



20·KNOTS
CASUAL DINING

LUNCH MENU

SMALL PLATES

TUNA CEVICHE.....	18
gazpacho, mango, jalapeño, red onion, cassava bread	
FRIED CONCH.....	18
herb mayonnaise	
SPINACH HUMMUS.....	11
garlic naan, kalamata olives	
SPANISH GAZPACHO.....	13
vegetables, chives, toasted bread	
CORNMEAL FRIED CALAMARI.....	15
eggplant achar, lime aioli, pico de gallo	

SALADS

CAESAR SALAD.....	12
romaine lettuce, croutons, parmesan, bacon	
add chicken.....	16
add prawn.....	19
QUINOA AND BROCCOLI.....	15
golden raisins, citrus yogurt vinaigrette, candied nuts	
MANGO AND ZUCCHINI.....	15
local lettuce, rum glazed pineapple, coconut dressing, cashew crumble	
SPINY LOBSTER SALAD.....	29
asparagus, pineapple, lemon, cilantro dressing	
WATERMELON SALAD.....	15
cherry tomatoes, feta cheese, basil, mint, balsamic dressing	

FROM OUR BRICK OVEN

MARGARITA.....	16
basil, mozzarella, san marzano tomatoes, extra virgin olive oil	
MUSHROOM.....	22
portobello mushroom, goat cheese, red onion, pesto, san marzano tomatoes	
BBQ CHICKEN.....	19
bbq chicken breast, mozzarella, cheddar, red onion, cilantro, san marzano tomatoes	
VEGETARIAN CALZONE.....	17
grilled vegetables, mozzarella, basil, san marzano tomatoes	

HANDHELDS

GRILLED ZEMI TACOS	
caribbean coleslaw, chili sauce, sour cream	
your choice of protein:	
local mahi, pineapple sauce.....	22
spicy prawn.....	23
grilled chicken, guacamole, lime yogurt.....	18
grilled steak, jalapenos, tomatillo sauce.....	23
SHOAL BAY BURGER.....	21
angus beef, brioche bun, romaine lettuce, grilled tomato, pickled shallots, moroccan aioli	
choice of cheese: swiss, cheddar, blue cheese, add on: bacon, avocado, fried egg	
CRISPY FRIED CHICKEN.....	18
bacon jam, romaine lettuce, grilled tomato, ciabatta	

SIMPLY SKEWERED

served with your choice of one side

chicken breast with bacon and mushroom –	18
local mahi with vegetables –	22
grilled prawns with mango –	23
steak with pineapple and vegetables –	25

choose one sauce:

tartar mayonnaise, peanut satay,
avocado aioli

SIDES

STEAMED COCONUT RICE 6	MASHED POTATO 7
organic rice	
BRICK OVEN VEGETABLES 8	HAND-CUT FRIES 7
broccoli, carrots, local squash	
SWEET POTATO FRIES 7	FRIED PLANTAINS 7
spicy mayonnaise	
	POTATO WEDGES 7

Consuming raw or undercooked meats, poultry, seafood,
shellfish or egg may increase your risk of foodborne illness,
especially if you have certain medical conditions.