



MENU

STARTERS

HOUSE SALAD	4.99
Tender romaine lettuce, shredded carrot, cabbage and tomato with your choice of Ranch, Thousand Island, or Vinaigrette dressing. ~ Add jerk chicken for \$6.00 ~Add shrimp for \$9.00	
PATTIES	2.77
Traditional flaky pastry filled with beef, chicken, or vegetables	
VEGETABLE SPRING ROLLS	5.99
Fresh chopped vegetables rolled in a crispy wonton, served with a spicy mango chutney (3 per serving)	
SOUP OF THE DAY	3.23 6.47
A delicious selection daily.	
SALFISH FRITTERS	5.99
Savory and spicy codfish, battered and fried to perfection. (3 pieces)	
JERK WINGS	9.99
Tender wing sections marinated in our spicy jerk seasoning then grilled to perfection (8 wings).	
FRIED COCONUT SHRIMP	6.99
Jumbo battered shrimp dipped in coconut, lightly fried and served with mango dipping sauce (5 per serving).	

SIGNATURE ENTRÉES

All entrées served with your choice of Rice & Peas, or Steamed Rice, or Garlic Mashed Potatoes, or traditional Boiled Provision (subject to availability) And your choice of Steamed Cabbage, Vegetable Medley with Broccoli & Carrots, or Callaloo.
All entrées are garnished with Fried Plantains

Jerk Chicken	14.99
A half or quarter chicken, marinated in our spicy house-made jerk seasoning, grilled to perfection.	
Brown Stew Chicken	13.99
A traditional Jamaican favorite. Tender bone-in chicken marinated and braised then stewed in a rich gravy	
Curry Chicken	13.99
Tender bone-in chicken marinated in our special blend of fresh garlic, thyme, scallions, onions, scotch bonnet pepper, stewed in Jamaican curry.	
Sunday Best Fry Chicken	13.99
Better than homemade! ~ Available on Sundays & Mondays	
Jerk Wings	14.99
Tender bone-in chicken wing sections, marinated in our spicy jerk seasoning grilled to perfection.	
Combination Plate	
Chicken combination for \$13.99	Other combination for \$23.99
Curry Goat	17.99
Tender bone-in goat marinated in our special blend of fresh garlic, thyme, scallions, onions, and scotch bonnet pepper, stewed in Jamaican curry.	
Oxtails	23.99
Marinated in our special house seasoning, then braised and slow cooked with butter beans and dumplings.	
Jerk Pork	14.99
Marinated in our spicy jerk seasoning, and then grilled to perfection. ~ Available only on Fridays, Saturdays & Sundays	
Kids' Meal	7.99
Chicken Tenders with Fries OR Grilled Cheese with fries.	



VEGGIE NATION

Vegetable Plate	11.99
Your choice of rice plus your choice of the following vegetables: steamed cabbage, callaloo, and vegetable medley.	
Veggie Medley Mix	13.99
Seasonal vegetables including cauliflower, carrots, zucchini, squash, broccoli, and lima beans stewed in a coconut curry sauce. Served with rice and steamed vegetables.	
Jammin Soy Chunks	13.99
Simmered in a brown stew coconut sauce with onions and bell peppers	

SEAFOOD & HOUSE SPECIALTIES

Whole Red Snapper	20.22	25.99	31.99
Prepared on of the three ways: Steamed- Seasoned and steamed in a light broth with fresh vegetables. Escoveitch- Fried, served with sweet bell peppers, carrots, and onions in a balsamic vinegar sauce. Brown Stew- Fried and smothered in a spicy brown gravy.			
Tilapia Fillet			13.99
Two generous fillets; choose fried, brown stewed, or steamed in a light broth with vegetables.			
Salmon Rundown			21.99
An 8oz salmon fillet, pan seared then simmered in a rich coconut sauce. Served on a bed of mixed vegetables.			
Saltfish Cookup			14.99
A Caribbean favorite, prepared with tomatoes, onions and garlic			
Rasta Pasta			9.99
Pasta tossed with garlic, onions, and a bell pepper trio in a rich Alfredo or marinara sauce. ~ Add grilled chicken + \$6.00 ~Add grilled shrimp + \$9.00			
Ackee & Saltfish			17.99
Jamaica's national dish! Seasoned and sautéed with Jamaican spices and fresh vegetables.			
Roti			
Handmade Trinidad-style flatbread with your choice of meat or vegetarian selection. Served with vegetables and plantains. ~ Goat 17.99 ~ Shrimp 15.99 ~ Chicken 13.99 ~ Veggie 10.99			
Coconut Curry Shrimp			15.99
A Cool Runnings customer favorite! Fresh jumbo shrimp seasoned and smothered in our rich, creamy coconut curry sauce			
Stir Fried Shrimp			15.99
Fresh jumbo shrimp, sautéed with fresh vegetables in a light sauce.			

A LA CARTE

Montego Bay Burger & Fries	7.99	Just Jerk Chicken (½ of chicken)	11.99
Just Jerk Pork (1lb)	13.99	Rice & Peas or Steamed Rice	4.99
~ Available Fri/Sat/Sun			
Callaloo	4.99	Cabbage	4.99
Vegetable Medley	4.99	Patties- beef, chicken or vegetable	2.77
Fried Dumplings (5)	4.99	Festival (Fried sweet bread- 3)	4.99
Jerk French Fries	4.99	Plantains	4.99
Hard Dough Bread Slice	0.50	Cocobread	1.99
Oxtail Only	16.99	Roti Skin	5.00



SWEET TREATS

Rum Cake Slice	5.99
Gourmet Pudding Assorted flavors	7.49

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.
PRICES IN RESTAURANT POINT OF SALE SYSTEM WILL ALWAYS SUPERCEDE
ANY AND ALL PUBLISHED PRICES.