

## STARTERS

### ACKEE & SALTFISH WRAP-UPS

JAMAICA'S NATIONAL DISH IS WRAPPED IN RICE PAPER FOR A TASTY TREAT

\$13

### JERK POUTINE

YOUR CHOICE OF TENDER PIECED OF JERK CHICKEN OR JERK PORK, JERK CHICKEN GRAVY AND A BLEND OF MOZZARELLA AND CHEDDAR CHEESES ALL OVER A BED OF SWEET POTATO FRIES

\$12

### COOL RUNNINGS QUESADILLA

BELL PEPPERS, TOMATO, ONIONS, CHEESE AND SCOTCH BONNET PEPPER FUSED TOGETHER IN A SOFT FLOUR TORTILLA. SERVED WITH JERK SOUR CREAM AND SALSA

\$11

· JERK CHICKEN - \$2    · SAUTÉED OR JERK SHRIMP - \$4

### CHICKEN WINGS

CHOOSE FROM OUR JERK, TROPICAL OR HONEY GARLIC FLAVOURS. SERVED WITH VEGGIES & DIPPING SAUCE

\$14

### SALTFISH FRITTERS

TENDER PIECES OF COD FISH, RED PEPPER AND GREEN ONIONS IN A LIGHT, TASTY FRITTER. SERVED WITH TARTAR DIPPING SAUCE (5 PCS)

\$9

### COCONUT PRAWNS

MARINATED PRAWNS COATED WITH SHREDDED COCONUT THEN DEEP FRIED TILL GOLDEN BROWN. SERVED WITH OUR PINA COLADA AND SPICY AIOLI FOR DIPPING

\$14

### DAILY SOUP

ASK YOUR SERVER FOR THE SOUP OF THE DAY

\$8

## TRADITIONAL JAMAICAN ENTREES

SERVED WITH YOUR CHOICE OF WHITE RICE OR RICE AND PEAS AND HOUSE COLESLAW

### CURRY GOAT \*\*

\$18

### STEWED OXTAIL \*\*

\$20

### JERK PORK \*\*

\$18

### QUARTER CHICKEN

CLASSIC JERK, STEW OR ISLAND STYLE FRIED

SUBSTITUTE WHITE MEAT- \$2

(NOTE: STEW CHICKEN IS ONLY AVAILABLE IN DARK MEAT)

\$16

### WHOLE RED SNAPPER

ESCOVIETCH, BROWN STEW, STEAMED OR FRIED

(NOTE: STEAMED FISH CAN ALSO BE SERVED WITH BAMMY)

\$20

\*\*MEAT COMBINATIONS - \$1

# JAMAICAN INFUSED ENTREES

## CARIBBEAN TACOS

\$15

TWO GRILLED FLOUR TORTILLA SHELLS FILLED WITH TENDER JERK CHICKEN, ROMAINE LETTUCE, HOUSE SLAW, MANGO SALSA ALL DRIZZLED WITH OUR HOUSE JERK AIOLI AND SERVED WITH FRENCH FRIES

· PORK - \$1    · SHRIMP - \$2

## IRIE WRAP

\$15

JUICY JERK CHICKEN, ROMAINE LETTUCE, TOMATO, CHEESE, CUCUMBER DRESSED WITH OUR HOUSE JERK AIOLI AND WRAPPED IN A TORTILLA SHELL. SERVED WITH FRENCH FRIES

· SHRIMP - \$2

## Roti

### VEGETABLE ROTI

\$12

POTATOES, CARROTS, BELL PEPPERS, BABY BOK CHOY, CHICK PEAS, CABBAGE AND BROCCOLI SAUTEED IN A DELICIOUS CURRY SAUCE THEN WRAPPED IN A SOFT FLOUR ROTI

### CHICKEN ROTI

\$13

CHICKEN AND POTATOES IN A DELICIOUS CURRY SAUCE THEN WRAPPED IN A SOFT FLOUR ROTI

### SHRIMP ROTI

\$15

SHRIMP, CARROTS AND POTATOES IN A DELICIOUS CURRY SAUCE THEN WRAPPED IN A SOFT FLOUR ROTI

### BONELESS GOAT ROTI

\$14

TENDER PIECES OF BONELESS GOAT IN A DELICIOUS CURRY SAUCE THEN WRAPPED IN A SOFT FLOUR ROTI

## PASTA

### RED STRIPE SHRIMP PASTA DELIGHT

\$22

PENNE PASTA PREPARED IN A WHITE SAUCE WITH A HINT OF JAMAICA'S NOTORIOUS RED STRIPE BEER, CARROTS, JERK SEASONING, MULTI-COLOURED BELL PEPPERS AND SHRIMP

### LUSCIOUS LINGUINI

\$14

TOSSED IN A DELECTABLE WHITE WINE BUTTER SAUCE WITH TOMATOS, SPINACH, MUSHROOMS, CARROTS, BROCCOLI, CAULIFLOWER AND BELL PEPPERS

· CHICKEN \$3    · SHRIMP \$5

## SALADS

### QUINOA SALAD

\$15

A VEGAN'S PARADISE OF RICH PUMPKIN, RED KIDNEY BEANS, BELL PEPPERS, BABY BOK CHOY, CARROTS, CUCUMBERS, ONION AND TOMATOES TOPPED WITH SWEET MANGO AND CREAMY AVOCADO

### LUCEA LUSH GREEN

\$10

RED ROMAINE LETTUCE, KALE, CUCUMBERS, TOMATOES, GRATED CARROTS, PUMPKIN SEEDS, CRANBERRIES WITH YOUR CHOICE OF DRESSING

### CAESAR SALAD

\$11

ROMAINE LETTUCE TOSSED IN A CREAMY CAESAR DRESSING FINISHED WITH A SPRINKLING OF CHEESE AND HOUSE MADE SEASONED CROUTONS

• CHICKEN \$5

## KIDS MENU

INCLUDES SMALL APPLE OR ORANGE JUICE

### TROPICAL CHICKEN

\$10

TENDER STRIPS OF BREADED CHICKEN BREAST COATED IN A SWEET MANGO SAUCE SERVED WITH FRENCH FRIES

### CHICKEN PASTA BAKE

\$10

MACARONI AND CHICKEN BAKED IN A ROSÉ SAUCE AND TOPPED WITH CHEESE AND BREADCRUMB

### TRADITIONAL JAMAICAN CHICKEN ENTREES

\$10

SERVED WITH YOUR CHOICE OF WHITE RICE OR RICE AND PEAS AND HOUSE COLESLAW

## SIDE DISHES

WHITE RICE \$3

RICE AND PEAS \$5

MASHED POTATOES \$5

RICE AND PEAS \$5

STEAMED VEGETABLES \$5

COLESLAW \$4

PLANTAIN \$2

FRENCH FRIES \$5

FESTIVALS \$5

• 3 PER SERVING

• SWEET POTATO FRIES \$1

• 3 PER SERVING

## DESSERTS

### BLACK RUM CAKE

\$10

SERVED A LA MODE

### SWEET POTATO PUDDING

\$8

SERVED WITH GRAPENUT ICE CREAM

### ICE CREAM

\$5

GRAPENUT OR RUM & RAISIN

# DRINK MENU

<b>TROPICAL POPS</b> ISLAND CARBONATED SODA FLAVOURS INCLUDE PINEAPPLE, KOLA CHAMPAGNE, CREAM SODA, GINGER BEER	<b>\$2.00</b>
<b>TROPICAL JUICES</b> JUICE FLAVOURS INCLUDE PINEAPPLE GINGER, SORREL GINGER, MANGO, MANGO PASSION, MANGO CARROT, MANGO ORANGE, FRUIT PUNCH, STRAWBERRY BANANA, GUAVA, GUAVA PINEAPPLE, TING, COCONUT WATER AND VITAMALT	<b>\$3.00</b>
<b>STRONG BACK DRINKS</b> MAGNUM, IRISH MOSS, PEANUT PUNCH, CARROT JUICE	<b>\$5.00</b>
<b>NUTRAMENT</b>	<b>\$3.50</b>
<b>HOMEMADE GINGER BEER</b>	<b>\$3.50</b>
<b>POPULAR JUICES</b> ORANGE, APPLE, LEMONADE	<b>\$3.00</b>
<b>SOFT DRINKS</b> COKE, DIET COKE, GINGERALE, ICE TEA • SERVED FROM 355 ML CAN	<b>\$2.00</b>
<b>COFFEE</b>	<b>\$3.00</b>
<b>TEA</b>	<b>\$3.00</b>

## JAMAICAN STYLE BREAKFAST

SATURDAY & SUNDAY 9:30AM - 12:00PM

SERVED WITH BOILED DUMPING, YAM, BANANA OR FRY DUMPLING (4 ITEMS INCLUDED)

<b>ACKEE &amp; SALTFISH</b>	<b>\$17</b>
<b>CALALOO &amp; SALTFISH</b> *Cooked to order	<b>\$15</b>
<b>MACKEREL</b> PREPARED IN EITHER OF OUR TRADITIONAL WAYS OF "COOK-UP" - SAUTÉED WITH PEPPERS AND ONIONS OR "RUN-DOWN" - SIMMERED IN A COCONUT SAUCE	<b>\$15</b>
<b>SALTFISH</b> PREPARED IN EITHER OF OUR TRADITIONAL WAYS OF "COOK-UP" - SAUTÉED WITH PEPPERS AND ONIONS OR "RUN-DOWN" - SIMMERED IN A COCONUT SAUCE	<b>\$14</b>
<b>PORRIDGE</b> PORRIDGE OF THE DAY MAY INCLUDE BANANA, HOMINY CORN, PLANTAIN OR CORNMEAL	<b>\$9</b>
<b>LIVER</b>	<b>\$14</b>
<b>KIDNEY</b>	<b>\$14</b>
<b>CALALOO</b>	<b>\$13</b>