

**Turquoise Seas Restaurant and Bar**  
**“a taste of the islands”**  
**Dinner Menu**

Bruce Yodis  
April 8, 2010  
Menu Management Project

Turquoise Seas Restaurant and Bar specializes in Caribbean cuisine from all over the islands. It isn't just about "jerked" chicken or pork. The cuisines around the islands vary greatly as they have been influenced by different parts of the world. With these influences, along with the bounty of fresh food from the islands, produces a wonderful cuisine full of rich and vibrant flavors.

The following is the dinner menu for the restaurant. Many of the appetizer, salad, and soup menu items will be pulled into the lunch menu. However, for the purpose of this report, only the dinner menus will be discussed. The recipes will be discussed as they appear on the menu (divided into categories). So let's start with the Appetizers.

### **Jamaican Whole Chicken Wings:**

This appetizer was chosen because it is a Caribbean food item that people are most familiar with. This will bring in people who may not know Caribbean cuisine, however, they can relate to the jerked chicken. It is placed first in the appetizer section and highlighted to bring their eyes to it since I expect this to be a big seller. This item requires that there be adequate walk-in refrigeration as it will require 15 pound batches to be marinated for 24 hours and there will probably be several batches marinating at the same time. It also requires an oven for initial cooking and a grill top for grilling just before serving the appetizer.

For labor it requires a prep cook to prepare the marinade and marinate the chicken which should take about 15 minutes per batch. The next day will require someone to remove the wings from the marinade and precook in the oven for 25 minutes. The final production only takes about 6 minutes to grill the wings and plate for the guests.

### **St. Thomas Crab Claws:**

The crab claws menu item is included because it makes a great appetizer and is very simple to make. The only prep work required is to make the passion fruit butter which can be made in a batch that will last up to a week. I placed it second because it is the most expensive appetizer and I am hoping to draw some attention with it being right below the highlighted item. The only equipment required is refrigeration for the uncooked crab claws and for the butter. Also an oven is required to cook the crab claws at the time of production. The labor required is minimal – it will take a prep cook about 10 to 15 minutes to make a batch for the week. The line cook can prepare the full appetizer in about 6 minutes.

### **Conch Fritters:**

Conch fritters is a large sea snail with all of its meat being edible. It is used throughout the Caribbean islands in fritters, stews, ceviche, salads, and even entrees. Here we are using it as a fritter for an appetizer. It is in the middle of the appetizer list because I expect it to be a middle of the pack item – it is fried and not everyone will be familiar with it. The equipment required is refrigeration for the conch and the prepared batter before cooking. A deep fryer will also be needed to cook the fritters. The labor required is again minimal, a prep cook to prepare the batter ahead of time (about 15 minutes each day) and a line cook will require about 6 to 7 minutes to deep fry the fritters, make the dipping sauce, and plate them.

### **Creole Baked Goat Cheese:**

This item is placed on the menu for vegetarians who do eat dairy products. This item brings in Caribbean flavors into food that may not be considered Caribbean and is more known in the states. It is the center because it is also expected to be a middle-runner for appetizers. These require an oven and a stove to cook and a warming drawer to keep warm until use. It will require a prep cook (or line cook) about a half hour to prep and cook the eight servings of the appetizer. It can be done ahead of the closer to service the better. After that it just requires plating, so it can be served quite quickly.

### **Puerto Rican Tostones:**

Tostones are a very popular snack in the Caribbean islands. This is the only fully vegetarian appetizer on the menu. It is on the menu as a vegetarian option but also because it is simple to make. It is in the lower-middle section since it is vegetarian and is the lowest priced item on the menu. The only equipment required is a deep fryer. The labor is also minimal as it requires no prep and can be prepared fully by the line cook at time of production in about 5 minutes.

### **West Indies Fish Cakes:**

This item is added to add another item that is something that that Americans may not be familiar with but can be used to help educate them on some of the other flavor profiles throughout the islands. It is near the bottom because it will probably be one of the lower selling items but I believe is needed. This will require refrigeration for the salt cod before cooking and for the fish cakes after they are made and before cooking. It will also require a deep fryer for production. This is the third appetizer that will require a deep fryer, however, it is also the last item to require deep frying – so most like on one deep fryer will be required. The labor will require a prep cook about 30 minutes to create eight servings and store before service. The

dipping sauce only requires about 15 minutes every several days. The line cook will only require about 5 minutes to deep fry and plate the appetizer.

### **Cuban Beef Picadillo Empanada:**

The empanadas are placed on the menu because they are an item that people are familiar with and are very popular in the Latin Caribbean islands. This item is last on the appetizers because the eye usually will see the first and last items and I expect these to be one of the more popular items. These require a stovetop for the filling preparation, an oven to cook the empanadas, and a warming drawer to keep them warm for production. The labor here is almost all preparation. It will require about 1 hour 15 minutes prepping and cooking the filling. It will then take another 15 minutes to fill the pastry rounds (convenience product) and another 25 minutes to cook the finished product. The line cook just needs to plate the appetizer for production.

The next items on the same page as the appetizers are the Soups and Salads with the salads listed first. The salads help to bring in the fresh and crisp flavor profile of the Caribbean bounty of fruits. The soups help to bring in that flavor profile of the Caribbean's that is comfort, down-to-earth food.

### **Tropical Waldorf Salad:**

The Waldorf salad is placed on the menu because it is a familiar menu item with most Americans. Here I am bringing in some tropical flavors used in the Caribbean islands. It is placed first because it is recognizable and also cheap and easy to make, so I want it to be the first salad seen. It really requires no equipment to make – just a mixing bowl. The labor is also minimal. It requires about 15 - 20 minutes prepping and cutting the fruit and laying out the items at the salad station. After that, it will require on a couple minutes by the line cook to mix the ingredients and plate the salad.

The blackened salmon or chicken is an option that allows this item to be turned in to a healthier entrée alternative - giving the guests a couple more choices. This would be served with the entrees and would require the additional step of cooking the chicken or salmon on the stovetop in a pan. An additional 6-8 minutes.

### **Papaya, Mango, and Avocado Salad:**

This is another simple salad recipe using Caribbean fruits and Mesclun (French influence and one of the few salad greens you will see used in the islands). I placed it second because although easy to make, the food costs to produce will be higher than the Waldorf salad. Again it requires no equipment other than mixing bowls. The labor will require that the vinaigrette be made every several days to a week (about 15 – 20 minutes). The rest of the salad requires minimal prep to prepare the fruit and wash the mesclun. After that it only requires a few minutes to prepare and plate the salad.

### **Rum Soaked Tropical Fruit Salad:**

This is another salad that is quick and easy to make and introduces the guest to rum (made throughout the islands) for the first time on the menu. This item also allows me to bring in only those fruits that are seasonally fresh. This is placed in the center of the section not because it will be a low seller but I believe the word “Rum” will catch the eye of the guest. As with the other salads, no equipment is required. The labor is also minimal, requiring a prep cook to chop the fruit prior to service. The line cook at the salad station only needs to assemble the salad and plate it (a couple of minutes only).

### **Bahamian Conch Chowder:**

This item is on the menu to bring in the delicious conch again and to provide a soup that is warm and comforting. It is in the center of the soup and salad section but is highlighted because I feel this is a great dish and will be a top seller. It can be prepared in a stock pot on the stove but will require a steam jacket to keep the soup hot for the guests. It will require about an hour and a half prepping the ingredients and cooking the soup. After that, it only requires a line cook (or even a server) about a minute to plate the soup.

### **Yucatan Chicken and Tortilla Soup**

Chicken and tortilla soup is familiar to many people since it is served in most Mexican restaurants. The Yucatan Peninsula and the rest of the eastern coast of Mexico are considered part of the Caribbean Sea. So this item is on the menu to again bring familiarity to the menu. It is placed last in the section as the eye will usually go to the last item also. Like the chowder it will be cooked on the stovetop in a stock pot and then kept hot in a steam jacket. It will require about an hour and a half prepping the ingredients and cooking the soup. During that time the garnishes can also be prepped and stored at the production station. It will require the line cook to plate the soup and add the garnishes (1 or 2 minutes).

### **Dinner Salad:**

The dinner salad is not particularly Caribbean except that we can reuse the papaya seed vinaigrette. It is on the menu to provide a lighter and cheaper option for a salad with an entrée. Items can be prepped and store at the salad station – requiring about 20 minutes time of a prep cook. The line cook only needs to assemble, dress, and plate the salad.

The second page of the menu lists the eleven different entrees. It has a variety of meats, using a variety of methods to prepare them. It also includes two vegetarian menu items since there are a number of vegetarians from India in the area. Most of the sides and garnishes will need to be prepared ahead of time by a prep cook. A couple items such as the plantain and water cress salad can be made up by the line cook.

### **Pan Seared Fish of the Day:**

Pan seared fish of the day is on the menu because it allows me to bring seasonally fresh fish and prepare it with a taste of the islands. It is first on the menu and highlighted because it is something people are familiar with and it is also the second most expensive item on the menu – I want to push this. It only requires refrigeration for the fish and a sauté pan on a stovetop to cook. The entrée can be prepared by the line cook at production as the fish is pre-portioned and is simply prepared. It should take about 10 minutes to prepare, cook, and plate. As mentioned above, only the sides need to be prepped ahead of time.

### **Jamaican Jerk Pork Loin:**

This item is on the menu to bring in another jerk item but I didn't want it to be chicken. Pork is a very popular dish to “jerk” and again, jerk is familiar to people. I am not highlighting it or making it first or last because I don't want to emphasize it because I don't want the restaurant to be known as a “jerk” place. This menu item requires refrigeration for the pork loin and to store it while it is marinating overnight. To cook it, only an oven is required to cook the pork loin and a stovetop to make a chef sauce from the pan drippings. Most of the labor for this is in the prep. It should be marinated 24 hours in advance by a prep cook. The pork loin and chef sauce can be prepared ahead of time and kept warm – requires about one and a half hours. The line cook then just needs to slice off the correct serving size and plate the entrée, which only requires a couple of minutes.

### **Calypso Shrimp Pasta:**

This dish is used to bring in a pasta dish and add a little different taste profile (in the Calypso broth) that guests may not be used to. It is placed in the center of the entrees because it should be a mid-seller and people who want pasta will find it. The only equipment requirements are refrigeration for the shrimp and

a stovetop. This dish has very little preparation – the pasta should be pre-cooked and pre-portioned for the line cook. This will take about 25-30 minutes. The line cook will then be responsible to assemble, cook, and plate the dish (about 13 minutes per serving)

### **Trinbagonian Stew Chicken:**

The stew chicken is another unique Caribbean dish that will be an education to the guest who is unfamiliar with it. It is rich and dark and tender with some unique Caribbean flavors and cooking methods. This dish will help to bring more unique dishes to the guest who wants to experience something new. It is in the middle of the entrees because it is a little labor intensive for prep and will probably not be a big seller. It requires refrigeration for the chicken and for marinating the chicken in the spices. It also only requires a stovetop to prepare the stew. So the labor is all prep work. It will take about prep the ingredients and then at least 2 hours to marinade (this can be done day of early or night before). Then it will take an hour and a quarter to cook the stew but will require some attention as it cooks. The line cook will only need to plate it along with the sides (1 or 2 minutes).

### **St. Martin Red Snapper:**

This item is another fish dish since fish is popular and readily available in the islands. However, this will bring a different profile than the fish of the day item. It is placed in the middle because it is the second fish entrée and I don't want to highlight too much of the fish. The equipment required is the standard refrigeration and stovetop. It requires very little prep time which can be done by the line cook before service – just slicing the fruit required for the dish and making the flour dredge for the fish. The cooking, assembly, and plating can be done by the line cook at production time.

### **Mango BBQ Spare Ribs:**

Pork spare ribs are on the menu because they are another item that people are familiar with. It allows me to bring in a familiar item and give it that taste of the islands. It is in the middle of the list of entrees because it is a lower priced item and takes a while to prepare (mostly marinating and cooking time). The equipment required is refrigeration for the meat storage and while it is marinating. Other than that it just requires an oven to cook them in. However, I may consider an outdoor grill for this item depending on testing. The labor is mostly prep – it'll take 5 minutes to prep the ribs for marinating and another 5 minutes to prep them for cooking. Although total time is 6 hours (marinating can also be done the night before). The line cook then just needs to cut off the ribs for a serving and plate the entrée (3 minutes).

### **Braised Oxtails:**

Braised oxtails are delicious but an item that is very Caribbean that people will need to be educated on. It is on the menu to introduce another unique dish of the Caribbean's. It is in the center of the list because it is not an item that people are familiar with and will need to learn about it - I want to let them discover it on their own. It requires a prep cook to prep all the ingredients and then cook the stew. The stew can cook on its own for most of that time but will require about 30 minutes for prepping the ingredients and building the stew. The line cook will only need to plate the entrée and garnish (only a couple of minutes required).

### **Grilled Salmon with Guava BBQ Sauce:**

This is another fish plate but a familiar salmon and has a sweet sauce to it – nothing spicy except in the rice. This provides another familiar dish for the guests – which you can see is a theme of the menu – some familiar and some new or unique items. This is again in the middle but just above the highlighted ribeye. It is the third most expensive item and may be noticed because of its familiarity and because of its location. It only requires refrigeration and a stovetop for cooking. It is very simple to prepare – only the Guava BBQ sauce needs to be made ahead of time and that can be made very quickly in a batch for several days. The line cook will need to cook, assemble, and plate the entrée (should be less than 10 minutes total).

### **Sofrito Ribeye Steak:**

This item is expected to be a top seller, a USDA prime ribeye steak with a Caribbean sofrito sauce over it. It is not on the bottom of the list but just before the vegetarian plates and is highlighted. I wanted to highlight it since I believe it will be a top seller and because it is the highest priced item but simple to prepare. It only requires refrigeration to store the steaks and a grill to cook the steak. The prep time is minimal as it only requires making the sofrito sauce ahead of time (enough can be made for a couple of days). The line cook will need to cook the steak and plate the entrée (about 10 minutes).

### **Caribbean Veggie Pepper Pot:**

This item is on the plate to provide a vegetarian option to the menu but still bring in a unique Caribbean cuisine and flavor profile. It is placed near the bottom for the vegetarians to find but may be distracted from by the highlighted steak above it. The only required equipment is a stovetop to cook it in a pot. It will require about one hour for the prepping and cooking. Thirty minutes of that time is chopping the

ingredients and assembling the stew. The other thirty minutes is cook time. Once it is cooked, it only needs to be plated by the line cook.

### **Vegetarian Plate:**

This item was added to give one more alternative for vegetarians. It also requires no prep time since it is just using sides that have already been made for the other entrees – all sides are prepared with the vegetarian in mind. This item will be very cost effective due to low labor and food costs. It is at the bottom of the menu as an alternative and it should draw the eye to it. It requires no extra equipment and the only extra labor required is the plating of the dish.

The sides for the entrees and the chained recipes can all be made ahead and are just prep work. Some of the chained recipes can be batched and enough made for several days – saving labor costs.

The dessert menu is a separate menu designed to be brought out after the guests finish their entrees. There are five menu items on the dessert menu with four of them being convenience products or out-sourced products. The bread pudding will be house made as a way to use up leftover bread. The dessert menu also includes a list of after-dinner drinks including a Caribbean coffee and a rum tasting flight. Only the Caribbean coffee will be discussed.

### **Tangy Key Lime Pie:**

This item is on the menu because it is a familiar dessert item and is expected to be a high seller. Because of this, I placed it on the top of the dessert menu and highlighted it. The only equipment needed a stove top to make the key lime sauce for the pie. Since the pie will be a convenience product, it will either need refrigeration or a freezer. The only labor required is for a prep cook to make the sauce – about 15 minutes each day. Other than that it just requires plating and garnishing.

### **Pina Colada Bread Pudding:**

The bread pudding is the only dessert item that will be house made but will be a good way to use leftover or day old bread. I placed it in the middle of the desserts since it does require more labor to make it and I will only have so much leftover bread and don't want to make too much. Expect this to be a lower seller but also have a lower food cost. It requires a stove to cook the anglaise and an oven to bake the bread pudding. For labor the anglaise will require 15 minutes of prep time while the bread pudding will require 15 minutes of prep time and one hour cooking time. The line cook only needs to plate the dessert item.

### **Warm Chocolate Pineapple Upside Down Cake:**

This item is on the menu to provide chocolate. It is in the middle of the desserts but the women will always find the chocolate, so it doesn't need to be highlighted. This is a convenience product so will require either a freezer or refrigerator for storage. It will also require a microwave to heat the cake slightly for service. The only labor required is to heat the butterscotch in a sauce pan, heat the cake, and plate the dish. This will require about 5 minutes.

### **Tropical Sorbets:**

The sorbets are there to provide something cold, refreshing, and light after the meal. The flavors are mostly tropical. It is in the middle of the desserts as it will not be a big seller but is easy to produce since it will be a convenience product. It will require freezer space for storage and a small freezer or ice cream storage at the dessert station to keep cold and on-hand for service. There is minimal labor required – just requires someone to scoop the sorbet on the plate and garnish with a cookie (could be line cook or server).

### **Tortuga Golden Rum Cake with Walnuts:**

This is on the menu because what is dessert in the Caribbean without rum? It is at the bottom of the desserts to be more easily recognized as it will be easy to prepare and could be popular with the guys. It requires no equipment and minimal labor – just need to plate the dessert and garnish it.

### **Caribbean Coffee:**

Caribbean coffee is the only after-dinner drink that requires production – but it brings one last chance to get a taste of the islands. It requires a coffee maker as do the other coffee drinks. It will only require a couple of minutes to make once the coffee is made (which can be made ahead of time).

### **Total List of Equipment:**

Over all, the following list of equipment is needed to produce the menu.

- **Refrigeration:** Two large walk ins (includes space for lunch and bar menus)
- **Freezer:** A walk-in is not required - only the desserts have frozen items so a built-in reach-in freezer should be fine

- **Prep tables:** At least two large for the two prep cooks needed each day. A couple other smaller tables by the cooking stations for line cooks to prep some of their ingredients.
- **Oven and Stove Top:** Many of the items are cooked on the stovetop or oven or both, either in prep or production. Each of the entrée stations will require a commercial oven with a stove top with 8 burners or 6 burners and a grill station. The appetizer station will also require the same with the grill station. The prep area should also have two large commercial ovens and stoves with room for the different pots that require longer cooking.
- **Microwave:** Only a small one is needed for heating some of the convenience products or as needed per individual purpose.
- **Steam jackets and kettles:** Two are required for keeping of two soups per day.
- **Deep Fryer:** Only the appetizers require deep frying and only three of those. Probably one require one but may need a second for backup.
- **Warmer:** To keep prepared food warm for service
- **Cooler:** To keep salad ingredients cool at the salad station
- **Ice Cream Freezer:** Need 1 with 5 or 6 compartments to keep sorbet cold by the dessert station.
- **Coffee Maker:** With pots for regular, decaf, and the double-strength coffee for the Caribbean coffee
- **Espresso Cappuccino Maker:** For the cappuccino on the desert menu

#### **Total Labor Required:**

The BOH will require 2 full-time prep cooks per day to prepare the sides, chained recipes, and prep for the entrees and appetizers. Some of this will need to be done by the line cooks and chefs as the menu is designed to be more labor intensive during prep while production will mainly be finishing and assembly.

Each day for dinner there will be a salad, soup, and dessert station that will require one line cook to man. These items are very simple to produce and should easily be handled by one person. There will need to be another line cook to handle the appetizer station and two more line cooks to handle the entrees. The entrees will be divided to even the work load between them. The executive chef or a sous chef will be required for quality checking the plates, garnishing, and helping with some plating.

For FOH there are no special requirements due to the menu. It will require that there be a wait staff member for every four or five tables and a bus person for every three servers.