# Flavor from the Island...

#### TRADITIONAL JAMAICAN MEALS

All meals served with 1 protein and 3 sides. Choose your

protein, and then your sides.

ACKEE & SALT FISH	15
BRAISED OXTAIL	19
CALLALOO & SALTFISH	14
CHICKEN	
Barbie-Fry	14
Brown Stew	13
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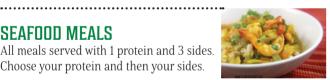
13 Curry Fried 13 Ierk 13 Terk (boneless) 14 Wings 13 **CURRIED GOAT** 14 JERK PORK 14



Choice of sides: Boiled Banana, Yam, & Dumpling / Candied Yam / Cole Slaw / Curried Potato / Fried Sweet Plantains / Kale / Mac & Cheese / Mixed Vegetables / Okra / Pickled Green Bananas / Rice & Beans / Steamed Cabbage / White Rice

# **SEAFOOD MEALS**

All meals served with 1 protein and 3 sides. Choose your protein and then your sides.



CRACK CONCH	23
CURRY CONCH	25
SALMON	20
- Brown Stew / Honey Jerk / Jerk / Sw	reet & Sour
SALT FISH	15
SHRIMP	15
- Curried / Jerk / Peppered	
SNAPPER	MKT PRICE
- Brown Stew / Escovitch / Steamed	
WHITING	14
- Brown Stew / Fried	

Choice of sides Boiled Banana, Yam, & Dumpling / Candied Yam / Cole Slaw / Curried Potato / Fried Sweet Plantains / Kale / Mac & Cheese / Mixed Vegetables / Okra / Pickled Green Bananas / Rice & Beans / Steamed Cabbage / White Rice

BOILED BANANA, YAM, & DUMPLING	6
CANDIED YAMS	5
COLE SLAW	5
CURRIED POTATO	5
FRIED SWEET PLANTAINS	5
KALE	5
MAC & CHEESE	5
MIXED VEGETABLES	5
OKRA	5
PICKLED GREEN BANANAS	5
RICE & BEANS	5
STEAMED CABBAGE	5
WHITE RICE	4

# **Additional Sides**

BAMMY {4}	6
BREADFRUIT (4)	6
FESTIVAL (4)	3
FRITTERS (4)	6

# **RASTA PASTA**

Pasta, Cheese, and Island Vibes P	asta Sauce
CHICKEN	13
MIXED VEGETABLE	10
OXTAIL	17
SALMON	17
SHRIMP	17

# **VEGETARIAN AND VEGAN FRIENDLY**

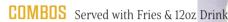
VEGGIE CHUNKS	13
ITAL STEW	15
Choose any two sides from our Veg	an & Vegetariar
Friendly side choices	

## A VIBE OF THE CARIBBEAN

BAKE & SALT FISH (100% GUYANESE STYLE)	6.75
DHAL PURI 100% TRINI STYLE	
Curried Chicken	12
Curried Goat	14
Curried Shrimp	15
Fish - Curried / Fried / Stew	12
Jerk Pork	12
Oxtail	16
Stew Chicken	12
Vegetable	10
Choice: EXTRA PEPPER	

WINGS WOR	LD 5 PCS	7	
FRIED / HONEY J	ERK / JAMROCK	BBQ / JERK / SW	EET & SOUR

CHICKEN SHACK FRIED CHICKEN	3 PCS	6 PCS 8
JERK CHICKEN	QUARTER	6
	HALF	10
	WHOLE	20



FRIED CHICKEN	3pcs	8
	6pcs	10
FRIED FISH - WHITI	NG	12
JERK CHICKEN 1/4		10
ISLAND VIBES JERK	BURGER	13
<b>VEGAN BURGER</b>		13
WINGS		10

SOUP		160Z	320
CHICKEN	SUN & MON	5	8
FISH	WED & FRI	9	12
OXTAIL	TUE, THUR, SAT	9	16

PORRIDGE	160Z	320Z
CORNMEAL	5	9

## SALAD

ISLAND VIBES KALE MANGO	10
Made with cranberry, fresh diced	
concornal manga argania kala	

seasonal mango, organic kale, organic pumpkin seed, toasted walnut

**GREEN SALAD** LETTUS TOMATOES CARROTS PEPPERS



BALSAMIC/ ISLAND VIBES ALOU SAUCE/ RANCH

## Add a Protein

ISLAND VIBES JERK CHICKEN PAN-SEARED SALMON	5
	9
SHRIMP	9

