Calzone

Hand made pizza crust stuffed with mozzarella cheese. Available in the below flavors;

Pepperoni and Mushroom, lots of pepperoni and mozzarella - 45EC

Vegetarian, mushrooms, onions and green peppers - 45EC

Mexican, Chicken Breast, onions, green peppers and jalapeño peppers - 48EC

All American, pepperoni, onions, mushrooms and green peppers - 50EC

Steak, slices of steak with green peppers and onions - 55EC

Kids Menu

(For children 12 and under) Meals include ice cream for dessert and a soft drink or juice.

Grilled Cheese Sandwich, served with either fries, wedges or house salad - 25EC

Chicken Nuggets, served with either fries, wedges or house salad - 30EC

Cheese Pasta, served with garlic toast or house salad - 28EC

Penne Pasta with Bolognese sauce, served with garlic toast or house salad - 35EC

DID YOU KNOW?

While reefs in the Pacific are 60-70 million years old, reefs in the Caribbean are only 10-15 million years old.

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Burgers

Sliders, 3 mini burgers, garnished with a pickle and ketchup - 30EC
Make it a **Lil' Mexi** with Cheese, Onions, Jalapeños, and a Tortilla chip for -10EC

American Burger, Homemade Beef Patty with Bacon and Cheese.
Served with Fries or Wedges - 35EC

Mexican Burger, Homemade Beef Patty topped with Jalapeños,, Sautéed Onions,
a Tortilla chip and Cheese. Served with Fries or Wedges - 40EC

Blu Pineapple, Your choice of a Homemade Beef Patty or Grilled Chicken Breast
topped with a slice of grilled Pineapple, Cheese and Sautéed Onions.
Served with Fries or Wedges - 40EC

Pizza Burger, Homemade Beef Patty, served on a Toasted bun, topped with Pepperoni, Pizza Sauce
and Melted Mozzarella. Served with Fries or Wedges - 45EC

Make it a Double for an additional - 17EC

Additional Toppings - 5EC each
Fried Egg, Bacon, Pepperoni, Cheese, Sautéed Onions, Jalapeños, Mozzarella,
Mushrooms, Extra Cheese

Ribs

Choice of Sauce; BBQ or Our Signature Blu Pineapple sauce.

Ribs, Our Famous BBQ Ribs served with either fries or wedges and salad - 55EC

Ribs and Grilled Chicken Breast, Our Famous Ribs accompanied with a Grilled Chicken Breast and
served with either fries or wedges and salad - 65EC

Ribs, Chicken and Shrimp Combo, Our Famous Ribs accompanied with a Grilled Chicken Breast and
a skewer of grilled Pineapple and Shrimp, served with either fries or wedges and salad - 75EC

DID YOU KNOW?

An old rule of thumb for sailing from England to the Caribbean was to
sail south till the butter melted, then proceed west.

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Entrees

Catch of the Day

Daily Fresh Catch; Grilled to perfection, served with a Mango Pineapple Salsa and Local Vegetable Medley - 65EC

Shrimp Dijonnaise

Shrimp, Flambéed with Cognac and finished in a Creamy Dijon Mustard Sauce - 60EC

Seafood Platter

A combination plate consisting of Beer Battered Shrimp, Conch Fritters, Steamed Mussels & the Grilled Daily Catch - 80EC

Seafood Pasta

Mixed Seafood sautéed in White Wine and Garlic and finished in an Alfredo Sauce - 80EC

Prince Edward Fresh Mussels

Steamed with white wine, garlic and cream, topped with toast points. Served on a bed of Linguine - 73EC

Chef's Chicken Alfredo

Savory sautéed chicken cooked in a Creamy Alfredo sauce, served with Linguine - 55EC

Ginger Chicken

Slices of chicken, peppers, & onions in a sesame seed, ginger, honey, & soy sauce , served with Jasmine Rice - 60EC

Indonesian Chicken Satay

Grilled chicken, peppers, mushrooms & onions topped with a spicy peanut sauce, served with Jasmine Rice - 65EC

DID YOU KNOW?

Antigua is a Spanish word which means ancient. Christopher Columbus named it after an icon in Seville Cathedral, Santa Maria de la Antigua.

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Entrees

Tomato Basil Pasta

Fresh tomatoes, garlic and basil sautéed in Olive Oil & tossed with Linguini Pasta - 45EC

Mediterranean Pasta

Grilled Local Vegetables sautéed with fresh basil and garlic & tossed with Penne Pasta - 50EC

Butter Chicken

Sautéed Chicken Strips with Local Seasoning, Curry Sauce and plain yogurt.

Served with Jasmine Rice - 55EC

Beef Madras

Prime Beef Cuts sautéed with Garam Masala and a Spicy Curry.

Served with Jasmine Rice - 60EC

Eggplant Parmesan

Tender, breaded eggplant cutlets topped with mozzarella cheese and marinara sauce, served with Linguine Pasta - 65EC

Vegetable Curry

Local Vegetable Medley in a Spicy Curry Sauce. Served with Jasmine Rice - 50EC

Pork Loin

Grilled Pork Loin served with a Jack Daniels au jus - 75EC

Pistachio Crusted Rack of Lamb

Juicy Australian Lamb, roasted to perfection, encrusted with pistachio nuts and served with a mint caponata and rosemary jus - 90EC

10oz New York Steak

USDA choice steak grilled to perfection. Served with a choice of the following sauces; green peppercorn, Béarnaise, Red Wine Reduction or Mushroom - 85EC

DID YOU KNOW?

The Antiguan Black Pineapple (*Ananas comosus*) was first used for making twine, cloth and for healing purposes.

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Pizza

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	Individual (10")	Large (14")
Margherita Fresh Plump Tomatoes with Extra Mozzarella	36EC	48EC
Black Olive Lots of Sliced Black Olives with Shredded Mozzarella	38EC	50EC
Pepperoni Thin slices of Pepperoni with Extra Mozzarella	40EC	52EC
The Black Pineapple Antiguan Black Pineapple with Smoked Ham and Mozzarella	40EC	52EC
Vegetarian Mushrooms, Onions, Green peppers and Mozzarella	40EC	52EC
BBQ Chicken Strips of BBQ Chicken, Green peppers, Onions and Mozzarella	40EC	52EC
Mexican Chicken Pieces of Chicken Breast, Onions, Green Peppers, Jalapeños and Mozzarella	42EC	54EC
All American Pepperoni, Onions, Mushrooms, Green Peppers and Mozzarella	42EC	54EC
Super All American Lots of Pepperoni, Onions, Green Peppers, Mushrooms, Black Olives, Smoked Ham and Mozzarella cheese laid on top of a Garlic and Fresh Basil Tomato sauce	50EC	62EC

DID YOU KNOW?

Mount Obama is the highest point of Antigua and Barbuda on the island of Antigua. It is 402 m high!

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Pizza

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	Individual (10")	Large (14")
Steak Pizza Thin slices of Steak, Green Peppers, Onions and Mozzarella	50EC	64EC
Cheese Pizza Our thin crust pizza topped with loads of Mozzarella	36EC	44EC
Additional Toppings Anchovies, Smoked Ham, Beef, Jalapeños, Spinach, Garlic, Mushrooms, Extra Cheese, Onions, Pepperoni, Green Peppers, Black Olives, Basil, Tomato, Garlic, Ground Beef, Bacon, Chicken Fish, Shrimp, Tomatoes, Italian Sausage	5EC	10EC

Coffee

Latte - 15EC
Cappuccino - 15EC
Espresso - 15EC

Espresso - 10EC
Americano - 10EC

Additional shot - 5EC

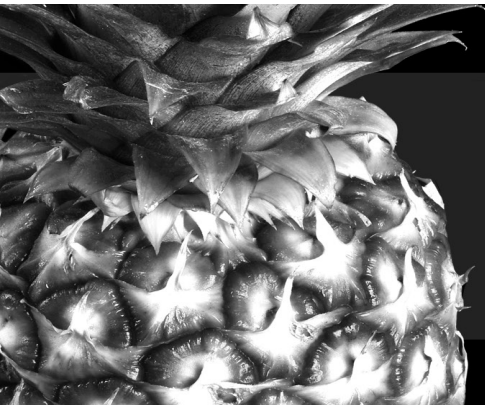
DID YOU KNOW?

Antigua and Barbuda were one of the Caribbean islands to give support to the US invasion of Grenada in 1983.

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Specialty Coffee

House, Frangelico, Brandy & Cream - 17EC

Irish, Irish Whiskey, Sugar & Cream - 17EC

Café Royal, Cognac & Cream - 18EC

Nutcracker, Amaretto, Frangelico & Cream - 20EC

Calypso, Tia Maria, Rum & Cream - 20EC

Montechristo, Baileys, Grand Marnier, Kahlua & Cream 24EC

Desserts

Chocolate Molten Lava Cake, Served with Vanilla ice cream - 35EC

Banana Flambe - 30EC

Cheesecake - 35EC

Cookies and Cream, Vanilla Ice Cream Sandwiched between Two Homemade chocolate and pecan cookies, drizzled with chocolate sauce - 35EC

Key Lime Pie - 35EC

Black Pineapple Crepe - Caramelized black pineapple wrapped in a warm crepe topped with vanilla ice cream and toasted almonds - 30EC

Ice Cream - 15EC

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