



ATMA

REJUVINATION OF
ONE SELF

LUNCH

STARTERS

	US	EC
Jerk Eggrolls	10.00	26.00
Saltfish Balls (6)	12.00	32.00
Jerk Wings (6)	10.00	26.00

SOUPS

Soup of the day	10.00	26.00
Ginger Pumpkin	10.00	26.00
Calaloo	10.00	26.00

ENTREES

	US	EC
Fish & Chips Fresh local fish, battered and fried served with potato fries	15.00	40.00
Chicken & Chips Fresh local chicken battered and fried served with potato fries	13.00	35.00
Roti: Chicken/Fish/Vegetable	14.00	37.00
Curried Chickpeas & Plantain served with rice & salad	11.00	29.00
Island Green Salad Lettuce, tomatoes, cucumbers, onions topped with nuts, parmagan cheese & dressing <i>Add Fish/Chicken/Shrimps for additional \$6/16.02</i>	11.00	29.00
Chef's Daily Choice served with tumeric rice and vegetables	16.00	43.00

DINNER

STARTERS

	US	EC
Jerk Eggrolls	10.00	26.00
Saltfish Balls (6)	12.00	32.00
Jerk Wings (6)	10.00	26.00

SOUPS

Soup of the day	10.00	26.00
Ginger Pumpkin Soup	10.00	26.00
Calaloo Soup	10.00	26.00

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	18.00	48.00
Boneless Grilled Fish with fresh salsa dressing	25.00	67.00
Vegan Rasta Pasta seasonal vegetables in spicy tomato-based sauce	20.00	53.00
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	28.00	75.00
Jerk Chicken (local) served w/ Coconut rice, vegetables	23.00	61.00
Ackee & Saltfish served with provisions & vegetables	18.00	48.00

SALADS

Quinoa Lentil Salad	11.00	29.00
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DESSERT

	US	EC
Fruit Sorbet (seasonal)	10.00	26.00
Carrot Pineapple Cake	10.00	26.00
Vanilla Cake	10.00	26.00
Local Ice Cream	8.00	21.00

BEVERAGES

Local juices	4.00	10.00
Fruit/Vegetable smoothie	8.00	21.00
Sodas	3.00	8.00
Carib/Stag	4.00	10.00
Guinness	5.00	13.00
Shandy Carib	4.00	10.00
Caribe	4.00	10.00
Ting	3.00	8.00
Vita Malt	4.00	10.00
Red Wine	10.00	26.00
White wine	10.00	26.00