

# SYMBIO

A VIRGIN GORDA VILLA





## CHEF MARGARET PAUL

Margaret Paul is a native of St. Lucia, and has had a varied and interesting life filled with family dinners and lots of love in the kitchen. She began cooking at age nine for the brothers and sisters in her household – nine of them and a large group of nieces, nephews and relatives. In 1987 she started her career as a professional chef at Old Yard Inn, owned by Carol Kaufman, a Florida native. After years of training in various hospitality and food service venues in the British Virgin Islands, Margaret worked her way from salad prep to Head Chef in 1992.

There, Margaret was a well respected and sought after Chef for more than 17 years until the owner sold Old Yard and moved back home to Florida in the USA. Striking out on her own, she has been a private Chef for guests on Virgin Gorda, and done specialized catering ever since. She has studied with Sara Morton of Gourmet magazine, Monica Guellimina, formerly of Chez Bamboo, Stephen Greason of New York City, Charlie Williams of Antigua and studied at the British Virgin Islands Chamber of Commerce and Hotel Association in customer relations. Her clients include Symbio - A Virgin Gorda Villa, other vacation villas, numerous weddings and special affairs. She specializes in authentic island cuisine, creative pasta dishes from all regions of Italy, and much, much more.

If you don't see what you want on this menu, please feel free to let Bernadette George or Margaret Paul know so that she can address your needs. Due to the change in seasonal availability, please check with Bernadette for pricing, but generally, pricing is as follows:

Dinners - \$65.00 per adult (add \$10 extra per person for lobster)

Lunch is \$40.00 per adult

Breakfast is \$25.00 per adult

# SYMBIO DINNERS

All salads served with homemade dressing

– honey mustard, blue cheese, vinaigrette or creamy tarragon.

**SUBSTITUTIONS ARE ACCOMMODATED WITH PLEASURE!**

## SALMON SPECIAL!

**Seafood delight** - A blend of shrimp and scallops in a delicate garlic and wine sauce

**Soup du Jour**

**Spinach salad** - With roasted walnuts sauce and vinaigrette dressing

**Grilled Filet of Salmon** - Topped with an island sauce of fruit and herbs;

**Red Beans and Rice**

**Key Lime Pie**

## CURRIED SCALLOPS

**Chef's Special Pasta** - Homemade and uniquely prepared daily

**West Indian Pumpkin Soup**

**Margaret's Dinner Salad** - Variety of vegetables on arugula, romaine greens

**Pan Fried Scallops with Coconut Curry Sauce**

**Garlic Mashed Potatoes**

**Peanut Butter mousse**

## SHRIMP ALFREDO

**Tomato Surprise** - Seafood stuffing, served chilled

**Potato Leek soup**

**Roquefort Salad** - Salad vegetables and leafy greens tossed with our own special dressing

**Shrimp Country Garden Alfredo**

**Steamed Vegetables**

**Carrot de Vanille** - carrot cake with vanilla ice cream

## LOBSTER PASTA ALFREDO

**Margaret's Conch Fritters**

**Cheesy broccoli soup**

**Hearts of Palm Salad** - With red pepper vinaigrette dressing

**Lobster Pasta with Creamy Alfredo Sauce** –

**Spinach Rice**, roasted potatoes, snow peas, carrots and yellow squash

**Chocolate Mousse**

## GRILLED SALMON

**Mahogany Chicken Wings**

**Carrot Ginger Soup \* Caesar Salad**

**Grilled Filet of Salmon** - Topped with an island sauce of fruit and herbs

**Seasoned Rice**

**Vanilla Cheese Cake**

## GRILLED CHICKEN BREAST

**Caribbean Jerk Crab Cakes**

**Ginger, Chicken and Coconut Soup**

**Spinach salad** - With roasted walnuts sauce and vinaigrette dressing

**Grilled Breast of Chicken** – With Virgin Island Rum, a touch of cream and pecans

**Scalloped Potatoes**

**Apple Crumble Cake**

## PORK TENDERLOIN

**Shrimp in Lemon Butter**

**Red Pepper Soup with Lime**

**Margaret's Dinner Salad** - Variety of vegetables on arugula, romaine greens

**Roast Pork Tenderloin** - Served in a ginger guava glaze

**Garlic Mashed Potatoes**

**Fruit and Cheese Board with a Dessert Wine**

## SHRIMP LOVERS DELIGHT!

**Shrimp Toast**

**Spicy Tomato and Cilantro Soup**

**Cran-AI-Spin Salad** - Spinach, cranberries and almonds, topped with feta cheese & dressing

**Chicken and Shrimp Medley** - Boneless breast of chicken sautéed with shrimp in a flavorful wine and garlic sauce

**Baked Potato with sour cream and butter**

**Black Forest Gateau**

## NEW YORK, NEW YORK

**Crisp Fish Cakes**

**Carrot and spinach cream soup**

**Chicken Liver, Bacon & Tomato Salad**

**Island Style Steak** - Grilled NY strip served with a peppered papaya puree

**Steamed Vegetables**

**Key Lime Pie**

## GARLIC SHRIMP

**Fettuccine Alfredo with Shrimp**

**West Indian Pumpkin Soup**

**Melon and Mango Salad**

**Garlic Shrimp** - Jumbo, sautéed to perfection in a special sauce

**Sweet Potato Stuffing**

**Strawberry Cheese Cake**

## CARIBBEAN LOBSTER

**Tomato Surprise** - Seafood stuffing, served chilled

**Beef Noodle Soup**

**Pasta Salad with Nuts and Gorgonzola**

**Caribbean Lobster** - Bathed in a lemon butter sauce and herbs

**Grilled Vegetables**

**Carrot de Vanille** - carrot cake with vanilla ice cream

## STUFFED RED SNAPPER

**Seafood delight** - A blend of shrimp and scallops in a delicate garlic and wine sauce

**Soup du Jour**

**Broiled Fruit Platter**

**Stuffed Red Snapper** – a different stuffing each time

**Veggie Lasagna**

**Peanut Butter mousse**

Don't see a meal you like?

Try one of these and build your own  
sides, appetizers, salads and desserts from Chef Paul's dinners above!  
Also ask what's on her creative mind for the day. She might surprise you!

**Chicken Stir-Fry** - Chicken breast sautéed with vegetables in soy sauce

**Roast Pork Tenderloin** - Served in a ginger guava glaze

**Island Style Steak** - Grilled NY strip served with a peppered papaya puree

**Char-Grilled loin lamb chops** - With mango chutney

**Veal Charles** – Sauteed with mushrooms and herbs in a white wine sauce

**Banana Curry Shrimp** - Chunks of banana, onions, peppers, curry and coconut milk

**Stuffed Chicken Breast** - with forest mushrooms, peppers, onions, garlic and ginger in a white wine cream sauce

**South Western Style Beef Roast** - with onions, peppers, thyme, basil, tomato and jerk seasoning, with a special homemade gravy

**Swordfish** - Served with a special Creole sauce OR **Swordfish** - With Dill -Yogurt sauce

**Chicken Gumbo** – With okra, ham, tomatoes and shrimp

*ALSO, IF YOU ARE HERE FOR THE HOLIDAYS AND WANT A LITTLE BIT OF HOME IF YOU ARE FROM THE USA, TRY*

**CHEF PAUL'S SPECIAL THANKSGIVING DINNER!**

**Baked Turkey and Dressing** - With all the trimmings and gravy

ENJOY!