



# iggie's oasis



## Vegan/Vegetarian Menu

(for Vegetarians, cheese and other sauces available to increase availability of menu options based off our regular menu)

### Small Plates

**Hummus Platter (no Feta Cheese)**- Hummus, Cucumber, Kalamata Olives, Grilled Pita Bread- (Optional- Add carrots and celery for \$2)- \$13

**Fruit Plate**- Daily Selection of Available Fruits -\$7

**Vegan Quesadilla**- Flour Tortilla Filled with Hummus and Mediterranean Relish Grilled until Crispy- \$11

### Salads/ Sandwiches

All Sandwiches are served with French Fries, Sub a Side for \$2

**Garden Salad**- Tomatoes, Cucumbers, Red Onions Served with Balsamic Vinaigrette- \$8

**Quinoa and Greens Salad (No Feta Cheese)** with Balsamic Vinaigrette- \$14

**Black Bean or Veggie Burger Taco's**- With Lettuce and Pico De Gallo- \$10

**Veggie Burger (ask for Brand Available)**- Lettuce, Tomato, Red Onion- Served with Fries (or Sub a side)- \$10

**Mediterranean Hummus Wrap (or can be Served on a Sub Roll)**- Hummus, Cucumber, Tomato, Red Onion, Lettuce, Mediterranean Relish Served with a Side of Balsamic Dressing and Fries- \$15

**Build your Own Sub (Make it a Wrap for \$2)**- Chose from the following: Lettuce, Tomato, Cucumber, Red Onion, Red Peppers, Pickles, Hummus, Mediterranean Relish, Cucumber Caper Salad- \$14

## Entrée's

Served After 5pm Daily



**Penne Pasta Primavera**- Sauteéd Vegetables with Marinara over Penne Pasta -\$16

**Mediterranean Penne Pasta**- Kalamata Olives, Grape Tomatoes, Red Onion, Capers and Artichoke Hearts Tossed in White wine, Lemon Juice and Olive Oil- \$18

**Vegan Stir Fry (with or without Tofu)**- Peppers, Onions, Broccoli, Carrots Sauteéd in Sweet Chili and Soy Sauce Served Over Rice- \$18

**Grilled Mango Jerk Glazed Tofu**- Topped with Pineapple Salsa, Served Over Island Rice and Black Beans with Sweet Plantains- \$22

**Grilled Tofu**- Topped with Mediterranean Relish Served with a Side of Balsamic Vinaigrette over Island Rice with Sauteéd Vegetables.- \$19

**Grilled Balsamic Glazed Vegetables**- Ask your Server for Vegetable Availability. Served Over a Salad, Rice or Mashed Potatoes -\$16

**Side Options Available:** Fries, Fried Sweet Plantains, Side Salad, Island Rice, Black Beans, Sauteéd Vegetables -\$4

Please direct any special requests, instructions, or allergies, to Chef Fenyang Francis, Food and Beverage Manager Janée Tune or any other Iggie's Oasis Managers. With notice we can have other items available including vegan butter and almond milk.

Thank you for Dining at Iggie's Oasis at Bolongo Bay Beach Resort

\*\* ALLERGY STATEMENT: MENU ITEMS MAY CONTAIN WHEAT, EGGS, PEANUTS, TREE NUTS AND MILK. FOR MORE INFORMATION PLEASE SPEAK WITH A MANAGER

