

THE COVE

Lunch Wellness Specialties

Our dishes are made to blend culinary senses with healthfulness. Enjoy an afternoon snack, meal, or refreshment to keep you energized. Each artfully crafted dish meets specific wellness criteria. All items contain 0 grams white carbs and less than 5 grams added sugar.

Starters

Appetizers, soups and side salads contain less than 350 calories, less than 400 milligrams sodium, and less than 5 grams animal saturated fat.

Iced Caribbean Gazpacho Soup (180 calories) | 16

Blend of tomatoes, cucumbers, garlic, sweet red onions, red bell peppers, sherry vinegar, virgin olive oil, and Scotch Bonnet peppers. Served with baked corn tortilla chips.

Chilled Creamy Cucumber Soup (160 calories) | 16

Refreshing blend of cucumber, shallots, garlic, Greek yogurt, cilantro, lemon, and flaxseeds.

Add boiled shrimp (250 calories)

Add grilled shrimp (280 calories)

The Rainbow Raw Salad (320 calories) | 18

Colorful raw vegetable salad. Carrot, cucumber, beetroot, green beans, and other seasonal vegetables over a bed of romaine lettuce. Topped with cashew nuts and an apple cider vinegar dressing.

Bamboo Steamed Shrimp (330 calories) | 36

Bamboo basket with 6 steamed, marinated shrimp. Served with the Chef's choice of vegetables and a ginger scallion vinegar dipping sauce.



Prices exclude Government Tax 12%, 10% Service Charge and 9.25% Facility Fee



Entrees

Entrees contain less than 600 calories, less than 800 milligrams sodium, less than 8 grams animal saturated fat.

Zesty Quinoa Salad (550 calories) | 18

Large quinoa salad with tomato, cucumber, bell peppers, onion, cilantro, black olives, and cumin. Tossed with zesty lemon vinaigrette.

Two Fish Tacos (600 calories) | 22

Grilled marinated local white fish served in warm corn tortilla shells with cabbage slaw and a dollop of Greek yogurt.

Lunch Wellness Juices

Contain at least 75% vegetable base and no added sugar

The Greens (45 calories) | 12

Parsley, green apple, cucumber and lemon.

Cucumber Ginger Lemonade (30 calories) | 12

Cucumber, lemon, and ginger root

Kale Cooler (100 calories) | 12

Strawberries, cucumber, spinach, and kale

Mindful Cocktails

Less than 150 calories and no added sugar

Ginger Lemongrass Donkey (140 calories) | 14

Our twist on a traditional Mule. Made with lemongrass ginger vodka, fresh ginger, and lemon.

White Sandy Beach (140 calories) | 14

Vodka, lime, and white cranberry juice.

A Registered Dietitian Nutritionist helped create and analyze each menu item with overall wellness as our goal.