



Welcome to the Melting Pot Restaurant & Lounge!

We are at your service.

At the Knutsford Court Hotel we are aware of individual dietary needs and this menu has been designed to accommodate these demands. However if there is a change you would like to make to a particular dish or if you desire an item that is not listed, please do not hesitate to ask.

Please be advised that Melting Pot has a “No Smoking Policy”

Lunch Service: 12:00 noon – 3:00 p.m

Dinner Service: 6:00 p.m – 10:30 p.m

Room Service: 7:00 a.m – midnight

Keep in contact with us for updates on menus, special promotions and events.




Appetizers

KNUTSFORD WINGS		\$1240
<i>Fried chicken wings tossed in your choice of spicy barbecue, sweet chilli or jerk sauce Ranch or blue cheese dips served on the side</i>		
Chef's choice COCONUT CRUSTED SHRIMP		\$1580
<i>Jumbo Shrimp coated in sweet coconut flakes and deep fried. Served with a spicy curry coconut dipping sauce infused with mango chutney</i>		
QUESADILLAS	CHICKEN \$1380 VEGETABLE 	\$1080
<i>Flour tortilla filled with sautéed chicken or vegetables and our 3 cheese blend Accompanied with guacamole, sour cream and salsa</i>		
ESCOVIETCH SALTFISH TOSTONES		\$980
<i>Tasty pickled saltfish served atop crunchy fried pressed green plantains. Served on a bed of lettuce</i>		
TEMPURA VEGETABLES		\$1080
<i>Fresh market vegetables dipped in our signature tempura batter and fried crispy Served with ginger soy sauce</i>		
KNUTSFORD LOADED NACHOS SUPREME		\$1000
<i>Housemade corn chips topped with cheese sauce, pineapples, tomatoes, scallion, olives, jalapenos and sweet pepper. Sour cream, guacamole and salsa served on the side</i>		
ADD GOLDEN CRISPY CHICKEN NUGGETS OR BEEF CHILLI CON CARNE		\$580
BREADED CHICKEN FINGERS		\$1000
<i>Panko dusted and golden fried. Served with our special barbecue dipping sauce</i>		

 Mildly Spicy	 Spicy	 Very Spicy	 Vegetarian
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Soups


Chef's choice CREAM OF PUMPKIN SOUP  Sml \$480 Lrg \$780
Puree of local pumpkin finished with coconut milk


VEGETARIAN RED PEAS SOUP  Sml \$480 Lrg \$820
Lots of peas and fresh veggies will have you not missing the meat

SOUP OF THE DAY Sml \$420 Lrg \$780
The chef's creation made fresh from scratch every day

Salads

JAMAICAN CAESAR SALAD  Sml \$780 Lrg \$1180
*Crisp romaine leaves tossed in our solomon gundy caesar style dressing
 Topped with grilled crostini and freshly grated parmesan*

CARRIBEAN ARRANGED SALAD  Sml \$1080 Lrg \$1680
*Medley of baby & mixed greens filled rows of grilled pineapple, julienne carrot,
 tri-coloured peppers, diced tomatoes, toasted almonds, toasted coconut and cucumbers*

Chef's choice MELTING POT HOUSE SALAD  Sml \$880 Lrg \$1480
*Chiffonade of lettuce, beetroot, cabbage, carrot, baby greens and spinach
 leaves with marinated char-grilled vegetables
 Garnished with grilled tomato, alfalfa sprouts and red onions*

Add to any of your salads:


GRILLED CHICKEN Sml \$400 Lrg \$650
GARLIC SHRIMP Sml \$1480 Lrg \$1880

*Our selection of dressings includes mango vinaigrette, Caribbean 1000 island, blue cheese,
 ranch and tamarind vinaigrette*

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Jerk Pan Favourites

Authentic Smoky & Spicy Jamaican "fall off the bone" jerk, done perfectly on sweetwood over a coal fire

Chefs choice JERK CHICKEN (leg & thigh or breast & wing)  **\$1720**

JERK PORK  **\$1880**

JERK BARBECUE CHICKEN (leg & thigh or breast & wing)  **\$1720**

Served with salad allocation and your choice of festival, bammy, rice and peas or daily starch

Entrees

All entrees are served with daily market vegetables and your choice of rice & peas, daily rice, daily starch or cajun fries

HEALTHY STEAMED FRENCH BREAST OF CHICKEN **\$1880**
*Chicken Breast tastefully steamed in a pumpkin broth with herbs and seasonings
Finished with spinach and tomatoes*

PAN SEARED SALMON **\$3480**
Crispy golden pan seared salmon served with papaya mango salsa and lemon butter sauce

Chefs choice MELTING POT SHRIMP STIR FRY **\$3180**
Jumbo shrimp sautéed with pineapple, ginger, scallion, thyme, carrot, pumpkin, stringbean, pepper, soy sauce and tamarind reduction. Optional: Toasted peanut topping

Chefs choice CHICKEN MOFUNGO **\$2080**
Panko breaded gourmet breast stuffed with crushed green and ripe plantains, garlic, onions, olive oil and seasoning. Served with a tomato beurre blanc



Mildly Spicy



Spicy



Very Spicy





Vegetarian

Entrees Continued

*All entrees are served with daily market vegetables and your choice of rice & peas, daily starch or cajun fries
(WITH THE EXCEPTION OF THE FISH & CHIPS)*


SMOKED PORK CHOPS **\$2880**
Char-grilled smoky and tender Pork Chops glazed with barbecue rum sauce, and served with grilled pineapple and a gingered pineapple raisin chutney

CURRY GOAT  **\$2450**
*Authentic Jamaican Curry Goat braised in West Indian spices and scotch bonnet peppers
 Optional topping: Toasted Coconut Flakes and Mango Chutney*

OXTAIL AND BEANS  **\$3850**
*A Jamaican favourite. Succulent oxtail slowly braised until soft and tender
 Finished with butter beans.*

NY SIRLOIN STEAK **\$4380**
10oz Sirloin Steak grilled to your specifications and served with warm tomato basil salsa and red wine sauce

Coconut Curried Shrimp  **\$3,400**
*Curried Shrimp cooked in coconut milk and seasonal spices
 Optional topping: Toasted Coconut Flakes and Mango Chutney*

Caribbean Snapper  **Sml \$2,580 Lrg \$3,480**
*Snapper prepared the way you like it. Whole Fish or Fillet
 Choose from Roast, Steam, Curry, Escoveitch or Brown stew*

Fish & Chips **\$1,920**
*Spice rubbed fish fillet dipped in Tempura batter, deep fried and accompanied with Tartar Sauce
 Served with Cajun Fries.*

ALL FISH MAY CONTAIN BONES




Vegetarian Entrees

Vegetarian entrees are served with your choice of rice & peas, daily rice, daily starch or cajun fries
(Except Vegetable Lasagne)

JAMAICAN RATATOUILLE 	\$1880
<i>Ripe plantains, irish potatoes, pumpkin, sweet peppers, zucchini, squash, carrot, tomato, red onion and Seasonings, all simmered in country coconut sauce</i>	
CURRY TOFU STIRFRY 	\$2450
<i>Fried tofu tossed with fresh vegetables in a spicy curry sauce</i>	
VEGETABLE LASAGNA 	\$1640
<i>Lasagne pasta sheets layered with seasonal sautéed vegetables, tomato sauce, cheese sauce and melted cheeses</i>	
THREE BEAN STEW 	\$1920
<i>Three beans, fresh veggies and seasonings simmered down in a coconut reduction</i>	

Pasta Selections

Choose from linguini or penne rigate. Creamy pastas can also be made with tomato sauce

Chef's choice SEAFOOD PASTA	\$3860
<i>Shrimp, snapper, calamari, mussels and Salmon sautéed in lemon grass infused olive oil with garlic, herbs, scallion and tomatoes in a white wine cream sauce</i>	
PASTA PRIMAVERA ALMANDINE 	\$2240
<i>Freshly grilled seasonal vegetables sautéed with herbs in an almond cream sauce</i>	
ADD GRILLED CHICKEN	Sml \$400 Lrg \$650
ADD GARLIC SHRIMP	Sml \$1480 Lrg \$1880
JERK CHICKEN SCAMPI PASTA	\$2320
<i>Diced jerk chicken breast tossed in a scampi style sauce of garlic, tomatoes, scallion, wine and butter, topped with breaded onion ring</i>	
JAMAICAN BEEF LASAGNA	\$2280
<i>Plantain Strips layered with seasoned mince beef, braised callaloo, tomato sauce, cheese sauce and melted cheeses</i>	

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Sandwiches, Wraps & Burgers

Served with Cajun fries and coleslaw

HEALTHY SANDWICH  **\$1600**

*Combination of apples, plantains, callaloo, guacamole and roast tomato
Served on our signature Cornmeal Cocobread*

ADD LEMON GRILLED CHICKEN BREAST **\$520**

CHICKEN CLUB SANDWICH/WRAP **\$1320**

*Grilled chicken strips, bacon, lettuce, tomato, cheese and mayo served on
Whole Wheat /White Sliced Bread OR rolled in a flour tortilla*

INTERNATIONAL CHICKEN BURGER **\$1280**

Grilled chicken breast on a toasted burger bun with lettuce, tomato, onions and mayo

SPICY SNAPPER WRAP  **\$1880**

Crispy fish strips mixed with lettuce, jalapenos and tartar sauce and rolled in a flour tortilla

Chef's choice KNUTSFORD BURGER BAR **\$1480**

*6 ounces of juicy KCH specialty beef patty, char-grilled and served on your
choice of a sesame seed bun or Jamaican toasted hardo bread with roasted garlic mayo*

CHOOSE ANY THREE TOPPINGS TO DESIGN YOUR BURGER

Crispy bacon strips	Jalapenos	Pickles	Caramelized onions
American cheese	Cheddar cheese	Mozzarella cheese	Pepper jack cheese
Pineapple chutney	Tomato salsa	Blue cheese mayo	Barbecue sauce
Guacamole	Papaya mango chutney	Creole sauce	Grilled pineapple

Extra toppings \$180

Local Health and Hygiene laws state that all burger should be cooked thoroughly and served well done.



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Additional Sides

Cajun fries	\$ 360	Daily potato	\$ 360
Bammy (steamed or fried)	\$ 320	Garlic bread	\$ 300
Corn on the cobb	\$ 320	Sweet potato fries	\$ 390
Rice and peas	\$ 320	Seasoned vegetables	\$ 600
Festival	\$ 280	Coleslaw	\$ 280
Ripe plantains	\$ 280	Tostones	\$ 320
Breadfruit (seasonal)	\$ 280	Side salad	\$ 385
Macaroni and cheese	\$ 550		

Dessert Selections

RED VELVET & CHOCOLATE DUPLEX LAYER CAKE \$525

Layers of Red Velvet & Chocolate cake filled with cream cheese icing, and draped in decadent dark chocolate

CARIBBEAN CHEESECAKE OF THE WEEK \$550

Journey through our tropical creations as we explore a new flavour each week

GUAVA BREAD PUDDING \$450

Moist homemade bread pudding loaded with guava infused raisins
Served warm with ice cream for only \$400 more

Chefs choice PINA COLADA TRIPLE LAYER CAKE \$525

Three heavenly layers of soft vanilla cake with pineapple filling, Jamaican rum, Chantilly cream
All coated with toasted coconut flakes

Ice cream: **Single Scoop \$520** **Double Scoop: \$700**

Select any one topping complimentary:

Cherry compote

Strawberry compote

Toasted coconut flakes

Cookie Crumble



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