

POPULAR MENU

PANAMA JACKS

LIVE LOBSTER & SUSHI BAR

A ALPHA		I have a diver down; keep well clear at slow speed.	No (negative or 'The significance of the previous group should be read in the negative').		N NOVEMBER
B BRAVO		I am taking in or discharging or carrying dangerous goods.	Man overboard.		O OSCAR
C CHARLIE		Yes (affirmative or 'The significance of the previous group should be read in the affirmative').	In Harbour (Blue Peter); All persons should report on-board as the vessel is about to proceed to sea.		P PAPA
D DELTA		Keep clear of me - I am manoeuvring with difficulty.	My vessel is healthy and I request free pratique.		Q QUEBEC
E ECHO		I am altering my course to starboard.	No signal.		R ROMEO
F FOXTROT		I am disabled. Communicate with me.	My engines are going astern.		S SIERRA
G GOLF		I require a Pilot.	Keep clear of me, I am engaged in pair trawling.		T TANGO
H HOTEL		I have a Pilot on board.	You are running into danger.		U UNIFORM
I INDIA		I am altering my course to port.	I require assistance.		V VICTOR
J JULIETT		I am on fire and have dangerous cargo on board, keep well clear of me.	I require medical assistance.		W WHISKEY
K KILO		I wish to communicate with you.	Stop carrying out your intentions and watch for my signals.		X X-RAY
L LIMA		You should stop your vessel instantly.	I am dragging my anchor.		Y YANKEE
M MIKE		My vessel is stopped & making no way through the water.	I require a tug.		Z ZULU

IF YOU HAVEN'T BEEN TO PANAMA YOU DON'T KNOW JACK...

STARTERS

CUBAN BLACK BEAN & LAMB SOUP 20.00

BLACK BEANS | ONIONS | TOMATO
LAMB SHOULDER | GARLIC | CHILLIES

SPILT PEA SOUP 20.00

SPLIT PEAS | SMOKED EISBEIN | ONIONS | CARROTS

SMOKED HADDOCK SOUP 20.00

POTATOES | LEEKS | SAFFRON | GARLIC | CREAM

SNAILS IN GARLIC BUTTER 22.00

SNAILS | GARLIC BUTTER | PARMESAN | BROWN BREAD

CRISPY CALAMARI TENTACLES 25.00

DEEP FRIED | TENTACLES | PERI PERI SAUCE

PERI PERI CHICKEN LIVERS 22.00

PAN FRIED | GARLIC | OLIVE OIL
BRANDY | HOME MADE PERI PERI SAUCE | CHILLI

SPRING ROLLS

2 VEG STIR FRY 20.00 OR 2 PRAWN 25.00
WITH SWEET CHILLI SAUCE



FIRST
SUBSTITUTE



SECOND
SUBSTITUTE

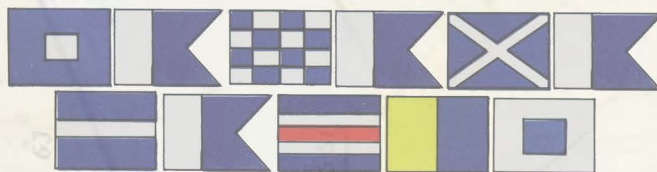


THIRD
SUBSTITUTE



ACCOMPANIMENTS COST EXTRA PLEASE SEE BELOW

MAINS



THAI GREEN CHICKEN CURRY 62.00

GREEN CURRY | COCONUT MILK | CHILLIES | GINGER | FRESH BASIL
ADD ACCOMPANIMENT

MALAYSIAN LINE FISH CURRY 62.00

RED CURRY | CARDAMON | TURMERIC | COCONUT MILK | CORIANDER | GINGER
CUMIN | GARLIC | LINE FISH | SAMBALS | ADD ACCOMPANIMENT

LINE FISH OF THE DAY - CHOICE OF

BASSA FILLET 55.50 BABY KINGKLIP 60.50 LUNCH SOLE 67.50

PLAIN GRILLED OR SPICY GRILLED | ADD ACCOMPANIMENT

BATTERED HAKE 52.00

DEEP FRIED ATLANTIC HAKE | ADD ACCOMPANIMENT

GRILLED BABY DEEP SEA LOBSTER

LOBSTERS 130.00 (450G) OR LOBSTERS 170.00 (600G)

WHOLE BABY MOZAMBIKAN LOBSTER | ADD ACCOMPANIMENT

LOBSTER SAGANAKI 130.00

SERVED IN PAN | EASTERN SPICES | TOPPED WITH FETA | BABY TOMATOES
FRESH CORIANDER | ADD ACCOMPANIMENT

ADD ACCOMPANIMENT

SIDE SALAD OR SIDE ONION RINGS 15.00

RICE OR BABY POTATOES 10.00

SALAD OR CHIPS OR VEG 15.00

JACKS FISH GRILL

BASA 67.50 SOLE 87.50 BABY KINGKLIP 77.50
LINE FISH | CALAMARI | MUSSELS | ADD ACCOMPANIMENT

MUSSELS WITH CREAM GARLIC 62.50
HALF KILO MUSSELS IN A CREAMY GARLIC WHITE WINE SAUCE
ADD ACCOMPANIMENT

PORTUGUESE MUSSELS WITH TOMATO & CHORIZO 62.50
ONIONS | GARLIC | WINE | ITALIAN TOMATOES
CHORIZO | BASIL | MUSSELS | ADD ACCOMPANIMENT

BEEF ESPATADA 65.00
RUMP SKEWER | BAY LEAVES | PEPPER | ONION | GARLIC | BASTING
ADD ACCOMPANIMENT

RUMP 62.50
GRILLED TO ORDER | ADD ACCOMPANIMENT

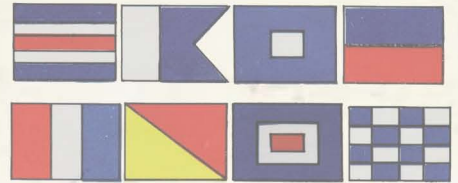
PRAWN SPECIAL 57.00
HALF KILO PRAWNS | 3 SAUCES | ADD ACCOMPANIMENT

MOZAMBIQUE PERI PERI CHICKEN WINGS 60.00
TENDER TASTY WINGS | CHILLIES | GARLIC | PERI PERI BASTING
ADD ACCOMPANIMENT

CRISPY DUCK 85.00
HALF DE-BONED DUCK | SPECIAL SOYA SAUCE | RICE



FROM THE SUSHI BAR



TUNA TARTARE 64.00
TUNA SALAD TARTARE

A.B.S PLATTER 70.00
3 AVO | 4 CALIFORNIA ROLLS | 4 FASHION SANDWICH

VEG PLATTER 60.00
1 VEG HAND ROLL | 8 VEG CALIFORNIA ROLLS | 6 AVO MAKI

SAVY SEAMANS PLATTER 75.00
6 AVO MAKI | 2 SALMON ROSES | 4 FASHION SANDWICHS
2 NIGIRI SALMON & TUNA

BOSUNS` PLATTER 70.00
2 PRAWN | 4 CALIFORNIA ROLLS | 6 TUNA MAKI



SAVY SEAMANS'



VEG PLATTER



TUNA TARTARE



CRISPY DUCK



A.B.S' PLATTER



1ST MATES' PLATTER 85.00

3 SALMON ROSES | 4 CALIFORNIA ROLLS | 6 AVO MAKI
4 FASHION SANDWICH

ENGINEERS' PLATTER 75.00

3 HAND ROLL | PRAWN | NIGIRI | SALMON

2ND MATES' PLATTER 85.00

2 SASHIMI SALMON & 2 TUNA | 2 PRAWN NIGIRI
6 AVO MAKI | 4 CALIFORNIA ROLL



2ND MATES' PLATTER



1ST MATES' PLATTER



ENGINEERS' PLATTER



BOSUNS' PLATTER