

Turned Turtle Restaurant and Bar

DINNER MENU

All dinners include four nightly plates:

APPETIZER, SOUP or SALAD (depending on the night), **MAIN COURSE** and **DESSERT!**

Turned Turtle serves mostly healthy grilled not fried main courses and vegetables are included with every dinner. If you prefer your meal lighter, request "no sauce."

Parmesan Crusted Fresh Fish** 12.5

Unique, carefully seasoned Parmesan crusting makes this filet of fish stand alone on the island. Served with rice and a choice of 3 sauces* Really hungry? Grande portion available.

Tender Grilled Breast of Chicken** 9.9

Filet of chicken breast, our special Parmesan crusting, grilled to perfection and served on a bed of rice. Choose from 3 delicious sauces.*

Fresh Lobster Tail (Seasonal Pricing and Availability)

Local lobster, steamed New England style and served with Drawn Garlic Butter. "Grande" portion available. So you know, we serve only "legal" lobster at the "Turned Turtle" (in season, of proper size and not caught on the reef). For this difference we pay a little extra and have to charge a little more than some other island eateries but we sleep better at night. We hope now that you know this, you'll sleep better too!

Filet Mignon Steak 17

Almost 1/2 pound of the best grass fed beef we can find in Nicaragua, thick cut, seasoned in our savory steak wash and grilled to your preference. A house specialty! Served with tonight's potatoes and vegetables.

Vegetarian Dinner Starting at 9

Up to three selections available every night. Ask your server for tonight's vegetarian menu.

Dry Rubbed Baby Back Ribs 14.5

Seasoned with care and slow baked for hours on end, our 1/2 pound of imported pork ribs are tender! So tender in fact that you can eat them right off the bone with a fork (no mess, no fuss), served with tonight's potatoes and vegetables.

Fresh Large Grilled Shrimp** 13.9

Our fresh, large shrimp are subtly seasoned, grilled and served resting on a bed of rice and served with your choice of 3 delicious sauces.* Served with tonight's vegetable.

NIGHTLY SPECIALS

Ask your server which special is offered this evening.

Steak Neptune: 18.5

Our tender grass fed Filet Mignon, grilled to order, topped with grilled asparagus, lobster, seafood and Sauce Béarnaise. Served with tonight's potatoes and vegetables.

Bearnaise Lobster: (Seasonal Pricing/Availability)

Legally caught lobster, steamed and served with Sauce Béarnaise

Chicken Florentine: 12

Our delicious lightly breaded grilled chicken breast, served on a bed of yummy spinach and topped with Lobster, Seafood and our real hollandaise sauce and served with potatoes.

Dijon: Filet Mignon: 18

Thick cut grass fed Filet Mignon, cooked to order and topped with our special sauce dijon.

Cashew Pesto Chicken or Shrimp: 11.5/14

Parmesan crusted chicken breast (or fresh shrimp), grilled to perfection and served on pasta tossed with our proprietary Cashew Pesto. Vegetables too!

Surf and Turf: (Seasonal Pricing/Availability)

Filet Mignon or Dry Rubbed Ribs with EITHER Fresh Lobster or Fresh Shrimp.

Shrimp Scampi: 14

Our house made scampi sauce tossed with fresh locally caught shrimp (grilled chicken or fish with lemon, butter wine sauce and capers), served on angel hair pasta.

Chicken Fronterra: 12

Grilled breaded breast of chicken, topped with sautéed mushrooms, broccoli, bacon & sauce bearnaise.

Steak Del Monico: 18

Grass fed, thick cut, Filet Mignon topped with house onion straws and bleu cheese. Wow!

Coconut Shrimp: 14

Fresh shrimp, coconut and a sweet and spicy Sriracha sauce!!

Don't forget to try one or more of our Famous Frozen or Rocks Margaritas.

*SAUCE CHOICES

Coco Milk based Spicy Red Pepper, Lite Garlic Butter Sauce (delicious and real butter) or our Portuguese inspired Coconut Curry (mild, a hint of coconut). All our sauces are created with coconut milk and/or real butter.

**SERVED ON PASTA OR RICE

Ask your server which is being offered this evening.

To help our cooks prepare consistently excellent food, we kindly ask your help by limiting your substitution requests. Please remember, credit cards only accepted from registered hotel guests.

The Turned Turtle Restaurant strives to use the freshest ingredients and serve them in the healthiest way possible, without compromising taste and uniqueness.

* If we can correct a problem or somehow make your visit better, please let us know as soon as possible.*

Feel free to bring your own wine and liquor, a \$10 corking fee per bottle will apply. No outside food is allowed in the restaurant.