



20·KNOTS
CASUAL DINING

LUNCH MENU

SMALL PLATES

- TUNA CEVICHE**  11
roasted corn, tomatillo chutney, pickled red onion,
johnny cake
- OCTOPUS A LA PLANCHA**    12
black beans, tinga chip, fire roasted pepper
- CORNMEAL FRIED CALAMARI**  11
eggplant achar, lime aioli, pico de gallo
- SPINACH HUMMUS**   10
garlic naan, tzatziki, kalamata olives
- WHITE GAZPACHO** 9
cucumber and grape base, smoked bell pepper,
granny smith apple, feta, basil

SALADS

- OAK LEAF CAESAR**  13
green cuisine lettuce, jerk croutons, crispy pork
belly nuggets
- QUINOA AND BROCCOLI**  15
golden raisins, citrus yogurt vinaigrette, candied nuts
- MANGO AND ZUCCHINI**  13
rainbow lettuce, rum glazed pineapple, coconut
dressing, cashew crumble
- SPINY LOBSTER SALAD**   23
grilled local tomato, scallion pesto, avocado,
rosemary lemon vinaigrette
- CURRIED PASTA SALAD** 15
pasta, dried cranberries, crispy chickpeas, roasted cauliflower

add a protein to any salad:
chicken breast - 8, local mahi - 9, grilled prawns - 12

FROM OUR BRICK OVEN

- MARGARITA** 16
basil, mozzarella, san marzano tomatoes,
argentinian extra virgin olive oil
- VEGETARIAN CALZONE**   17
grilled vegetables, mozzarella, san marzano, basil
- PIEMONTESE**  22
portabello mushroom, chicken breast, arugula, truffle oil,
mozzarella, garlic sauce
- IBERICO**  18
chorizo, prosciutto, mozzarella, san marzano tomatoes

HANDHELDS

- GRILLED ZEMI TACOS** 
caribbean pickle slaw, guajillo chili sauce, crema
your choice of protein:
local mahi - 18, chicken - 17, prawns - 21, steak - 23
- CARIBBEAN YELLOW CURRY**
CHICKEN ROTI   24
coconut rice, mango chutney, crispy cauliflower
- SHOAL BAY BURGER** 18
angus beef, brioche bun, baby romaine, slow-roasted
tomato, pickled shallots, moroccan aioli
choice of cheese: swiss, cheddar, blue
add on: bacon, avocado, fried egg - \$1 each
- PINEAPPLE PULLED PORK**
SANDWICHES 16
brioche bun, crispy plantain, pickled peppers, jerk aioli
- FISH & CHIPS** 22
local red snapper, hand-cut fries

















SIMPLY SKEWERED

served on a bed of coconut rice

chicken breast - 17, local mahi - 21,
grilled prawns - 21, steak - 23

choose one sauce:
lemon caper beurre blanc, peanut satay,
cucumber yogurt

SIDES

- | | |
|---|---|
| STEAMED
COCONUT RICE 7
organic rice
 | SWEET POTATO
HONEY MASH 7
local spiced honey
   |
| BRICK OVEN
VEGETABLES 9
broccoli, carrots,
local squash
   | HAND-CUT
FRIES 9
garlic aioli
   |
| SWEET POTATO
FRIES 9
chimichurri
   | FRIED
PLANTAINS 9
scallion oil
   |

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



VEGETARIAN



GLUTEN-FREE



NUT-FREE



DAIRY-FREE