

Starters

SOUP OF THE DAY small 2.77 / large 5.54
A delicious selection daily.

SALTFISH FRITTERS (2) 3.99
Savory and spicy codfish, battered and fried to perfection.

HOUSE SALAD 3.99**
Tender romaine lettuce, shredded carrot, cabbage and tomato with your choice of Ranch, Thousand Island, or Vinaigrette dressing.
Add jerk chicken +4.00
Add shrimp +6.00

PATTIES 1.85
Traditional flaky pastry filled with beef, chicken, or vegetables.

VEGETABLE SPRING ROLLS (3) 3.99**
Fresh chopped vegetables rolled in a crispy wonton, served with mango chutney.

FRIED COCONUT SHRIMP (5) 6.99
Jumbo battered shrimp dipped in coconut, lightly fried and served with mango dipping sauce.

Seafood and House Specialties

FRESH SEASONAL FISH	Market price
Whole Red Snapper, Parrot Fish, or Sliced Kingfish (subject to availability) cooked to order one of three ways: Steamed – Seasoned and steamed in a light broth with fresh vegetables Escovitch – Fried, served with sweet peppers, carrots, and onions in a balsamic vinegar sauce Brown Stew – Fried and smothered in a spicy brown gravy	
TILAPIA FILLET	12.99
Two generous fillets; choose grilled, fried, or steamed in a light broth with vegetables.	
COCONUT CURRY SHRIMP	13.49
A Cool Runnings customer favorite! Fresh jumbo shrimp seasoned and smothered in our rich, creamy coconut curry sauce.	
STIR FRIED SHRIMP	13.49
Fresh jumbo shrimp, sautéed with fresh vegetables in a light sauce.	
RASTA PASTA	
Penne pasta tossed with garlic, onions, and a bell pepper trio in a rich Alfredo sauce.**	6.99
Add grilled chicken	+4.00
Add grilled shrimp	+6.00
ACKEE & SALTFISH	15.99
Jamaica's national dish! Seasoned and sautéed with Jamaican spices and fresh vegetables.	
SALTFISH ("Saltfish Cookup")	12.99
A Caribbean favorite, prepared with tomatoes, onions, and garlic.	
SUNDAY BEST FRIED CHICKEN	10.99 / 8.99
Succulent and spicy fried chicken. Available on Sundays.	

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

**Vegetarian selection

An 18% gratuity will be added to final bill(s) for parties of 6 or larger

Signature Entrees

Meat

OXTAILS

Our best selling dish! Marinated, braised, and stewed with butter beans and dumplings

14.49 / 10.99

CURRIED GOAT

Tender bone-in goat marinated in garlic, thyme, scallions, and Jamaican seasonings, stewed in a rich curry sauce

13.99 / 10.99

JERK PORK (Available Fri/Sat/Sun)

Marinated in our spicy jerk seasoning, and then grilled to perfection

11.99 / 9.99

Poultry

JERK CHICKEN

A quarter or half chicken, marinated in our spicy jerk seasoning, grilled to perfection

10.99 / 8.99

JERK WINGS

Tender wing sections, marinated in our spicy jerk seasoning, grilled to perfection. Available Fridays, Saturdays, and Sundays.

11.49 / 8.99

CURRIED CHICKEN

Tender bone-in chicken marinated in garlic, thyme, scallions, and Jamaican seasonings, stewed in a rich curry sauce

9.99 / 7.99

BROWN STEW CHICKEN

A traditional Jamaican favorite. Tender bone-in chicken marinated and stewed in a rich brown gravy

9.99 / 7.99

All entrees served with your choice of Rice & Peas, or Steamed Rice, or Garlic Mashed Potatoes, or traditional Boiled Provision*

And your choice of Steamed Cabbage, Vegetable Medley with Broccoli & Carrots, or Callaloo

All entrees are garnished with Fried Plantains

**Boiled Provision subject to availability*

Plus...

COMBINATION PLATE

Can't decide? Combine any 2 items above

16.99 / 11.99

ROTI

Handmade Trinidad-style flatbread with your choice of meat or vegetarian selection. Served with vegetables and plantains.

With curried chicken

10.99

With curried shrimp

13.99

With curried goat

12.99

Vegetarian**

9.99

VEGETABLE PLATE**

9.99 / 7.99

Your choice of rice and two vegetable, plus fried plantains.

VEGETARIAN SOY CHUNKS with SEASONAL VEGETABLES**

12.99

Choose either steamed, coconut curry, or brown stew

KIDS' MEAL

For kids 6 and under; select any poultry dish above. Served with rice and fried plantain

5.99

****Vegetarian selection**

A La Carte

Montego Bay Burger & Jerk Fries	6.79
Patties – beef, chicken or vegetable	1.85 ea or 20 per dozen baked or frozen
Just Jerk Chicken (1/2 chicken)	8.99
Just Jerk Pork (1 lb / available Fri/Sat/Sun)	9.99
Just Jerk Wings (8)	9.99
Cocobread	1.50
Hard Dough Bread	.50 per slice or 6.00 for full loaf
Festival (Fried Sweet Bread)	3.00
Fried Dumpling (4)	2.00
Saltfish Fritters (2)	3.99
Roti Skin	4.00
Jerk French Fries	3.00
Rice & Peas or Steamed Rice	3.00
Steamed Vegetable selection	3.00

Dessert

RUM CAKE Tastes as good as it sounds.	4.59
SWEET POTATO PUDDING CAKE A traditional favorite, made with hand grated sweet potatoes and our special blend of island spices.	3.69
LEMON POUND CAKE Made from scratch, southern style	3.69
ICE CREAM Choose from Grape Nut, Rum Raisin, or Featured Tropical Flavor	3.69

Beverages

FRESH FRUIT PUNCH Made fresh with real fruit. 2.75	SORREL Made with hibiscus flowers, ginger, and a dash of spirits. 2.75	CARROT JUICE A simple classic. Made fresh with honey, ginger, and lime. 2.75
GRACE TROPICAL RHYTHMS JUICES Island Mango, Mango Carrot, Mango Guava, Fruit Punch, Pineapple Ginger, Reggae Medley 2.65	JAMAICAN SODAS Kola Champagne, Ginger Beer, Crème Soda, Pineapple, Ting, 1.85	CALYPSO FLAVORED LEMONADES Strawberry, Mango, Black Cherry, Blue, Pineapple Passion, Kiwi, Natural Lemonade 1.85
SOURSOP Made with soursop fruit and sweetened condensed milk. 2.75	TROPICAL ICED TEA 2.00	FRESH LEMONADE 2.00
COCONUT WATER 1.85	COKE, SPRITE 1.39	VITA MALT 2.30



Facebook.com/coolrunningshouston

ALL PRICES SUBJECT TO CHANGE

**Full Service Catering
Banquet space available
713-777-1566**

coolrunningsjamaicangrill.com