



TREEHOUSE BAR

at Sweet Songs

LUNCH



12:00PM - 2:00PM

Produce Provided by:

muy'ono
Farms

ORGANIC • SUSTAINABLE • BELIZE

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STARTERS

PANADES \$8

Typical Belizean fast food - 3 panades stuffed with your choice of homemade refried beans, fish, or ground lamb. Topped with pickled cabbage or pickled habaneros.

GARNACHES \$8

Belizean's favorite snack - 3 freshly made corn tortillas topped with homemade refried beans, marinated cabbage, and local cheese.

SALBUTES \$7.50

Comes with 3 freshly made deep fried corn tortillas topped with homemade refried beans, stewed chicken, fresh salsa, cheese, and sour cream.

BELIZEAN SAMPLER \$10

Try all 3 of the above starters! Includes two panades, one garnache, and one salbute.

MUY'ONO FARMS SALAD \$6 (SM) | \$11 (LG)

A colorful mix of Muy'Ono Farms organic greens and fresh vegetables served with your choice of homemade dressing. Add protein to your salad with a choice of fish \$8, chicken \$6, or shrimp \$10.

NACHOS \$6 (SM) | \$11 (LG)

Freshly made corn chips topped with homemade refried beans, melted local cheese, homemade salsa, black olives, sour cream, and pickled habaneros. Add protein to your nachos with a choice of fish \$8, chicken \$6, or shrimp \$10.

CEVICHE \$18

Fresh shrimp or conch diced with tomatoes, cucumbers, onions, cilantro, and lime juice served with homemade corn tortilla chips.

FAVORITES

BURRITO \$10

Belizean homemade flour tortilla filled with homemade refried beans and organic vegetables. Add your choice of lettuce, cabbage, onions, tomatoes, cooked local greens, cheese, sour cream, and homemade salsa. Add protein to your burrito with a choice of fish \$6, chicken \$6, or shrimp \$10.

QUESADILLA \$14

Two homemade flour tortillas stuffed with local cheese, beans, and grilled chicken or veggies. Grilled and topped with fresh salsa and sour cream.

SWEET SONGS QUESADILLA \$16

Two homemade flour tortillas stuffed with mozzarella, feta, grilled chicken, garlic, basil pesto, sliced tomatoes, then grilled and topped with fresh salsa and sour cream.

LUNCH PASTA \$17

Served with homemade marinara or basil pesto. Add protein to your pasta with a choice of chicken \$6, or shrimp \$10. Served with a Muy'Ono Farms salad.

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BURGERS & SANDWICHES

Choose either french fries, fresh fruit plate, or a small Muy'Ono Farms salad with your choice of homemade dressing.

BEEF BURGER \$20

A ground beef patty topped with sautéed onions, melted mozzarella, lettuce, and organic tomatoes inside a homemade bun.

FISH BURGER \$15

Herb-crusted snapper fillet pan-fried in olive oil served with your choice of tropical tartar sauce or a sweet and tangy mustard fruit sauce inside a homemade bun.

EGGPLANT PARMESAN \$13

CHICKEN PARMESAN \$18

Served on a homemade roll with a basil pesto topped with either grilled eggplant or grilled chicken breast, mozzarella and parmesan cheese, and organic tomatoes.

HAM & CHEESE \$15

Ham and cheddar cheese melted on a slice of homemade bread with mayonnaise, mustard, fresh lettuce, tomatoes, and onions.

PB&J \$8

Served on homemade toasted bread with peanut butter and local fruit jelly.

BEVERAGES

FRESH FRUIT JUICE \$3

SOFT DRINK \$3

COFFEE, TEA, ICED TEA \$3

SMOOTHIES

THE TROPICAL \$6

Orange juice, pineapple juice, lime juice, honey, and yogurt blended together.

GO GREEN \$6

Cucumber, spinach, avocado, mint, celery, and honey blended together.

SPICY CELERY \$6

Celery, ginger, and lime juice blended together

DESSERTS

DAILY SELECTION OF HOMEMADE DESSERTS \$9