

Panama

KITCHEN & POOL



BREAKFAST

#PANAMABREAKFASTCLUB

BREAKFAST HOURS 07.00 AM - 12.00 PM

CLASSIC BREAKFAST

EARLY NET CATCH (BIG BREAKFAST) 70

Choice of eggs, Sausage, Bacon, Sauteed baby potatoes, Sauteed corn, Blanched organic local kale, Mushrooms

PULLED PORK BENEDICT 70

Slow-cooked pork, Chives, Bacon, Poached egg, Hollandaise, Alfalfa sprouts

SMOKED SALMON BENEDICT 80

Smoked salmon, Hollandaise, Chives, Poached egg, Alfalfa sprouts

SMASHED AVOCADO & BACON 70

Smashed avocado, Bacon, Poached egg, Hollandaise on sourdough toast

SMASHED AVOCADO & SALMON 80

Smashed avocado, Poached fresh salmon, Poached egg, Hollandaise on sourdough toas

SMASHED AVOCADO & GRILLED CORN 65

Smashed avocado, Grilled corn, Cilantro, Feta cheese, Poached egg, Hollandaise on sourdough toast

MUSHROOM FETA 65

Mushroom, Rucola, Feta, Poached egg, Hollandaise on sourdough toast

LATIN STYLE

BACON & EGG BURRITO 70

Bacon, egg, Organic Watercress, Basil garlic sauce, Flour tortilla, Grilled tomato

MUSHROOM PESTO BURRITO 65

Organic Spinach, Mushroom, Homemade pesto, Mozzarella Cheese, Egg, flour tortilla, Grilled tomato

SUNNY SIDE-UP TACO 70

Guacamole, Sunny side-up egg, Ground Beef, Mushroom

SPINACH, EGG & MUSHROOM QUESADILLA 65

Organic Spinach, Scrambled egg, Mozzarella & Cheddar, Salsa fresca & Feta topping.

● VEGETARIAN OPTION IS AVAILABLE

NEED EXTRA SIDES?

BACON (2 STRIPS) 20

SAUSAGES (2 PCS) 20

SOURDOUGH TOASTS (2 PCS) 15

CHOICE OF EGGS (2 PCS) 15

SAUTEED BABY POTATOES 20

SAUTEED CORN 15

SAUTEED MUSHROOMS 15

WATERCRESS SALAD (AL PASTOR DRESSING) 15

SAUTEED ORGANIC LOCAL KALE 15

SANDWICHES & BURGERS

BRECKY BREAK 70

Bacon, Sunny side up egg, Avocado, Beef Patty, cheddar
Choice of bread: Sesame bun / Focaccia / Ciabatta

PILLOW FACE 65

Chickpeas patty, Tomato, Rucola, Radish, Yogurt, Sunny side up egg
Choice of bread: Sesame bun / Focaccia / Ciabatta

GOOD HOOD 65

Bacon, Sunny side up egg, Smashed Avocado, Feta cheese
Choice of bread: Sesame bun / Focaccia / Ciabatta

PENNY LANE 70

Pulled Pork, Smashed Avocado, Organic rucola, Sunny side up egg
Choice of bread: Sesame bun / Focaccia / Ciabatta

CHEESEHEAD 65

Melted & Goopy mozzarella & Cheddar
Pressed on a choice of bread: Sourdough / Focaccia / Ciabatta / Baguette

MORNING MADNESS 70

Tuna, Mayonnaise, Mozzarella, Tomato
Pressed on a choice of bread: Sourdough / Focaccia / Ciabatta / Baguette

SLOOP JOHN 65

Chicken breast, Mayonnaise, Avocado, Mozzarella
Pressed on a choice of bread: Sourdough / Focaccia / Ciabatta / Baguette

MARGHERITA 70

Bacon, Basil, Mozzarella, Homemade tomato sauce
Pressed on a choice of bread: Sourdough / Focaccia / Ciabatta / Baguette

POPEYE 70

Organic spinach, homemade hummus, mozzarella cheese, bacon
Pressed on a choice of bread: Sourdough / Focaccia / Ciabatta / Baguette

SURF-A-NOVA 70

Chicken breast, Organic spinach, Homemade pesto, Tomato, Mozzarella
cheese on sourdough
Pressed on a choice of bread: Sourdough / Focaccia / Ciabatta / Baguette

HEARTY BREAKFAST

BAKED SAUSAGE & EGG 65

Sausage, Homemade tomato sauce, Bacon, Chives, Sunny side up egg.
A side of sourdough toast

BAKED SPINACH, MUSHROOM & HERBS 60

Organic spinach, Organic herbs, Mushroom, Mozzarella, Parmesan.
A side of sourdough toast

BAKED BACON, MUSHROOM, POTATOES 60

Bacon, Organic mushroom, Parmesan, Potatoes. A side of sourdough toast

MUSHROOM, SPINACH, AVOCADO OMELETTE 60

Fresh organic spinach, Mushroom, Avocado, Greek-style vegetable topping
and feta cheese

CHICKEN FAJITA OMELETTE 60

Grilled chicken breast, Avocado, Organic green pepper, Onion, Mozzarella,
Salsa fresca & Feta cheese topping

AVOCADO, EGG, RED QUINOA 60

Avocado, Red quinoa, Cherry tomatoes, Soft-boiled egg, Alfalfa sprouts

SALMON, PESTO, RED QUINOA 80

Poached salmon, Organic zucchini, Spinach, Cherry tomatoes, Red quinoa,
Homemade pesto, Soft-boiled egg, Alfalfa sprouts

SMOOTHIES

TOOTSIE 45

Banana, Spinach, Spirulina

WASH OUT! 45

Ginger, Spinach, Flaxseed, Wheatgrass

BLACK PARROT 45

Spinach, Cherry, Coconut milk, Cocoa powder, Almonds

TROPICAL PLEASURE 45

Mango, Pineapple, Passion Fruit, Chia seeds

HEARTBREAKER 45

Dragon fruit, Mango, Beetroot, Peanut butter

SMOOTHIE BOWL

LAVA LUAU 65

Base : Dragon fruit, Strawberry, Banana.
Top: Chia seeds, Strawberry, Banana, Granola, Mint leaf

ENDLESS SUMMER 65

Base : Mango, Pineapple, Strawberry.
Top: Apple, Mango, Pineapple, Flaxseed, Granola

BEETLE 65

Base : Spirulina, Pineapple, Banana, Mango, Coconut milk
Top : Spirulina, Granola, Dried coconut, Banana, Dragon fruit

SWEET FLOUR

FLUFFY PANCAKES 50

A stack of pancakes served with strawberries and maple syrup

CLASSIC FRENCH TOAST 50

Choice of bread: White toast / Sourdough served with maple syrup

BREAD TOAST 35

Choice of bread: White toast / Sourdough
Served with a side of (choose one):
Nutella, Peanut butter, Vegemite, Honey, Maple syrup, Strawberry coulis

BANANA PEANUT BUTTER 50

Banana, Good ole' peanut butter, Strawberry coulis.
Pressed on choice of bread: Sourdough, Focaccia, Ciabatta, Baguette

BANANA HAZELNUT CHOCOLATE SPREAD 50

Banana, Hazelnut Chocolate spread.
Pressed on choice of bread: Sourdough, Focaccia, Ciabatta, Baguette

BREAKFAST DESSERT

CHIA PUDDING 50

Chia seeds, Mango, Strawberries, Coconut milk, Granola

TROPICAL FRUIT SALAD 50

Mixed fruits, Young coconut, Granola, Yogurt, Honey

LUNCH & DINNER

LUNCH & DINNER HOURS 12.00 PM - 10.00 PM

SALADS

NOT AS HEALTHY AS IT SOUNDS BUT IT'S ALWAYS SWELL

- PANAMA'S HOUSE SALAD** 50
A combination of seared tuna, Homemade dressing and Mixed organic salad
- TROPICAL FRUIT SALAD** 50
A mix of freshly-picked organic pineapple, Watermelon, Honeydew, Banana, Papaya, Strawberries. Served with a side of honey orange dressing & yogurt
- POOLSIDE BEETROOT-FETA SALAD** 50
A combination of beetroot, Organic cherry tomatoes, Mixed salad and Feta cheese. Topped off by honey mustard dressing
- CAESAR SALAD** 50
Freshly-picked organic lettuce, Parmesan, Homemade dressing, croutons

DESSERTS

YOUR SWEET-TOOTH WILL THANK YOU

- PINA ASADA** 50
Slices of pineapple (grilled) served with 2 scoops of vanilla ice cream and Our caramel sauce.
- CHIQUITA DE PANAMA** 50
Caramelized Banana served with a scoop of vanilla ice cream and A sprinkle of crushed almonds.
- CHOCOLATE LAVA CAKE** 50
Homemade chocolate lava cake and A scoop of ice cream. Served with our special caramel sauce
- TROPICAL BANANA SPLIT** 50
Split banana, vanilla ice cream, Chocolate ice cream, Strawberry and Crushed almonds
- ESPRESSO CREME BRÛLÉE** 50

PASTA

Choice of SPAGHETTI, TAGLIATELLE, & FETTUCCINE

- SPINACH & CREAMY MUSHROOM** 75
Choice of pasta, Spinach, Herbs, Mushroom with creamy sauce
- SIZZLING PRAWN WITH GARLIC CHILI LIME** 90
Choice of pasta, Garlic butter shrimp, Chili, Herbs, Cherry tomatoes
- BACON & SAUSAGE** 75
Choice of pasta, Bacon, Sausage, Caramelized onion, Mixed herbs, Cherry tomatoes
- MEATBALL & TOMATO SAUCE** 85
Choice of pasta, Homemade tomato sauce and Meatball

KIDS MEAL

WE LOVE KIDS!

Each comes with A SIDE OF FRUIT SALAD

- GRILLED CHEESE** 40
Toasts loaded with Mozzarella cheese
- FISH & CHIPS** 50
Battered snapper, French fries, Homemade coleslaw, Homemade tartar sauce
- CHICKEN & CHIPS** 50
Battered chicken breast, French fries, Homemade coleslaw, Homemade tartar sauce
- KID'S BLTC** 50
Bacon, Lettuce, Tomato, Mozzarella cheese
- KID'S BACON AND SAUSAGE PASTA** 45
Choice of pasta, Bacon, Sausage, Caramelized onion, Mixed herbs, Cherry tomatoes

FRIES, NACHOS & FRITTERS

WHEN YOU DESIRE SOMETHING CRUNCHY

- PULLED PORK FRIES** 60
Shoestring fries, Slow-cooked pulled pork, Mayo-sour cream
- PULLED PORK NACHOS** 60
Hand-cut Nacho chips, Slow-cooked pulled pork, Mayo-sour cream
- GARLIC BUTTER FRIES** M 40 / L 60
Sautéed shoestring fries with garlic butter
- CORN FRITTERS (8pcs)** 55
Fresh Bedugul-grown corn, Organic herbs, Egg

LET'S TACO BOUT IT

- PULLED PORK TACO** 65
Slow-cooked pulled pork, Organic red cabbage and Salsa fresca on flour tortilla (2pcs)
- PLENTY O'FISH TACO** 60
Jimbaran-caught Snapper (grilled), Organic red cabbage, Salsa fresca on flour tortilla (2pcs)
- PORK CARNITAS TACO** 65
Marinated pork, Homemade Verde sauce, Chicharron, Organic red cabbage on flour tortilla (2pcs)
- CAJUN SHRIMP TACO** 70
Grilled Cajun shrimp, Organic red cabbage on flour tortillas with Salsa Fresca (2pcs)
- AL PASTOR TACO** 65
Chunks of slow-cooked pork on flour tortilla. Served with Al Pastor Sauce (2pcs)
- CHICKEN TACO** 60
Grilled chicken, Guacamole, Shredded organic Lettuce, Salsa Fresca, Mozzarella cheese (2pcs)

BURGERS & SANDWICHES

THESE MOUTHWATERING DISHES COME WITH FRIES / TORTILLA CHIPS / MIXED SALAD AND A SIDE OF OUR TASTY SAUCES

FISHERMAN

- CAJUN SHRIMP PO' BOY** 80
Grilled Cajun-seasoned shrimp, shredded organic vegetables, Creamy chipotle sauce and Garlic butter fries
- MAHI-MAHI BURGER** 80
150-gram Jimbaran-caught Mahi-mahi (grilled), pickled vegetables, A side of our own sweet-chipotle sauce, Garlic butter fries

MEAT LOVERS

- PANAMA'S HAWAIIAN BURGER** 80
Juicy 150 gr. beef patty, A slice of grilled pineapple, Organic rucola, A side of our own sweet-tangy sauce, Garlic butter fries
- DOUBLE TROUBLE BURGER** 110
Double juicy beef patty, Pickles, Cheddar cheese, Bacon strip, Barbecue sauce and Sautéed onion
- TROPICAL PULLED PORK BURGER** 80
Organic Beetroot-Pineapple coleslaw, slow-cooked pork, Special homemade tangy sauce, Garlic butter fries
- WHOOPIE BURGER** 80
Juicy 150 gr beef patty served with pickles, cheddar cheese, Lettuce, Tomato ketchup and Sautéed onion
- GRILLED CHICKEN & AVOCADO BURGER** 80
Grilled chicken, Avocado, Tomatoes, Lettuce, Bacon, Sweet chili sauce and Pickles

VEGETARIAN

- PULLED JACK FRUIT BURGER** 70
Slow-cooked jackfruit, Barbecue sauce, Organic rucola, A slice of grilled pineapple and Fries
- PULLED JACK FRUIT TACO** 60
Marinated organic jackfruit, Salsa fresca, Mozzarella cheese on flour tortilla
- SAUTEED VEGETABLE & MOZZARELLA BURRITO** 65
Green Pepper, Onion, Corn, Carrot, Mozzarella Cheese

SPECIAL DINNER

WE ASSEMBLE THE BEST INGREDIENTS TO SATISFY YOUR CRAVING

- GRILLED SALMON WITH HOMEMADE CREAMY COCONUT SAUCE** 120
Grilled Norwegian Salmon on chunky mashed baby potatoes with a side of sautéed organic vegetables and our creamy coconut sauce to top it off
- JIMBARAN-CAUGHT BARRAMUNDI WITH GARLIC BUTTER** 110
Grilled Barramundi with our classic garlic butter served with a side of organic local kale and mashed organic baby potatoes
- GRILLED TUNA WITH ZESTY LEMON & HERB BUTTER SAUCE** 90
Grilled Tuna smothered in our very own lemon herb butter sauce, served with a side of sautéed organic vegetables and garlic butter fries
- GRILLED PORK CHOP SERVED WITH CREAMY PARMESAN SAUCE** 110
Grilled pork chop served with sautéed organic baby potatoes and corn and a side of sautéed vegetables and homemade creamy parmesan sauce
- GRILLED CHICKEN STEAK & SHRIMP WITH SWEET CHILI SAUCE** 90
Grilled chicken breast served with chunks of pineapple, roasted baby potatoes, corn, and smothered in sweet tropical sauce over shrimp
- HOMEMADE FISH & CHIPS** 90
Battered Jimbaran-caught Snapper served with a side of our homemade coleslaw, garlic butter fries, and our own Tartar sauce

SHAREABLES

SHAREABLE PORTIONS BUT YOU'LL PROBABLY GO SOLO

HOMEMADE RECIPES

- PANAMA NET CATCH** 85
Sautéed chunks of fish, Garlic butter shrimp, Roasted organic baby potatoes, Cherry tomatoes, Bedugul-grown organic corn and Fried onion rings
- ANCHOR BREAKER** 65
Chunks of fish (battered), Deep fried organic vegetables, Garlic butter fries and A side of homemade Tartar sauce
- CALL MARY FOR CALAMARI** 75
Fried calamari (battered), A side of basil garlic sauce and Mixed salad
- HONEY BBQ CHICKEN WINGS** 60 (6pcs) - 105 (12pcs)
Honey BBQ - Tossed chicken wings served with our tartar sauce
- ELOTE DE PANAMA** 40
Freshly picked Bedugul-grown corn mayo-sour cream and parmesan cheese
- QUESADILLA**
- TROPICAL CHICKEN QUESADILLA** 85
Marinated chicken breast, Salsa fresca, mozzarella cheese, A dash of organic pineapple on flour tortilla (8 Slices)
- TROPICAL PORK QUESADILLA** 85
Slow-cooked pulled pork, Salsa fresca loaded mozzarella cheese, A dash of organic pineapple on flour tortilla (8 Slices)
- MOZZARELLA CHEESE QUESADILLA** 80
Salsa fresca, mozzarella and Cheddar cheese, A dash of organic pineapple on flour tortilla (8 Slices)

BEVERAGES

SIGNATURE COCKTAILS

PANAMA BEACH TERROR Tribute to The Hydrant Iced lemon tea, spiced rum	75
CRUISIN' FOR A BRUISIN You're Up! Vodka, Rum, Tequila, Cranberry juice	75
DADDY'S LITTLE GIRL She's not so little anymore Vodka, Strawberry, Ice cream	75
VAKANISE It's all you need to stay awake and refreshed Vodka, Coconut rum, Fruit juices	75
SUN OF PANAMA It's designed for those who want to score big time tonight Fresh orange juice, Gin, Tonic	75
PASSION PIT LOVERS Take her to a movie after a couple more drinks Passion fruit, Vodka, Pineapple juice	75
HEY NONA! Have a sip and take a dip Watermelon, Vodka, Min	75
LAID THIS NIGHT The night is still young Vodka, Martini Bianco, Ginger, Basi	75
TOUCH & GO Enjoy yourself Vodka, Kiwi, Lime	75
RATTLE & ROLL Of course we need to shake it as well Gin, Blue Curacao, Pineapple	75
SUMMERTIME BLUES About workin' all summer just to try to earn a dollar Rum, Melon, Banana liqueur, Pineapple juice, Cranberry juice	75
BOOGIE WOOGIE This will remind you of Lucy in her favorite dress Vodka, Blue Curacao, Coconut milk	75
MADE IN THE SHADE Rain makes corn, corn makes whiskey, whiskey makes my baby. Vodka, Strawberry	75

The Lucky Blow

JAB Gin, Vodka, Spiced rum, Tequila, Whiskey, Blue curacao, Lemon juice	130
HOOK Gin, Vodka, Spiced rum, Tequila, Whiskey, Red wine	130
STRAIGHT Gin, Vodka, Spiced rum, Coffee liqueur, Pineapple juice	130
UPPERCUT Gin, Vodka, Spiced rum, Tequila, Whiskey, Lemon juice	130

PANAMA'S SPECIAL

LOCALLY GROWN FRESH FRUITS MIXED WITH LIQUORS. SERVED WHOLE, PERFECT FOR 2 PERSONS TO ENJOY THE SUMMER WITH

NANAS Rum, Gin, Orange Bitter, Pineapple, Honey	40
KELAPA MUDA A Delicious mix of Vodka, Fresh whole young coconut, Lime and Fruit juice	50

INTERNATIONAL COCKTAILS

BLOODY MARRY . BLUE LAGOON . NEGRONI . CAIPIROSCA
COSMOPOLITAN . DAIQUIRI . DRY MARTINI . LYCHEE MARTINI .
MAI TAI . MARGARITA . MOJITO . ESPRESSO MARTINI .
ILLUSION . VODKA MARTINI SEX ON THE BEACH
PINA COLADA . TEQUILA SUNRISE . LONG ISLAND ICED TEA

80

FLAVOURED MARGARITA , DAIQUIRI , CAIPIRINHA . CAIPIROSCA **85**

BEERS		WINE	
BINTANG	30	BY GLASS	60
SAN MIGUEL	35	BY BOTTLE	270

INTERNATIONAL SHOOTER

B-52	65	QF	65
BJ	65	JAGERBOMB	65

SIGNATURE MOCTAILS

THE GRASS Mango, Orange, Fresh milk	40
BALI DREAM Mango, Orange, Fresh milk	40
SHIRLEY TEMPLE Grenadine, Soda	40
SUNBURNT Orange, Lychee, Lime	40
MONKEY BUSINESS Banana, Chocolate, Coconut Milk	40
SEA IS A LADY Kiwi, Strawberry, Passion fruit	40
CHILLY CHILI Grapes, Ginger, Basil, Chili	40
SUNSHOWER Passion fruit, Pineapple juice, Orange juice, Grenadine	40
FRUIT PUNCH Grenadine, Pineapple juice, Orange juice, Guava juice	40

COCKTAILS by JUG

5 - 6 PEOPLES
ONG ISLAND . ILLUSSION . BULL FROG TEQUILA SUNRISE .
SEX ON THE BEACH . BOSTON BEACH PARTY .
BOSTON TEA PARTY

350

SANGRIA

RED WINE
WHITE WINE

320 - MEDIUM (3-4 PEOPLES)
370 - LARGE BY JUG (5-6 PEOPLES)

ITALIAN SODA

APPLE . KIWI . LEMON PEACH . STRAWBERRY

35 - BY GLASS
130 - BY JUG (5-6 PEOPLES)

OTHERS

MINERAL WATER	25	SPRITE	25
SPARKLING WATER	25	SODA	25
COCA COLA	20	GINGER ALE	20
DIET COCKE	20	TONIC	20
ENERGY DRINK	20	ENERGY DRINK	20

FRESH BREWED COFFEE

ESPRESSO SINGLE	20
ESPRESSO DOUBLE	25
MACHIATO	25
AMERICANO	25
PICCOLO	25
HOT / ICED MANUAL DRIP	25
COFFEE WITH MILK	25
FLAT WHITE	30
CAPPUCCINO	30
CAFE LATTE	30

FRESH WHOLE COCONUT

TEA

HOT TEA (BY TEABAGS)	25
PANAMA'S ICED TEA	25
HOMEMADE LEMON TEA	25

JUICE BAR

FRESH JUICE

APPLE BANANA LIME LEMON STRAWBERRY WATERMELON
MANGO ORANGE PINEAPPLE MIXED JUICE

35

HEALTHY JUICE

SWIMSUIT 40

Beetroot, Orange, Carrot, Ginger

FUZZY DUCK 40

Beetroot, Orange, Carrot, Ginger

FLAMINGO 40

Lemon Juice, Guava, Apple, Strawberr

THE SHORTCUT 40

Apple, Cucumber, Celery, Spinach, Parsle

YELLOW CAB 40

Pineapple, Banana, Yogurt, Honey

MILKSHAKE

VANILLA 45

CHOCOLATE 45

BANANA 45

PEANUT BUTTER 45

STRAWBERRY 45

SMOOTHIES

BANANA 45

MANGO 45

STRAWBERRY 45

MIXED 45