

# Upstairs on the Bay

*Breakfast & Lunch Menu*



**Open for Breakfast, Lunch & Dinner 7 days a week**  
From 7:30am to 11:00 pm

Happy Hour daily from 5:00 pm to 7:00 pm

**Bells Channel Inn\* Kings Road \* Freeport \* Grand Bahama\* (242) 373-3622 \*  
[www.bellschannelinn.com/upstairs](http://www.bellschannelinn.com/upstairs) \* Follow us on Facebook!**

## Breakfast

*Our eggs are farm-fresh, organic eggs!*

### **Oatmeal 3.33**

Enjoy a hot bowl of oatmeal with Maple syrup to start your day right.

### **Continental Breakfast 7.81**

Coffee or tea, juice and your choice of muffin, croissant, bagel or toast.

### **Breakfast Sandwich 7.81**

White or wheat toast with eggs, lettuce, tomatoes, choice of ham or bacon.

### **Steak & Eggs 21.25**

All-Natural Beef - 10 oz. New York Strip steak & eggs, served with white or wheat toast.

### **2 Eggs any style with Toast 6.67**

Add ham, sausage or bacon - \$2.81 ea.

### **Omelette - Plain with 2 Eggs 6.25**

Ham & Cheese omelette - \$8.39

Western omelette - \$9.53

Served with toast.

### **Golden Brown Pancakes 7.81**

Add sausage, bacon or ham - \$2.81 ea.

Add blueberry - \$2.24

### **Texas French Toast 7.19**

3 slices of golden brown Texas Toast, sprinkled with powdered sugar, served with Maple syrup.

Add coconut - \$1.77

### **2 Pancakes, 2 Eggs, Sausage, Ham or Bacon 11.15**

2 golden brown pancakes, 2 eggs any style and your choice of sausage or bacon.

### **2 Texas French Toast, 2 Eggs, Sausage, Ham or Bacon 10.73**

Thick golden brown Texas French Toast, 2 organic eggs any style, choice of ham or bacon.

## Bahamian Breakfast

*Try one of our traditional Bahamian breakfasts!*

### **Chicken Souse 12.29**

A traditional Bahamian breakfast.

Tasty chicken wings, potatoes, onions, spices. Served with Johnny Cake, yellow or white grits.

### **Stewed Conch 14.43**

Tenderized conch prepared with potatoes, onions, sweet peppers.

Served with Johnny Cake, yellow or white grits.

### **Boiled or Stewed Fish 22.79**

Fresh grouper or mutton snapper, potatoes, onions, pepper.

Served with Johnny Cake, yellow or white grits.

### **Tuna & Grits 6.67**

Tuna salad served with yellow or white grits.

### **Corn Beef & Grits 6.67**

Old fashioned corn beef & grits - a Bahamian favorite!



# Upstairs on the Bay

## Burgers

*All burgers served with golden fries.*

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### **Signature Angus Burger 10.73**

Try our homemade 8 oz. Certified Angus Beef burger, served on a sesame seed bun with lettuce, tomatoes, cheese, sautéed onions & mushrooms.

### **Make your own Angus Burger 9.90**

Our patties are made with a special recipe, using Certified Angus Beef and cooked to perfection!

Served with lettuce, tomatoes, pickles, onions.

Add: cheese - \$1.15, Add: Bacon - \$2.24.

### **Veggie Burger 9.79**

Veggie patty, lettuce, tomatoes, pickles, onions.

### **Conch or Chicken Burger 11.15**

Served with lettuce, tomatoes, onions.

Add: cheese - \$1.15. Add: bacon - \$2.24.

### **Fish Burger 12.29**

Grilled or pan-seared fish fillet, lettuce, tomatoes, onions, tartar sauce.

## Sandwiches

*All sandwiches served with golden fries.*

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### **Tuna Melt Sandwich 7.19**

Homemade tuna salad, lettuce, tomato, melted American cheese.

### **Classic Club Sandwich 10.05**

Deli sliced ham & turkey, bacon, lettuce, tomato, American cheese.

### **Grilled Cheese Sandwich 6.15**

Simple and delicious, with American cheese.

### **Ham & Cheese Sandwich 7.81**

### **Turkey Sandwich 6.98**

## Salads

*Try one of our freshly made salads!*

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### **Upstairs' Signature Salad 11.15**

Fresh organic spring leaves, slivered almonds, mandarins and dried cranberries drizzled with our house dressing Raspberry Vinaigrette.

Add: Chicken breast - \$3.39

### **Organic Greens 8.46**

Olives, tomatoes, carrots, onions, cucumbers, sweet pepper, your choice of dressing.

Add: grilled or pan fried fish - \$3.39

Add: grilled chicken breast - \$3.39

### **Classic Caesar Salad 10.05**

Crispy Romaine lettuce, shredded Parmesan cheese, garlic toasted croutons and Caesar dressing on the side.

Add chicken - \$3.39

### **Chef Salad 14.53**

Organic greens with ham, turkey, cheese, egg.

### **Tuna Salad 12.29**

Served with pita bread.

### **Lobster Salad (seasonal) 18.91**

Served with pita bread.

### **Crab Salad 14.53**

Served with pita bread.

## Vegetarian Dishes

*Any special requests? Ask your server.*

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### **Stir Fried Rice & Vegetables 15.58**

White rice and mixed vegetables stir-fried in soy sauce.

### **Stuffed Sweet Pepper 14.53**

Baked sweet pepper, stuffed with stir-fried vegetables & rice.

### **Veggie Burger 9.79**

Veggie patty served with lettuce, tomatoes, pickles, onions and crispy French fries.

# Upstairs on the Bay

## Lunch Plates

*Feeling extra hungry - try one of our lunch plates!*

### Grilled or Fried Pork Chops 16.77

2 tender chops topped with sautéed onions & mushrooms and served with mashed potato and cole slaw.

### Fish 'n' Chips 13.39

Fried or pan-seared Swai fillet with a generous portion of fries.

### Snapper or Grouper Fingers 16.77

Lightly battered, seasoned and fried golden brown, served with golden fries.

### Nassau Grouper 19.01

Our locally caught Nassau Grouper, enjoy it pan-seared, broiled, blackened or steamed, served with your choice of two (2) sides.

### Chicken Wings 8.86

Golden brown wings, flavourful and lightly breaded, served with carrots & celery sticks and Ranch dressing for dipping.

### Chicken & Fries 14.27

Juicy and flavorful piece of chicken served with a generous portion of fries.

### Cracked Conch 14.07

Lightly battered, tenderized conch, seasoned and fried golden brown, served with a stack of golden fries or peas 'n' rice & cole slaw.

## Gift Certificates Available!

### Meeting Room Available

Need a place to host a business meeting, birthday or other special occasions?

We cater to any event - speak to your server or call 373 3622 to book our private meeting room.

[www.facebook.com/UpstairsRestaurantAndBar](http://www.facebook.com/UpstairsRestaurantAndBar)



## Side Orders

Cole Slaw 2.71

Potato Salad 3.33

Plantain 2.71

Macaroni & Cheese 3.33

Vegetable Medley 2.71

White Rice / Peas 'N' Rice 2.71

## Beverages

Coffee 2.24 / 2.81

Milk 1.77 / 2.24

Assorted Juices 2.24 / 2.81

Orange, Apple, Pineapple, Grapefruit, Cranberry, V-8, Mango Nectar.

Hot Chocolate 2.81

Tea 1.77

Iced tea 2.40

Iced Tea - Pitcher 6.25

Lemonade 4.12

Lemonade - Pitcher 10.37

Sodas 2.24

\* See our Dessert Menu & Wine List \*

Note:

\* 15% gratuities will be added.

\* Prices include V.A.T.

\* Not all ingredients listed. Alert server of any food allergies.