



MENU

Effective from March 20th 2023

Welcome to Lake Mainstay Resort

HOW TO ORDER A MEAL

Please follow these guidelines to order your meals from our restaurant:

- All orders can be placed at the front desk or with one of the servers.
- We advise that orders be placed at least two hours ahead of meal times for meals to be prepared in a timely manner.
- You must specify all details of your order carefully to ensure you get a satisfied meal. For example, if you are ordering toast, you need to specify whether it is whole wheat or white bread, etc.
- The coffee stand is there for you to help yourself to your desired beverage.
- The restaurant closes at 22:00 hours. Last order is at 21:00 hours. Meals are served inside of our restaurant during the following scheduled times:
 - 1.) Breakfast @ 7:00 hours to 10:00 hours
 - 2.) Lunch @ 12:00 hours to 14:00 hours
 - 3.) Dinner @ 18:00 hours to 21:00 hours
- If you need your food takeaway, no problem, just ask!

Thank you.

The Lake Mainstay Resort Team



Copyright: March 20th 2023



Sunday



Standard Breakfast

- Homestyle Eggs
- Stewed Sausage
- Homemade Bread
- Fresh Fruits
- Tea/Coffee/Juice/Water
- Optional: Beef Pepperpot

Price: \$2,500

Deluxe Lunch

- Bunjal Chicken
- Fried Fish
- Plain Rice
- Dhal
- Steamed Callaloo
- Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Deluxe Dinner

- Baked Chicken
- Fish in Cheese Sauce
- Mashed Potatoes & Fried Rice
- Steamed Vegetables
- Tea/Coffee/Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Available on Beach

- Barbecue Chicken (\$1,800)
- Fried Fish (\$1,800)
- Plantain Fries (\$1,000)
- Potato Fries (\$1,000)

From 12 Midday. Simply purchase a chit from the Deck Bar

Economy Lunch

- Bunjal Chicken
- Plain Rice
- Dhal
- Steamed Callaloo
- Juice/Water

Price: \$3,000

Economy Dinner

- Baked Chicken
- Mashed Potatoes or Fried Rice
- Steamed Vegetables
- Tea/Coffee/Juice/Water

Price: \$3,000

Prices quoted are inclusive of VAT.



Monday



Standard Breakfast

- Fried Fish
- Grilled Sausage in Tomatoes
- Fried Plantain
- Fresh Fruits
- Tea/Coffee/Juice/Water

Continental:

Toast, eggs and sausage

Price: \$2,500

Deluxe Lunch

- Honey Glazed Chicken
- Fish in Cheese Sauce
- Raisin Rice
- Green Salad
- Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Deluxe Dinner

- Sweet & Sour Chicken
- Stir Fried Beef
- Vegetable Macaroni & Spanish Rice
- Stir Fried Vegetables
- Tea/Coffee/Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Side Orders

- Baked/Fried Chicken(\$1,800)
- Fried Fish (\$1,800)
- Plantain Fries (\$1,000)
- Potato Fries (\$1,000)

Economy Lunch

- Honey Glazed Chicken
- Raisin Rice
- Green Salad
- Juice/Water

Price: \$3,000

Economy Dinner

- Sweet & Sour Chicken
- Vegetable Macaroni or Spanish Rice
- Stir Fried Vegetables
- Tea/Coffee/Juice/Water

Price: \$3,000



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Tuesday



Standard Breakfast

- Stewed Sausage
- Boulanger Choka
- Paratha Roti
- Fresh Fruits
- Tea/Coffee/Juice/Water

Continental:

Toast, eggs and sausage

Price: \$2,500

Deluxe Lunch

- El Dorado Chicken
- Fish in Pineapple Sauce
- Fried Rice
- Potato Salad
- Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Deluxe Dinner

- Pot Roast Chicken
- Fish in Lemon Sauce
- Baked Macaroni & Cheese and Saffron Rice
- Steamed Vegetables
- Tea/Coffee/Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Side Orders

- Baked/Fried Chicken(\$1,800)
- Fried Fish (\$1,800)
- Plantain Fries (\$1,000)
- Potato Fries (\$1,000)



Economy Lunch

- El Dorado Chicken
- Fried Rice
- Potato Salad
- Juice/Water

Price: \$3,000

Economy Dinner

- Pot Roast Chicken
- Baked Macaroni & Cheese or Saffron Rice
- Steamed Vegetables
- Tea/Coffee/Juice/Water

Price: \$3,000



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Wednesday



Standard Breakfast

- Fish Flakes
- Scrambled Eggs
- Fried Bakes
- Fresh Fruits
- Tea/Coffee/Juice/Water

Continental:

Toast, eggs and sausage

Price: \$2,500

Deluxe Lunch

- Baked Chicken
- Pan Fried Fish
- Cook-up Rice
- Garden Salad
- Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Deluxe Dinner

- Stir Fried Chicken
- Sweet & Sour Fish
- Macaroni Pie
- Steamed Vegetables
- Tea/Coffee/Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Side Orders

- Baked/Fried Chicken(\$1,800)
- Fried Fish (\$1,800)
- Plantain Fries (\$1,000)
- Potato Fries (\$1,000)

Economy Lunch

- Pan Fried Fish
- Cook-up Rice
- Garden Salad
- Juice/Water

Price: \$3,000

Economy Dinner

- Stir Fried Chicken
- Macaroni Pie
- Steamed Vegetables
- Tea/Coffee/Juice/Water

Price: \$3,000



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Thursday



Standard Breakfast

- Stewed Sausage
- Fried Eggs
- Pancakes
- Fresh Fruits
- Tea/Coffee/Juice/Water

Continental:

Toast, eggs and sausage

Price: \$2,500

Deluxe Lunch

- Pot Roast Chicken
- Baked Fish
- Tropical Rice
- Sliced Cucumber & Tomatoes
- Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Deluxe Dinner

- Honey Mustard Chicken
- Sauteed Beef
- Hash Brown Potatoes
- Steamed Vegetables
- Tea/Coffee/Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Side Orders

- Baked/Fried Chicken(\$1,800)
- Fried Fish (\$1,800)
- Plantain Fries (\$1,000)
- Potato Fries (\$1,000)



Economy Lunch

- Pot Roast Chicken
- Tropical Rice
- Sliced Cucumber & Tomatoes
- Juice/Water

Price: \$3,000

Economy Dinner

- Honey Mustard Chicken
- Hash Brown Potatoes
- Steamed Vegetables
- Tea/Coffee/Juice/Water

Price: \$3,000



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Friday



Standard Breakfast

- Sunny Side Up Eggs
- Grilled Sausage
- Fried Plantain
- Fresh Fruits
- Tea/Coffee/Juice/Water

Continental:

Toast, eggs and sausage

Price: \$2,500

Deluxe Lunch

- Deep Fried Chicken
- Baked Fish in Orange Sauce
- Corn & Celery Rice
- Cream Potato
- Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Deluxe Dinner

- Stir Fried Chicken
- Beef Steak
- Vegetable Chowmein
- Garden Salad
- Tea/Coffee/Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Side Orders

- Baked/Fried Chicken(\$1,800)
- Fried Fish (\$1,800)
- Plantain Fries (\$1,000)
- Potato Fries (\$1,000)



Economy Lunch

- Deep Fried Chicken
- Corn & Celery Rice
- Cream Potato
- Juice/Water

Price: \$3,000

Economy Dinner

- Stir Fried Chicken
- Vegetable Chowmein
- Garden Salad
- Tea/Coffee/Juice/Water

Price: \$3,000

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Saturday



Standard Breakfast

- Turkey Bacon
- Fish Flakes
- Fried Bakes
- Fresh Fruits
- Tea/Coffee/Juice/Water

Continental:

Toast, eggs and sausage

Price: \$2,500

Deluxe Lunch

- Chicken in Pineapple Sauce
- Baked Fish
- Mainstay Rice
- Tropical Salad
- Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Deluxe Dinner

- Grilled Chicken
- Deep Fried Trout
- Metemgee & Jewel Rice
- Stir Fried Vegetables
- Tea/Coffee/Juice/Water
- Dessert: Chef's Choice

Price: \$3,500

Side Orders

- Baked/Fried Chicken(\$1,800)
- Fried Fish (\$1,800)
- Plantain Fries (\$1,000)
- Potato Fries (\$1,000)

Economy Lunch

- Chicken in Pineapple Sauce
- Mainstay Rice
- Tropical Salad
- Juice/Water

Price: \$3,000

Economy Dinner

- Deep Fried Trout
- Metemgee or Jewel Rice
- Stir Fried Vegetables
- Tea/Coffee/Juice/Water

Price: \$3,000



Prices quoted are inclusive of VAT.



Alternatives

Must be Pre-ordered



Preparation Time: Minimum 2 Hours and a Minimum of 2 Orders

Breakfast Option #1

- Fish Flakes
- Fried Bakes
- Fresh Fruits
- Tea/Coffee/Juice/Water

Price: \$2,500

Lunch Option #1

- Fish Curry
- Plain Rice
- Sliced Cucumber
- Tea/Coffee/Juice/Water

Price: \$3,000

Dinner Option #1

- Fried Pumpkin with Shrimp
- Sada Roti
- Tea/Coffee/Juice/Water

Price: \$3,000

Breakfast Option #2

- Boulanger Choka
- Paratha Roti
- Fresh Fruits
- Tea/Coffee/Juice/Water

Price: \$2,500

Lunch Option #2

- Fried Ochro with Salt Fish
- Plain Rice
- Dhall
- Tea/Coffee/Juice/Water

Price: \$3,000

Dinner Option #2

- Boiled Eggs or Stewed Fish
- Boiled & Fried Provision
- Tea/Coffee/Juice/Water

Price: \$3,000

Breakfast Option #3

- Fried Boulanger with Shrimp
- Paratha Roti
- Fresh Fruits
- Tea/Coffee/Juice/Water

Price: \$2,500

Lunch Option #3

- Bunjal Shrimp
- Plain Rice & Dhall
- Steamed Callaloo
- Tea/Coffee/Juice/Water

Price: \$3,000

Dinner Option #3

- Stripped Chicken Fried Rice
- Salad
- Tea/Coffee/Juice/Water

Price: \$3,000

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Deluxe Pre-Orders

Preparation Time: Minimum 2 Hours and a Minimum of 2 Orders



Pre-Order #1

- Bunjal/Curry Duck
- Plain Rice/Sada Roti
- Dhal
- Local Juice and Water

Price: \$4,200

Pre-Order #2

- Bunjal/Curry Goat
- Plain Rice/Paratha Roti
- Dhall & Sliced Cucumber
- Local Juice and Water

Price: \$4,200

Pre-Order #3

- Bunjal/Curry Mutton
- Plain Rice/Paratha Roti
- Dhall
- Local Juice and Water

Price: \$4,200

Pre-Order #4

- Mutton/Curry Casserole
- Season Rice & French Fries
- Chef Salad
- Local Juice and Water

Price: \$4,200

Pre-Order #5

- Bunjal/Curry Labba
- Plain Rice/Sada Roti
- Dhall & Tropical Salad
- Local Juice and Water

Price: \$4,200

Pre-Order #6

- Bunjal/Curry Deer
- Plain Rice & Dhall
- Steamed Callaloo
- Local Juice and Water

Price: \$4,200

Pre-Order #7

- Iguana Curry
- Plain Rice
- Salad
- Local Juice and Water

Price: \$5,500

Pre-Order #8

- Garlic/Curry Prawns (Med.)
- Spanish Rice
- Stir Fried Vegetables
- Local Juice and Water

Price: \$4,200

Pre-Order #9

- Bunjal/Curry Creole Fowl
- Plain Rice & Dhall/Dhall Puri
- Steamed Callaloo
- Local Juice and Water

Price: \$4,200

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Deluxe Pre-Orders

Preparation Time: Minimum 2 Hours and a Minimum of 2 Orders



Pre-Order #10

- Fish Stew
- Plain Rice/Sada Roti
- Local Juice and Water

Price: \$3,000

Pre-Order #11

- Chicken Stew
- Plain Rice/Sada Roti
- Local Juice and Water

Price: \$3,000

Pre-Order #12

- Fish Curry
- Plain Rice/Sada Roti
- Local Juice and Water

Price: \$3,000

Pre-Order #13

- Beef Curry
- Plain Rice/Sada Roti
- Local Juice and Water

Price: \$3,000

Pre-Order #14

- Beef Fried Rice
- Garden Salad
- Local Juice and Water

Price: \$3,000

Pre-Order #15

- Stripped Chicken Chowmein
- Sliced Cucumber & Tomatoes
- Local Juice and Water

Price: \$3,000

Pre-Order #16

- Prawns Fried Rice
- Garden Salad
- Local Juice and Water

Price: \$4,200

Pre-Order #17

- Prawns Chowmein
- Sliced Cucumber & Tomatoes
- Local Juice and Water

Price: \$4,200

Pre-Order #18

- Beef Chowmein
- Sliced Cucumber & Tomatoes
- Local Juice and Water

Price: \$3,000

Prices quoted are inclusive of VAT.

Vegetarian

Preparation Time: Minimum 2 Hours

Must be Pre-ordered



Breakfast Option #1

- Fried Pumpkin
- Fried Bakes
- Fresh Fruits
- Tea/Coffee/Juice/Water

Price: \$2,500

Lunch Option #1

- Pepperoni Chunks
- Saffron Rice
- Cucumber & Tomatoes
- Local Juice and Water

Price: \$3,500

Dinner Option #1

- Sauteed Red Beans
- Vegetable Chowmein
- Tropical Salad
- Local Juice and Water

Price: \$3,500

Breakfast Option #2

- Boulanger Choka
- Paratha Roti
- Fresh Fruits
- Tea/Coffee/Juice/Water

Price: \$2,500

Lunch Option #2

- Baked Bean
- Vegetable Fried Rice
- Garden Salad
- Local Juice and Water

Price: \$3,500

Dinner Option #2

- Stewed Beans
- Boiled and Fried Provision
- Steamed Vegetables
- Local Juice and Water

Price: \$3,500

Breakfast Option #3

- Fried Bora & Potato
- Sadha Roti
- Fresh Fruits
- Tea/Coffee/Juice/Water

Price: \$2,500

Lunch Option #3

- Channa Curry
- Plain Rice
- Dhal
- Steamed Callaloo

Price: \$3,500

Dinner Option #3

- Stuffed Egg Plant
- Corn & Bell Pepper Rice
- Sweet Potato Salad
- Local Juice and Water

Price: \$3,500

Prices quoted are inclusive of VAT.

Local Beverages & Dessert



Local Beverages

- Tea \$ 500
- Coffee \$ 500
- Milo \$ 500
- Hot Chocolate \$ 500
- Milk (Glass) \$ 500
- Local Juice \$ 500
- Coconut Water \$ 500
- Fruit Smoothie \$1,000

Dessert Price List

- Ice Cream \$ 500
- Cheese Cake \$ 500
- Chocolate Brownie \$1,000
- Ice Cream & Jell-O \$ 800
- Bake Custard \$ 500
- Banana Cake \$1,000
- Chocolate Cake \$ 500
- Vanilla Fudge \$ 500
- Fruit Trifle \$1,000
- Jell-O \$ 500
- Jell-O & Cream \$ 800
- Pineapple Crumble \$ 500
- Fruit Cocktail \$ 500



Prices quoted are inclusive of VAT.

Happy Meals

Must be Pre-ordered



Finger Foods

- Battered Fish Fingers \$3,000
- Chicken Burger – Large \$1,800
- Chicken Burger – Medium \$1,200
- Beef Burger – Large \$1,800
- Beef Burger – Medium \$1,200
- Hot Wings \$1,800
- Chicken Tenders \$1,600
- Sandwich – Chicken \$1,600
- Sandwich – Cheese \$1,000
- Sandwich – Beef \$1,600
- Sandwich – Fish \$1,000
- Hot Dog \$ 800
- Potato Wedges \$1,000
- Barbecue Chicken \$1,800

Preparation Time: Minimum 30 Minutes

- Pizza – Cheese (Large) \$4,200
- Pizza – Beef (Large) \$4,200
- Pizza – Chicken (Large) \$4,200
- Pizza – Vegetables (Large) \$2,500
- Pizza – Cheese (Medium) \$3,500
- Pizza – Beef (Medium) \$3,500
- Pizza – Chicken (Medium) \$3,500
- Pizza – Vegetables (Medium) \$2,000
- Pizza – Cheese (Small) \$3,000
- Pizza – Beef (Small) \$3,000
- Pizza – Chicken (Small) \$3,000
- Pizza – Vegetables (Small) \$1,700

Preparation Time: Minimum 2 Hours

Prices quoted are inclusive of VAT.

Cutters

Must be Pre-ordered



Bunjal Selection

Preparation Time: Minimum 2 Hours

- Prawns (Jumbo) \$5,500
- Prawns (Med) \$4,200
- Pachownie \$4,800
- Creole Fowl \$3,000
- Bunjal Beef \$2,500

- Bunjal Labba \$4,200
- Bunjal Duck \$3,000
- Bunjal Iguana \$5,500
- Bunjal Goat \$3,000
- Bunjal Mutton \$3,000
- Bunjal Deer \$3,000



Prices quoted are inclusive of VAT.