

# Paya Bay Resort

## The Feel Good Menu

### Why the “Feel Good” Menu...

Paya Bay’s mantra is “Feel Good, Be Happy.” Tasty, wholesome food is a critical part of *feeling good*, which, arguably, is a prerequisite for *being happy*. The menu that follows includes a variety of healthier options designed to maximize energy and supply necessary nutrients while minimizing the stuff that can slow you down when consumed in excess (saturated fat, cholesterol, sugar, etc.). Another part of *feeling good* comes from knowing that we are being conscientious and respectful of the sacred Web of Life. We are making an effort to *minimize* the use of any local species that are being overfished, as well as specific non-endangered species whose commercial production is considered harmful to the global environment. Choices that are most *feel good* are indicated by a . We welcome your comments and suggestions. Enjoy! As we say here in Honduras: *Buen Provecho!*

### All Day Choices (Served from 11:00 AM until 8:30 PM)

#### Appetizers & Snacks

<p>Wild Shrimp Cocktail \$10</p> <p>Hummus Platter with pita wedges \$7.5</p> <p>Bean Salsa Dip with toasted pita chips \$6</p> <p>PobreSano (bowl of black beans &amp; rice) \$4</p>	<p>Conch Ceviche \$8</p> <p>Hot Wings 6-\$5 12-\$9 18-\$14</p> <p>Onion Rings \$4</p> <p>Fried Plantains with Garlic Dressing \$4</p>
---	---

#### Salads & Soups

Garden Salad \$5	Add Steamed Shrimp to Garden Salad +\$4
Medley of lettuce, tomatoes, onions, green olives, and boiled egg. Drizzled with house vinaigrette.	Add Grilled Chicken to Garden Salad +\$3.5
	Cup/Bowl
Insalata Caprese (tomatoes, mozzarella, basil) \$8	Ginger Orange Veggie Soup / 6 \$4
Cucumber & Tomato Salad \$6	Island Beef Soup / 6 \$4
Greek Salad \$7	Creole Chicken Soup / 6 \$4
Tuna Salad \$8	Conch Soup / 7 \$5

#### Quesadillas, Tacos, Burritos & Wraps (we make our own tortillas using olive oil)

Healthy Chicken Quesadilla	Burrito Paya (veggie, chicken or pork)
----------------------------	--

# PayaBay

Feel Good. Be Happy.

**Paya Bay Resort**  
**The Feel Good Menu**

\$7.5	\$8
\$6	\$7.5
\$7	\$7

**Pita Pockets** (we use *made from scratch* pita bread)

\$6.5	\$7
\$9	\$7
\$8	\$8
\$7.5	

Pita Pockets are served with a side of seasonal fruit.

## Paya Bay Resort The Feel Good Menu

### Sandwiches & Turnovers (All served on French bread except burgers)

\$8	Shrimp Salad Sandwich	\$7	Grilled Chicken Breast Sandwich
\$6.5	Grilled Fish Fillet Sandwich	\$6	Veggie Burger
\$6.5	Turkey & Swiss	\$6	Hamburger
\$5.5	Ham & Cheese	\$6.5	Cheeseburger
\$5	Bacon, Lettuce, Tomato	\$7	McBurger (smothered in sautéed onions & brown gravy)
\$4.5	Grilled Cheese & Tomato	\$5.5	Minced Fish Turnovers (3)

Sandwiches are served with choice of French fries, fried plantains or beans & rice.

### Create Your Pasta Dish Base dish [pasta + sauce] costs \$6. Served with garlic toast.

Select pasta type: Penne Linguini Spaghetti	Then a sauce: Marinara Green Pesto Olive Oil & Garlic	Add any of these (optional): Grilled Chicken +\$4 Grilled Shrimp +\$5 Steamed Veggies +\$2
Other pasta options:	Traditional Lasagna \$10	Veggie Lasagna \$8

<b>Noodle Bowls</b>	Veggies + Noodles \$5	Chicken + Noodles \$6.5	Shrimp + Noodles \$7
---------------------	-----------------------	-------------------------	----------------------

### Island Platters These are healthy, filling meals. At \$11.50 they are a great value.

<u>Chicken (whole breast)</u> Grilled Thai Sweet Chili Grilled Jamaican Jerk Grilled Tomato Creole	<u>Seafood</u> Sweet & Sour Grilled Shrimp Grilled Fish Fillet Fried Whole Fish or Fillet	<u>Pork</u> Sweet & Sour Chop Creole Chop
Served with beans & rice, vegetable encurtido (pickled veggies), and coconut rolls.		

### Desserts (\$5) Made from scratch in our kitchen. Ask server which of the following are available:

Key Lime Pie	Chocolate Cake	Coconut Cream Pie	Holy Mary
Pineapple Pie	Cheesecake	Ice Cream	(or a special dessert)

# PayaBay

Feel Good. Be Happy.

# Paya Bay Resort

## The Feel Good Menu

**Beverages** (in addition to the choices below a full bar is available)

<p>Noni Smoothie (made from fresh “miracle” fruit). Note: Fresh noni is a strong stimulant. \$6</p> <p>Fruit Smoothies (milk, yogurt, granola, seasonal fruit*, and ice blended smooth) \$5</p> <p>Lassi Yogurt Drink (yogurt, seasonal fruit*, and ice blended smooth) \$4</p> <p>*Your server can tell which fruit are available. Note: Occasionally there is no yogurt on the island.</p>	
<p>Bottled Water 12oz. \$1 24oz. \$2</p> <p>Complimentary Honduran Coffee Hot or Cold Tea \$2</p> <p>Fruit Juices (ask server which are available) \$2</p>	<p>Sodas \$1.5</p> <p>Local Cervezas (beer) \$2.5</p> <p>Imported Beer \$3</p> <p>House Wine by the Glass \$5</p>

**About Dinner at Paya** Our dinner specials will be posted on the board. You may also order any of the choices on this menu as a dinner entrée. Dinner typically includes an appetizer, soup or fresh salad, coconut bread, entrée of your choice, and dessert.