



ATMA

REJUVINATION OF
ONE SELF

LUNCH

STARTERS

	US	EC
Jerk Eggrolls	8.00	22.00
Saltfish Balls (6)	10.00	27.00
Jerk Wings (6)	8.00	22.00

SOUPS

Soup of the day	8.00	22.00
Ginger Pumpkin	8.00	22.00
Calaloo	8.00	22.00

ENTREES

	US	EC
Fish & Chips Fresh local fish, battered and fried served with potato fries	13.00	34.71
Chicken & Chips Fresh local chicken battered and fried served with potato fries	11.00	29.37
Roti: Chicken/Fish/Vegetable	12.00	32.04
Curried Chickpeas & Plantain served with rice & salad	9.00	24.00
Island Green Salad Lettuce, tomatoes, cucumbers, onions topped with nuts, parmagan cheese & dressing <i>Add Fish/Chicken/Shrimps for additional \$6/16.02</i>	9.00	24.00
Chef's Daily Choice served with tumeric rice and vegetables	14.00	37.00

DINNER

STARTERS

	US	EC
Jerk Eggrolls	8.00	22.00
Saltfish Balls (6)	10.00	27.00
Jerk Wings (6)	8.00	22.00

SOUPS

Soup of the day	8.00	22.00
Ginger Pumpkin Soup	8.00	22.00
Calaloo Soup	8.00	22.00

SIDES

Herb Roasted Potatoes		
Turmeric Rice basmati rice infused with Turmeric, spices & raisins		
Non-Rice Alternative riced cauliflower with turmeric & spice		

ENTREES

	US	EC
Coconut Crusted Chicken pan seared with Tumeric sauce	16.00	42.72
Boneless Grilled Fish with fresh salsa dressing	23.00	61.41
Vegan Rasta Pasta seasonal vegetables in spicy tomato-based sauce	18.00	48.00
Whole Fish (Fried & Escovitched) served with fresh tambrind sauce	Market Price	Market Price

ISLAND FAVORITES

Curry Goat/Mutton sautéed goat meat seasoned with house curry sauce	26.00	70.00
Jerk Chicken (local) served w/ Coconut rice, vegetables	21.00	55.00
Ackee & Saltfish served with provisions & vegetables	16.00	42.72

SALADS

Quinoa Lentil Salad	9.00	24.00
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DESSERT

	US	EC
Fruit Sorbet (seasonal)	8.00	22.00
Carrot Pineapple Cake	8.00	22.00
Vanilla Cake	8.00	22.00
Local Ice Cream	6.00	16.00

BEVERAGES

Local juices	2.25	6.00
Fruit/Vegetable smoothie	5.61	15.00
Sodas	1.87	5.00
Carib/Stag	2.25	6.00
Guinness	3.00	8.00
Shandy Carib	2.25	6.00
Caribe	2.62	7.00
Ting	1.50	4.00
Vita Malt	1.87	5.00
Red Wine	4.50	12.00
White wine	3.75	10.00