

# STOLEN TIME.

## SAINT LUCIA

### Note on Mushrooms:

- Familiar cultivated white or “button” mushrooms found on supermarket shelves throughout the United States should not be consumed. Same for Portobello and Cremini mushrooms which are the same species. They contain natural carcinogens. We don’t know how dangerous these toxins are, but we do know that they do not occur in other mushrooms that offer great health benefits. Mushrooms should be eaten cooked always.

### Pumpkin Soup

Toasted Pumpkin Seeds, Caramelized Onions  
Wheat Crackers Bruschetta,

**Nutrition:** Pumpkin has a range of fantastic benefits, including being one of the best-known sources of beta carotene.

Beta carotene is an antioxidant that gives orange vegetables and fruits their vibrant color. Pumpkins are a fantastic source of fiber which slows the rate of sugar absorption into the blood, promotes regular bowel movements, and smooths digestion.

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### Vegetable Wellington

Grilled Asparagus, Charred Cherry Tomatoes,  
Dried Zepina Leaves, Tamarind Salsa  
Poached Leeks

**Nutrition:** A powerhouse of nutrients in this dish bringing diversity which is key in keeping our microbiome healthy. Asparagus is a low-calorie vegetable that is an excellent source of essential vitamins and minerals, especially folate and beta-carotene, vitamin C and K. Tamarind contains a good amount of magnesium, an important mineral that plays a role in over 600 functions in the body.

### Scallop Mushrooms

Roasted Spring Onions, Pickled yellow squash  
Grilled Tomato Skins, Beans, Micro Greens, Artichoke, Olive Oil

**Nutrition:** Mushrooms offer a source of plant-based protein alongside mung beans. White mushrooms offer some polysaccharides which can act as prebiotics, or food for the gut bacteria, which help improve gut health. They also contain vitamin D, iron, and selenium, an important antioxidant.

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### **Spicy Breadfruit Patty**

Rosemary Zucchini, Charred Okra,  
Spinach Puree,  
Beluga Lentils, Green Tomato Salsa

**Nutrition:** A very nutritious meal with an unusual starch called Breadfruit which replaces the usual potatoes or beetroots in vegetarian Patties. Breadfruit offers almost half the daily recommended fiber value in one serving and more than 100 percent of the vitamin C you need each day, not to mention over a dozen other important nutrients. Okra provides plenty of calcium while beluga lentils provide a source of plant-based protein as well as fiber – an excellent nutrient combo that helps keep you full

### **Potato Tea**

Onion Rings, Paratha Bread, Ricotta  
Cheese

**Nutrition:** An original way to eat your Soup. Ricotta cheese is a creamy, white cheese which is a good source of protein. The high-quality whey found in ricotta may promote muscle growth and help lower blood pressure.

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### **Christophene Colombus**

Bok Choi Stems, Sautéed Cauliflower,  
Oven Plantains,  
Spicy Callaloo Leaves, Grilled local  
seasoning peppers, Fingerling Potatoes,  
Tahini (Sesame) Emulsion

**Nutrition:** Christophenes or Chayote is a type of squash which is rich in key nutrients including B vitamins, potassium and vitamin C. Although more studies are needed, Multiple studies have shown how chayote can help to boost liver health and function. The addition of bok choy, cauliflowers, plantain and callaloo elevate the dish with a powerhouse of nutrients and extra fiber.

### **Vietnamese Cold Spring rolls**

Rice Paper, Fermented vegetable, Spicy  
Tapenade, Micro Greens,  
Beets Tartar, Mustard Dressing,

**Nutrition:** A low-calorie nutrient dense option for the serious healthy eaters. Fermented vegetables pack extra nutrition. When vegetables are fermented, healthy bacteria break down the natural sugars. These bacteria (probiotics), preserve foods and have many health benefits for your body.

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### Grilled Cajun Tofu

Bean Thread Noodles, Roasted Vegetables, Charred Sweet Corn, Spinach Pesto, Tomato Tartar, Eggplant Seeds, Olive Oil

**Nutrition:** Tofu, eaten moderately, provide a good source of protein. Buckwheat noodles are similar in nutrition to whole-wheat spaghetti and a good plant-based protein source as well as minerals. The additional vegetables add extra fiber and some healthy mono-unsaturated fats from extra olive oil

### Mezzeh Presentation

Humus (Sesame), Spicy Vegetable Fataya (baked), Falafel, Pickled Vegetable, Fermented Laban Drink

**Nutrition:** A Classic & Nutrient-dense dish for the Health-Conscious Eaters. Humus & falafel provides plenty plant-based protein, complex carbohydrates and complex carbohydrates – a great combination to keep you full and balance blood sugar levels. Laban is a fermented milk drink originally drunk in the Middle East and North Africa to replenish water and salts in the body.

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### Eggplant Roulade

Blackened Mushrooms, Wild Rice, Jerk Mangoes, String Beans, Tomato Compotes, Parsley Mousseline

**Nutrition:** The skin of aubergine contains a powerful antioxidant called nasunin that can protect against oxidative. Mushrooms add protein as well as vitamin C, selenium & choline. A very colorful dish which provides many different antioxidants which are important for health as they help the body eliminate free radicals. Free radicals can accumulate in the body and may cause oxidative stress if too many collect. Hence the advice of nutritionists to eat a rainbow of food on your plate.

### Quinoa salad

Organic Leaves, Pickled Ginger, Olives, Grilled Peppers  
Organic Leaves, Orange Dressing

**Nutrition:** Quinoa is considered a complete protein, meaning it has all the essential amino acids. This meal is packed with fibre thanks to quinoa and fibre. Fibre is important to keep your digestive system happy by helping you stay regular and by feeding the microbiota. Fibre can also help to lower cholesterol levels and keep your blood sugar levels balanced.

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### **Oven Roast Stuffed Peppers**

Brussels Sprout Farce, Oven Roast  
Cherry Tomatoes,  
Black-Eyed Peas, Asparagus, Garlic  
Croutons, Kale Dressing

**Nutrition:** An antioxidant rich meal with bell peppers, kale, tomatoes and Brussels sprouts. Black-eyed peas, also known as cowpeas are incredibly nutrient-dense, packing plenty of fiber and protein into each serving. They are also a good source of several important micronutrients, including folate, copper, thiamine, and iron.

### **Mushroom Pate**

Gazpacho, Avocado Beets Tartar,  
Organic Leaves,  
Roast Broccoli, Sweet Chilies, chia Seeds

**Nutrition:** A vibrant plate with avocado, beetroot, broccoli & sweet chilies. Avocados and their oils are rich in mono-unsaturated fats that have compounds to protect against inflammation. They are rich in antioxidants lutein, vitamin E and beta-carotene and can promote blood sugar reduction and support cardiovascular, digestive and skin health. Beetroots are packed with phytonutrients called betalains that provide antioxidant and anti-inflammatory support to the body. They are also high in minerals such as calcium and magnesium that help with bone mineralization and muscle contraction.

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### **Vegetable Tandoor**

Onion Marmalade, Green Peas Porch,  
Cumin Potatoes, Burnt Watermelon,  
Mango Chutney, Curdled Milk

**Nutrition:** A wonderful dish full of spices rich in nutrients and antioxidants. Cinnamon, ginger, cumin, coriander, paprika & turmeric provide a powerhouse of nutrients from anti-inflammatory, blood sugar regulation as well as digestive & memory support. Green peas provide an excellent amount of plant-based protein which is why they are so filling.

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