

■ Zemyrna Stem Cell Clinic – Caribbean BBQ Wellness Menu ■

Lunch BBQ Plates

Island Jerk BBQ Bowl: Grilled tofu or chicken marinated in mild jerk spice, served with roasted pumpkin, quinoa, and mango salsa.

Pineapple-Ginger BBQ Tofu: Char-grilled tofu glazed in pineapple-ginger sauce, served with coconut rice and steamed broccoli.

Grilled Veggie Platter: Zucchini, eggplant, mushrooms, and sweet peppers brushed with herb olive oil, served with lentil salad and cassava wedges.

Caribbean BBQ Jackfruit Sandwich (Vegan): Pulled jackfruit in tangy guava-BBQ sauce, topped with slaw on a whole-grain bun.

Honey-Lime BBQ Shrimp Skewers: Served with plantain mash and avocado-lime drizzle.

Island BBQ Ribs: Tender ribs marinated in a tropical guava-bourbon BBQ sauce, grilled to perfection and served with roasted corn and green salad.

Healthy Island Hamburger: Grilled lean beef or plant-based patty with lettuce, tomato, avocado, and mango relish on a whole-grain bun.

Dinner BBQ Entrees

Bahamian BBQ Bowl: Smoky roasted sweet potatoes, black beans, charred corn, and kale with BBQ vinaigrette.

Grilled Herb Fish or Tofu Steak: Marinated in lime and thyme, served with brown rice, grilled pineapple, and sautéed spinach.

Coconut BBQ Lentil Patties: Pan-seared lentil patties brushed with coconut BBQ glaze, served with vegetable medley and quinoa pilaf.

BBQ Veggie Skewers with Plantain Rice: Mushrooms, peppers, zucchini, and cherry tomatoes over seasoned plantain rice.

Sweet Pepper & Chickpea Stuffed Portobello: Portobello mushroom caps filled with chickpeas, bell peppers, and tangy BBQ sauce.

Sides

Roasted Corn with Garlic-Lime Butter: (Vegan option available).

Grilled Breadfruit: With coconut oil drizzle.

Cabbage & Carrot Slaw: With mango dressing.

Sweet Potato Salad: With dill and olive oil.

Fresh Green Salad: With citrus vinaigrette.

Light Bites & Snacks

Mini BBQ Lentil Sliders:

Pineapple Salsa with Cassava Chips:

Fruit Skewers: Watermelon, kiwi, papaya.

Hummus with Grilled Veggie Sticks:

Coconut-Lime Yogurt Cups:

Beverages

Fresh Coconut Water with Lime:

Hibiscus (Sorrel) Iced Tea:

Cucumber-Mint Infused Water:

Pineapple-Ginger Tonic:

Herbal Teas: Lemongrass, chamomile, or moringa.

■ Recovery Nutrition Highlights

This Caribbean BBQ wellness menu features grilled favorites like BBQ ribs and hamburgers prepared in a lighter, recovery-friendly way. Each dish uses reduced-sodium, fruit-based sauces and lean or plant-based proteins to promote healing. Meals are designed for flavor, comfort, and balance — always grilled, never fried — using local Bahamian ingredients.

Zemyna Stem Cell Clinic – Caribbean BBQ Wellness Menu (Priced)

LUNCH BBQ PLATES

Island Jerk BBQ Bowl (Tofu) – \$14.00
Island Jerk BBQ Bowl (Chicken) – \$16.00
Pineapple-Ginger BBQ Tofu – \$14.00
Grilled Veggie Platter – \$15.00
Caribbean BBQ Jackfruit Sandwich – \$14.00
Honey-Lime BBQ Shrimp Skewers – \$18.00
Island BBQ Ribs – \$20.00
Healthy Island Hamburger (Beef) – \$15.00
Healthy Island Hamburger (Plant-Based) – \$16.00

DINNER BBQ ENTREES

Bahamian BBQ Bowl – \$14.00
Grilled Herb Fish – \$18.00
Grilled Herb Tofu Steak – \$15.00
Coconut BBQ Lentil Patties – \$14.00
BBQ Veggie Skewers with Plantain Rice – \$13.00
Sweet Pepper & Chickpea Stuffed Portobello – \$13.00

SIDES

Roasted Corn with Garlic-Lime Butter – \$4.00
Grilled Breadfruit – \$4.00
Cabbage & Carrot Slaw – \$3.00
Sweet Potato Salad – \$4.00
Fresh Green Salad – \$4.00

LIGHT BITES & SNACKS

Mini BBQ Lentil Sliders – \$6.00
Pineapple Salsa with Cassava Chips – \$6.00
Fruit Skewers – \$5.00
Hummus with Grilled Veggie Sticks – \$6.00
Coconut-Lime Yogurt Cups – \$6.00

BEVERAGES

Fresh Coconut Water with Lime – \$5.00
Hibiscus (Sorrel) Iced Tea – \$4.00
Cucumber-Mint Infused Water – \$3.00
Pineapple-Ginger Tonic – \$5.00
Herbal Teas – \$4.00