

## Soil

### Side Salad 7

mixed greens, cucumber, carrot, tomato, honey lime vinaigrette  
V, GF

### Buddha Bowl 17

quinoa, kale, sweet potato, red onion, garam masala chickpeas, lemon-turmeric tahini dressing  
V, VEG, GF

### Beet Salad 15

arugula, roasted beets, red onion, candied almond, goat cheese, toast points, lemon-rosemary chipotle emulsion  
VEG, optional V, GF

### Seared Caesar 14

seared romaine hearts, tomato, red onion, croutons, smoked chili caesar dressing, manchego cheese, cornichons  
VEG, optional GF

### Mushroom Ravioli 17

house made ravioli, fennel cream, herb pesto, parmesan crisps, kale chips

### Soil Add Ons

grilled chicken 6      seared shrimp 9

## THE MAC & CHEESE SHOPPE

Build Your Own!

### The Starting Point 10

Our Proprietary 40 Strand Cheese Sauce, Elbow Macaroni and a Cheese & Crumb

### The Finishers

Bacon 3	Asparagus 2	Green Onion 1
Shrimp 7	Arugula 2	Chili Peppers 2
Chorizo 4	Mushroom 2	Danish Blue Cheese 3
Beef 6	Tomato 2	Lobster MP
Chicken 5	Red Pepper 2	When Available



40 Strand Street, Christiansted, St. Croix, USVI

Tel: 340.692.0524

## Specials

our most popular dishes are our specials  
make sure to inquire about today's creative dishes!

## Pasture

### Chicken and Dumplings 17

braised chicken, mirepoix, roast garlic, mushrooms, velouté, dumplings

### Fried Brie 15

mango chutney, dried fruits, nuts, crostini, honey, candied almonds  
VEG

### Bread & Butter 8

local breads, honey butter, scallion butter, mango butter  
VEG

### BBQ Short Rib 18

boneless Korean braised short rib, house made kimchi, sesame-scallion risotto, lotus root chips

### Patos Tacos 18

fresh corn tortillas, duck confit, xnipek salsa, radicchio slaw, black bean puree, cilantro aioli  
GF

V - VEGAN   VEG - VEGETARIAN   GF - GLUTEN FREE

## SEA

### Tom Kha Mussels 16

lemongrass-coconut milk broth, pickled chilies, cilantro, grilled bread  
optional GF

### Ceviche & Gazpacho 17

smoked plantain gazpacho, spicy conch salad, plantain crisps, microgreens  
GF

### Fettucini Pescatore 21

fresh catch, mussels, shrimp, house made pasta, tomato white wine caper sauce, garlic chips

### Voodoo Shrimp 19

habanero, chorizo, garlic, onion, spices, banana in a Cruzan Rum sauce, local jalapeno cheddar bread, soft fried egg, very spicy  
optional GF

## Be Sure To Save Room for our Scrumptious House Made Desserts!

20% Service Charge May Be Added to Parties of 6  
or More and to Those Who Do Not Leave Their Signed  
Merchant Credit Card Receipt

Add \$.50 per Take Out Item

Questions? Comments?

Email us at [40strandeatery.info@gmail.com](mailto:40strandeatery.info@gmail.com)

Try our sister restaurant  
in the Pan Am Pavillion



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