

Starters



Soup Of The Day

A delicious selection daily.
small 2.77 / large 5.54

Saltfish Fritters

Savory and spicy codfish, battered and fried to perfection.
(3) for 4.99

Jerk Wings

Tender wing sections marinated in our spicy jerk seasoning then grilled to perfection
8 wings 9.99

House Salad

Tender romaine lettuce, shredded carrot, cabbage and tomato with your choice of Ranch, Thousand Island, or Vinaigrette dressing.
Salad only 3.99**
Add jerk chicken +5.00
Add shrimp +7.00

Patties

Traditional flaky pastry filled with beef, chicken, or vegetables.
2.31

Vegetable Spring Rolls

Fresh chopped vegetables rolled in a crispy wonton, served with a spicy mango chutney
3 for 4.99**.

Fried Coconut Shrimp

Jumbo battered shrimp dipped in coconut, lightly fried and served with mango dipping sauce.
5 for 6.99

Plantain Cups

Crispy green plantain cups filled with savory callaloo, Saltfish, and sweet plantain spiked with spicy jalapeño jelly.
4 for 6.99

Signature Entrees

Jerk Chicken

A half or quarter chicken, marinated in our spicy house-made jerk seasoning, grilled to perfection
11.99

Curry Chicken

Tender bone-in chicken marinated in our special blend of fresh garlic, thyme, scallions, onions, Scotch bonnet pepper, stewed in Jamaican curry.
10.99

Jerk Wings

Tender wing sections, marinated in our spicy jerk seasoning, grilled to perfection.
12.49

Curried Goat

Tender bone-in goat marinated in our special blend of fresh garlic, thyme, scallions, onions, and Scotch bonnet pepper, stewed in Jamaican curry.
14.99

Combination Plate

Can't decide? Select any 2 items above
2 chicken dishes 11.99
Any other combination 18.99

All entrees 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 entrees are garnished with Fried Plantain

Brown Stew Chicken

A traditional Jamaican favorite. Tender bone-in chicken marinated and braised then stewed in a rich brown gravy
10.99

Sunday Best Fried Chicken

Better than homemade! Available on Sundays, Mondays, and Wednesdays
11.99

Oxtails

Marinated in our special house seasoning, then braised and slow cooked with butter beans and dumplings
15.99

Jerk Pork (Available Fri/Sat/Sun)

Marinated in our spicy jerk seasoning, and then grilled to perfection
13.99

Kids' Meal

Jerk, brown stew, or curry chicken with rice & plantain. Or, select grilled cheese or chicken tenders with fries.
6.99

Veggie Nation

Vegetable Plate

Your choice of rice plus your choice of two of the following vegetables: steamed cabbage, callaloo, and vegetable medley
9.99 / 7.99

Jammin Soy Chunks

Simmered in a brown stew coconut sauce with onions and bell peppers
12.99

Veggie Medley Mix

Seasonal vegetables including cauliflower, carrots, zucchini, squash, broccoli, and lima beans stewed in a coconut curry sauce. Served with rice and steamed vegetables.
11.99

Add a roti skin to any Veggie Nation entrée for only
2.99

Seafood and House Specialties



Whole Red Snapper

Prepared one of three ways:

- Steamed* – Seasoned and steamed in a light broth with fresh vegetables
- Escoveitch* – Fried, served with sweet peppers, carrots, and onions in a balsamic vinegar sauce
- Brown Stew* – Fried and smothered in a spicy brown gravy

16.99/21.99

Jerk Red Snapper Fillet

Seasoned and grilled to perfection.
23.99

Tilapia Fillet

Two generous fillets; choose fried, brown stewed, or steamed in a light broth with vegetables.
12.99

Ackee & Saltfish

Jamaica's national dish! Seasoned and sautéed with Jamaican spices and fresh vegetables.
16.99

Parrot Fish

The whole fish lightly battered and fried
16.99/21.99

Saltfish Cookup

A Caribbean favorite, prepared with tomatoes, onions, and garlic.
13.99

Salmon Rundown

An 8 oz salmon fillet, pan seared then simmered in a rich coconut sauce
Served on a bed of mixed vegetables
18.99

Coconut Curry Shrimp

A Cool Runnings customer favorite! Fresh jumbo shrimp seasoned and smothered in our rich, creamy coconut curry sauce.
14.69

Stir Fried Shrimp

Fresh jumbo shrimp, sautéed with fresh vegetables in a light sauce.
14.69

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 14.69
With curried goat 14.99

Rasta Pasta

Pasta tossed with garlic, onions, and a bell pepper trio in a rich Alfredo or marinara sauce.
8.99
Add grilled chicken+5.00
Add grilled shrimp+7.00

All entrees 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 entrees are garnished with Fried Plantains

Sides and A La Carte

Montego Bay Burger & Jerk Fries	6.79	Fried Dumpling (5)	3.99
Patties – beef, chicken or vegetable	2.31	Festival (Fried Sweet Bread - 3)	3.99
Just Jerk Chicken (1/2 chicken)	9.99	Jerk French Fries	3.99
Just Jerk Pork (1 lb / available Fri/Sat/Sun)	9.99	Plantains	3.99
Rice & Peas or Steamed Rice	3.99	Cocobread	1.50
Vegetable Medley	3.99	Hard Dough Bread	.50 /slice
Callaloo	3.99	Roti Skin	5.00
Cabbage	3.99		

Sweet Treats

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

ICE CREAM

Choose from Grape Nut, Rum Raisin, or Featured Tropical Flavor

ASSORTED SLICED CAKE

3.69

Beverages

CARROT JUICE
2.99

FRESH FRUIT PUNCH
2.99

PINEAPPLE GINGER
2.99

SORREL
2.99

SOURSOP
2.99

JAMAICAN SODAS
1.85

GRACE TROPICAL RHYTHMS
JUICES
2.80

CALYPSO FLAVORED
LEMONADES
2.29

VITA MALT
2.49

MANGO ICED TEA
2.00

FRESH LEMONADE
2.00

COCONUT WATER
1.99

COKE, SPRITE
1.85

ALL PRICES SUBJECT TO CHANGE

Restaurant prices will supercede menu pricing at all times



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**Full Service Catering
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