



*P.O. Box N-7517
Nassau, Bahamas*

Telephone: 242-325-1676

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www.wildflowersbahamas.com

ENTRÉE

BBQ Chicken

Boneless Chicken Breast with Lobster Stuffing (OR Apple Currant Stuffing)

Grilled Chicken with Lemon Caper Sauce

Roast Cornish Game Hen with Garlic & Rosemary

Filet Mignon with Peppercorn Sauce

Petit Filet Mignon with Champagne Sauce

Beef Wellington

Spicy Roasted Pork Tenderloin

Jerk Pork Tenderloin with Fresh Applesauce

Roast Pork Tenderloin with Orange Rosemary Glaze

BBQ Baby Back Ribs

Roast Leg of Lamb with Fresh Mint Sauce

Herb Encrusted Rack of Lamb



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ENTRÉE

Broiled Lobster Tail

Minced Crawfish Scampi

Grouper Fingers

Grilled Grouper with Mango Salsa

Pan Roasted Grouper with Beurre Blanc

Pan Roasted Mahi Mahi w/ Fresh Mango Salsa

Grilled Salmon with Lemon Butter

Grilled Salmon w/ Honey Citrus Glaze

Blackened Salmon Steaks

Marinated Tuna Kebabs

Seared Ahi Tuna with Kiwi Mango Chutney

Shrimp Skewers

Jumbo Shrimp in Garlic Lemon Sauce

Cajun Sautéed Shrimp

Blackened Shrimp

Stone Crab Claws with Mustard Sauce

Fresh Veggie Lasagna

Ratatouille Nicoise

Vegetarian Paella



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ACCOMPANIMENT

Garlic Mashed Potatoes

New Potatoes w/ Parsley

Roasted Potatoes

Baby Red Potatoes Sautéed with Shallots, Garlic and Cracked Pepper

Scalloped Potatoes

Fiesta Rice

Lemon Wild Rice

Wild and Brown Rice with Dried Cranberries

Medley of Grilled Fresh Vegetables

French Green Bean Bundles

Sweet Potato Mash

Sautéed Broccoli with Lemon & Garlic

Diced Plantain & Pineapple Brulée

Fresh Asparagus with Lemon Butter

Glazed Baby Carrots

Fresh Corn on the Cob (in season)

Sautéed Mushrooms