

# lunch menu

served 12:00 am - 3:00 pm

## appetizer & snacks

### ROASTED ARTICHOKE SPINACH DIP 25

Creamy Roasted Artichoke and Spinach Dip accompanied by Crispy Tortilla Chips

### QUESADILLAS

Mexican tortillas filled with cheese, fresh diced onion, tomato, bell pepper, and our house-made pico de gallo. Finished with your choice of premium meat

Veggie 30 | Beef 30 | Chicken 30 | Shrimp 35 | Combo 40

### TOSTADAS CUPS 22

Deep Fried Corn Tortilla Shell, Shredded Chicken, Chiffonade Lettuce, Dice Tomatoes, Feta Cheese, Fresh Jalapeno and Cream

### FRIED CHICKEN WINGS

8pcs - 26 | 12pcs - 34

Crispy chicken wings with your choice of sauce  
BBQ | Buffalo | Honey Siracha | Honey mustard

### MOZZARELLA STICKS 20

Crispy Deep Fried Mozzarella Stick with homemade Pomodoro Sauce.

### TRES QUESO DIABLO DIP 25

This tasty three cheese dips consists of Cream Cheese, Marble Jack, Mozzarella Cheese, Fresh Jalapeno, Salty and Crispy Corn Tortilla Chips

### COCHINITA PIBIL 30

Fogón Cooked Pork Pibil, hand made Corn Tortilla, Recardo Negro, Salsa Verde, Pickled Onion.

### CHICKEN FINGERS 26

Chicken fingers with classic ranch dipping sauce served with French fries

### NACHOS

Traditional nachos, corn chips, cheese sauce, beans, pico de gallo, and your choice of premium meat

Veggie 30 | Beef 30 | Chicken 30 | Shrimp 35 | Combo 40

### FAJITAS

Homemade flour tortilla peppers, onions, pico de gallo, fajitas seasoning, sour cream and your choice of premium meat

Veggie 38 | Beef 38 | Chicken 38 | Shrimp 45 | Lobster 50

## healthy bowls

### TUNA POKE BOWL 45

Ember take on a Tuna Poke Bowl, Coconut Ginger Slice Cucumber, Tuna Marinated in Soy Sauce, Sesame Seed, Green Onion, Slice Avocados, Fried Nori, Fried Onion and Purple Cabbage


### FIESTA BURRITO SALAD BOWL 40

It's a Fiesta in a Crispy Flour Tortilla Bowl, Carrot Ginger Rice, Guacamole, Roasted Corn, Whole Beans, Pico De Gallo, Sour Cream, Fresh Jalapenos.

## tuscan pizzas (12")

gluten-free polenta crust available 

### MARGHERITA 36

Fresh basil, pomodoro, mozzarella 

### SEAFOOD LOVERS 75

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

### PEPPERONI 40

Pepperoni, pomodoro, mozzarella

### MEAT LOVERS 65

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

create your own pizza 30  
base of pomodoro & mozzarella

### VEGETABLE TOPPINGS 10

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

### MEAT TOPPINGS

Pepperoni 12 | Spicy Italian sausage 12  
Ham 12 | Ground Beef 12 | Bacon 12 |  
Anchovies 12  
Shrimp 20 | Lobster (seasonal) 30

 Gluten-free items or gluten-free options available

 Vegetarian items



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

What's a restaurant fee?



# lunch menu

served 12:00 pm - 3:00 pm

## signature salads and wraps

### CHARRED RANCH CEASER SALAD 35

Crispy Brioche Crotons, Fresh Shaved Parmesan Cheese, Roasted Cherry Tomatoes, Drizzled in House Ceaser Ranch Dressing.

### WEDGE SALAD 38

Crispy Wedge Iceburg Lettuce, Crunchy Bacon Bites, Cherry Tomatoes, Blue Cheese, Crumble Boil Eggs, Drizzled in House Blue Cheese Dressing.

### CHEF SALAD 40

A tossed of Romain and Iceburg Lettuce, layer of Boiled Eggs, Purple Onions, Dice Tomatoes, Crispy Bacon, Ham, Dice Cucumber and House Habanero and Thousand Island Dressing.

### CHIPOTLE CHICKEN WRAP 35

Succulent Chicken Pieces, Tossed in Chipotle Cream, Lettuce, Tomatoes, Shredded Mozzarella, Fresh Cilantro, Coconut Ginger Rice accompanied by Pico De Gallo and Cilantro Ranch.

add your choice of meat

GRILLED CHICKEN 15


GRILLED HALF LOBSTER TAIL(seasonal) 30

GRILLED SHRIMP 20


GRILLED FISH FILLET 20

## pasta


### SPAGHETTI AL POMODORO E BASILICO 32

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

### SPAGHETTI AL PESTO 40

Our spaghetti tossed in authentic pesto made from fresh basil topped with Parmigiano shavings 

### BELIZEAN GNOCCHI 50

Cassava gnocchi with shaved parmesan cheese in brown butter with homemade basil pesto and the house pomodoro 

## tuscan sandwiches & burgers

gluten-free bread available 

### LA FOGATA BURGER 42

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 French fries

### BBQ BACON RANCH BURGER 45

6oz cut of Hereford (80/20 mix) grilled to your perfection on a toasted home-made brioche bun with tomatoes, pickles, bacon, julian sliced onion, BBQ sauce and our creamy ranch served with French fries


### TEMPURA FISH BURGER 40

Light Tempura Batter Deep Fried Snapper, Tartar Sauce, Tomato Chutney, Lettuce Tomatoes and accompanied by Onion Rings.


## from the ocean

### TUSCAN BROILED LOBSTER TAIL 85

(Seasonal)

Caribbean spiny lobster tail broiled in herby butter 

### LEMONGRASS SNAPPER 60

Delicate snapper fillet infused with lemongrass, served with creamy potato purée, broccoli, cherry tomatoes, and a zesty cilantro-green bell pepper sauce. 

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embers

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