


lunch menu


served 11:30 am - 3:00 pm

cold appetizers


TABLE SIDE CARPACCIO 40

Thinly sliced tuna or seafood of your choice with celery sticks, pitted olives, basil chiffon, drizzled with olive oil and served with roasted pita chips 


SHRIMP COCKTAIL 26

Ocean shrimp marinated in salsa roja (traditional red spicy sauce) with chips of the day 

SEAFOOD CEVICHE 24

Fresh ocean seafood tossed with tomatoes, purple onion, fresh coriander in Habanero Agua de Chile, with avocado slices and assorted chips 

TRIO OF HUMMUS 28

Pairing of herbs hummus, sundried tomato hummus, and saffron hummus with infused olive oil and served with artisan pita bread and veggie bâtonnets 

TEQUILA SHRIMP & GUACAMOLE 30

Fresh creamed avocado, crispy quinoa bars, ocean shrimp in citrusy tequila sauce

HOLY GUACAMOLE DIP 18

Fresh avocado dip served with assorted chips 

snacks

BAJA CALIFORNIA FISH TACOS 20

Beer battered fish fillet strips in flour tortillas with cabbage slaw and chipotle mayo

CHICKEN STRIPS 18

Grilled or breaded chicken strips with ranch dipping sauce served with double dunk fries

GRILLED WINGS

8 pcs - 20 | 12 pcs - 25

Served with ranch dip and veggie sticks - choice of Buffalo or BBQ sauce

BEEF SLIDERS 18


Prime beef, melted cheese, kale, tomato jelly, all on a brioche bun served with double dunk fries

SHORT-RIBS TOSTONES 16


Braised short ribs in rosemary red wine sauce in green plantain tostones and blue cheese butter served on a bed of garden salad

healthy bowls

FISH TACO BOWL 32

Coconut brown rice, fresh salsa verde, green cabbage, radish, fresh coriander leaves, corn tortilla, and blackened snapper fillet 

CHICKEN PICATTA QUINOA BOWL 25

Bowl of chickpeas and quinoa, tomatoes, cucumbers, avocado, pan-seared chicken picatta with a hummus vinaigrette 


SHRIMP & TABBOULEH BOWL 30

Mediterranean style sautéed shrimp in citrus herb butter over a bowl of tabbouleh with green plantain chips


tuscan pizzas (12")

gluten-free polenta crust available 


MARGHERITA 28

Fresh basil, pomodoro, mozzarella 

BASIL ALFREDO 32

Alfredo sauce, mozzarella, bacon oil, sweet basil 

MOZZARELLA & TRUFFLE 48

Mozzarella, pomodoro, truffle paste 


BRESAOLA & FETA 60

Bresaola, feta, mozzarella, pomodoro, spinach, Calamata olives

SEAFOOD LOVERS 62

Shrimp, fish, octopus on a creamy base with mozzarella, pomodoro, and garlic infused oil

VEGETARIAN 40

Roasted vegetables, arugula, mushrooms, olives, pickled onions, pomodoro, mozzarella 

PEPPERONI 34

Pepperoni, pomodoro, mozzarella

MEAT LOVERS 50

Glazed ham, pepperoni, bacon, Italian sausage, meat bolognese, pomodoro, and mozzarella

SHORT RIBS & GORGONZOLA 55

Braised short ribs, gorgonzola, mozzarella, pomodoro

create your own pizza 28
base of pomodoro & mozzarella

VEGETABLE TOPPINGS 9

Onions | Peppers | Pineapples
Fresh Tomatoes | Olives | Mushrooms
Capers | Roasted Vegetables | Basil
Spinach | Artichoke | Arugula

MEAT TOPPINGS

Pepperoni 8 | Spicy Italian sausage 8
Ham 8 | Bresaola 15 | Capocollo 15
Bolognese 8 | Bacon 8 | Anchovies 8
Shrimp 10 | Lobster (seasonal) 15

 Gluten-free items or gluten-free options available

 Vegetarian items

embers

All prices are in Belize dollars - inclusive of 12.5% GST.
An additional 10% hospitality charge will be applied.

What's a hospitality charge?





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signature salads

WELLNESS SALAD 28

Handpicked mixed greens, kale, tossed in creamy ranch with a black pepper vinaigrette topped with roasted sunflower seeds, coconut shavings, orange pulp, dried cranberries, avocado, and pita chips  

ROASTED VEGETABLES & BLUEBERRIES SALAD 27

Marinated roasted vegetables tossed in a mint vinaigrette with fresh blueberries, sesame seeds, cucumbers, fresh parsley, roasted red bell peppers on a bed of greens  

ANTIPASTO SALAD 32

Bed of mixed greens filled with sliced Italian meats, cubes of feta, pumpkin seeds, green and black olives, artichokes, cherry tomatoes, tossed together in a homemade light lemon and olive oil dressing, served with focaccia toast

CLASSIC CAESAR SALAD 30

prepared table side

Table side prepared caesar dressing tossed in hearts of Romaine lettuce with focaccia toast, roasted cherry tomatoes, and Parmesan shavings

tuscan sandwiches & burgers

gluten-free bread available 

VEGETARIAN FOCACCIA SANDWICH 20

Arugula, roasted vegetables, capers, and feta cheese served with pickled red onion and Mediterranean tabouleh salad

CAPOCOLLO & PEPPERONI SANDWICH 42

Cured Italian meats, pepperoni, Tuscan focaccia, melted mozzarella and pesto oil, with selected fruits

PROSCIUTTO SUB-SANDWICH 38

Layered with arugula, provolone, artichoke hearts, fresh basil, and selected fruits

LA FOGATA BURGER 26

6oz cut of Hereford (80/20 mix) grilled to your perfection on a toasted brioche bun with your choice of toppings: pickles | candy bacon | tomato grilled onions | cheese served with double dunk fries


add your choice of meat

GRILLED TUNA 14
GRILLED CHICKEN 8
GRILLED LOBSTER TAIL (seasonal) 22

GRILLED SHRIMP 12
GRILLED FISH FILLET 18
GRILLED OCTOPUS 21

pasta

SPAGHETTI AL POMODORO E BASILICO 26


Fresh tomato sauce, handpicked basil, Parmigiano shavings, and olive oil 

daily sides - 8

SWEET POTATO FRIES
SIDE OF TABBOULEH 
SIDES OF SELECTED FRUITS 
HAND-PICKED GARDEN SALAD 
BROWN RICE 
ASSORTED HOMEMADE CHIPS
ROASTED POTATO WEDGES 
DOUBLE DUNK FRIES 

from the ocean

TUSCAN BROILED LOBSTER TAIL 65

Caribbean spiny lobster tail broiled in herb butter and accompanied with brown rice and tabbouleh salad 



MANGO NERO COCONUT SHRIMP 30

Coconut-breaded shrimp deep fried, served with roasted cilantro potato wedges and jelly mango-nero sauce

daily fish selection - *freshly caught fish served with any 2 sides and your choice of sauce*

SNAPPER 42	SNOOK 42	WAHOO STEAK 48	BARRACUDA STEAK 40
GROUPEL 42	DORADO 48	KING FISH STEAK 40	

Sauce: Pesto cream | Lobster Bisque (*shrimp when not in season*) | Primavera Veg
Artichoke in lemon-garlic butter | Pomodoro

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