

# Appetizers & Sides

## Live and Give (V)

Can't decide? No need with this tasty appetizer made for sharing. A generous basket of tortilla chips served with queso, daily hummus, and your choice of tomato mango chipotle salsa fresca or spicy garden blend salsa. (no substitutions please)

- 7

## Lion a Roar (DF GF VE V)

Your choice of tomato mango chipotle salsa fresca or spicy garden blend salsa with chips.

- 5

## Side of Natty Bread (DF VE V)

Two extra pieces of locally baked City Bakery bread dressed with a herb garlic spread.

- 1.5

## Coo Yah (V)

Natty bread with your choice of red (DF VE) or rosé sauce.

- 5

## Humble Hummus (DF GF VE V\*)

Our hummus of the day served with chips. (+\$1 sub grilled, seasoned pita bread)

- 5

## Reggae Mylitis (V GF)

Tortilla chips topped with our Caribbean black beans, tomato mango chipotle salsa fresca or spicy garden blend salsa, smothered in a smoked gouda chipotle queso. (Big Up your nachos with bell peppers, jalapeño, tomato, & green onion. +\$1.5)

- 7

# Entrees

Entrees include an order of Natty Bread & salad.

Dressings (all GF): Mango Vinaigrette, Jalapeño Lime Cilantro ✨, Orange Balsamic, & His Majesty's (Sesame Garlic Tahini).

## Cool Runnings (V\* GF)

Cajun chicken with mushrooms, bell peppers and fire roasted tomatoes in a smokey gouda chipotle queso. Served with rice, Caribbean black beans and roasted jalapeño & pineapple salsa.

- 15.5

## The Nolan (DF GF\* 🔥)

Sautéed shrimp in a creamy coconut Sriracha sauce with squash, zucchini, peppers & onions. Tossed with linguine & finished with grilled scallops, toasted coconut flakes, mung bean sprouts, & mango jicama salsa.

- 21

## Ark of the Covenant (GF\*)

Wild caught Alaskan sockeye salmon, grape tomatoes, kalamata olives, zucchini & squash in a fresh basil butter sauce with feta cheese. Tossed with spinach fettuccine or served with basmati rice. \*\*

- 22

## Marley's Magic (DF GF\*)

Grilled jerk Carolina Trout with cauliflower, carrots & bell peppers, sautéed in a white wine, creamy, dairy-free coconut ginger curry sauce. Tossed with linguine or served with basmati rice. Finished with spring onions.

- 20

## Mayfield Falls (DF GF\*)

Grilled wild caught Mahi Mahi topped with our mango jicama mint salsa with sautéed bell peppers, & carrots in a creamy, dairy-free, ginger, coconut sauce. Tossed with linguine & spring onions or with basmati rice.

- 21

## Back-A-Yard Bowl (DF GF VE\* V\*)

Grilled Jerk chicken, tilapia, Beyond Meat vegan brats, or tofu with Basmati rice, Caribbean black beans, grilled zucchini, fried plantains, roasted jalapeño & pineapple salsa, & a Caribbean chimichurri sauce. (+\$5.50 sub salmon, tuna, or Mahi)

- 15.5

## Negril Nights (DF GF\*)

Grilled salt & peppered wild caught tuna with garden fresh vegetables & fire roasted tomatoes, sautéed with white wine & a velvety, dairy-free, coconut jerk sauce. Served over spinach fettuccine or basmati rice. Finished with spring onions. \*\*

- 20

## Nine Mile (DF GF\* VE\* V\* 🔥)

Grilled jerk chicken or tofu with fresh ginger, fire roasted tomatoes, jalapeño peppers, squash, & zucchini, sautéed with white wine & butter. Tossed with linguine or served with basmati rice. Finished with spring onions. Please specify heat.

- 14.5

## Irie Ites (DF GF\* VE\* V\*)

Your choice of chicken or tofu sautéed with white wine, garden fresh vegetables in a creamy dairy free basil pesto. Tossed with cavatappi pasta & spring onions. (+\$5 sub shrimp)

- 15.5

## Kingston 12 (DF GF 🌿 🔥)

Sautéed shrimp in a red coconut curry sauce with sautéed onions, asparagus, cauliflower, fresh basil, and cilantro. Served with basmati rice. Garnished with mango jicama mint salsa, mung bean sprouts, cilantro & toasted almonds. \*\*

- 21

## The Meshach (V\* VE\*)

Grilled hickory molasses rubbed chicken or jerk tofu with sautéed cremini mushrooms, bell peppers & grape tomatoes, in a white wine cream sauce tossed with cavatappi pasta & green onions.

- 15.5

## Soul Rebel (DF GF\* 🌿)

Grilled chipotle maple glazed wild caught Alaskan sockeye salmon with sautéed onion, russet potatoes & carrots in a white wine coconut massaman curry sauce topped with cilantro, almonds, mung bean sprouts, and a banana mango apple chutney. Served with basmati rice. \*\*

- 22

ⓁⓍ = Dairy Free

ⓁⓍ = Vegan

\* = Can Be Made

🌿 = Contains Tree Nuts

ⓁⓍ = Gluten Free

Ⓛ = Vegetarian

🔥 = Hot

✨ = Contains Honey

\*\* These items are cooked to order. Consuming raw or undercooked MEATS, POULTRY, seafood, shellfish, or EGGS may increase your RISK of foodborne illness.

## One Foundation (V)\*

Grilled jerk chicken or tofu with garden fresh vegetables, grilled pineapple & fire-roasted tomatoes sautéed with white wine & folded in our fresh house alfredo sauce. Served over spinach fettuccine.

- 15.5

## More Fyah! (DF)(GF)(VE)(V)\*

Grilled jerk chicken or tofu with bell peppers, fire roasted tomatoes, squash, & zucchini. Sautéed with white wine & butter. Tossed with linguine. Finished with spring onions. Please specify heat.

- 14.5

## Island in the Sea (DF)\*

Shrimp, crab meat & diced clams sautéed with yellow squash & zucchini in a white wine alfredo or marinara sauce (©). Served over spinach fettuccine.

- 20

## Raggy Road (DF)(GF)\* 🔥

Grilled Cajun tilapia with sautéed bell peppers, squash & zucchini in a white wine, creamy, dairy-free, coconut chipotle sauce. Tossed with cavatappi pasta & spring onions or served with basmati rice. Please specify heat.

- 15.5

## Jamaican Me Thirsty (DF)(GF)(VE)(V)\*

Grilled jerk chicken or tofu with fire roasted tomatoes & garden fresh vegetables, sautéed with white wine & our own jerk marinara sauce. Tossed with linguine. Finished with spring onions. Please specify heat.

- 14.5

## Natural Mystic (DF)(GF)(VE)(V)

Linguine topped with our house marinara sauce. (+\$3 add vegetables)

- 5

<b>Gluten-Free Fusilli</b> A hearty gluten-free alternative. Substitute in any dish. +\$1.5	<b>Raw Zucchini Pasta Substitute</b> Not big on pasta? Enjoy fresh spiral cut zucchini as a refreshing alternative. +\$1.5	<b>Not Just Pasta!</b> Several of our dishes include a rice option. Please see the descriptions.
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# Soup & Salads

## Back to Eden (DF)(GF)(V)\* 🌱

House Jerk rubbed chicken served over a bed of mixed greens with bell peppers, red onion, carrots, & jalapeño. Served with our jalapeño lime cilantro dressing.

- 12

## Empress Menen Salad (DF)(GF)(VE)(V) 🌿

Mixed greens with apples, toasted almonds, chickpeas, smoked gouda & house tempeh bacon. Served with our sesame garlic tahini dressing.

- 12

## Ras Buddha Chili (DF)(GF)(VE)(V)

Vegetarian chili with local tempeh, red curry, bell peppers, chipotle peppers, kidney beans, black beans, fire roasted tomatoes & coconut milk. Served with Natty Bread by the cup or bowl.

- 3/5

## Livity (DF)(GF)(VE)(V)\*

Mixed greens with your choice of jerk chicken or tofu. Topped with carrots, purple cabbage & bell peppers. Served with our orange balsamic dressing.

- 12

## Easy Skanking (DF)(GF)

Grilled 3oz tuna steak with mixed greens, grilled pineapple, grape tomatoes, raw sunflower seeds, gingered feta & a sprig of fresh mint. Served with our mango vinaigrette.\*\*

- 12

## The Groundation (DF)(GF)(VE)(V)\*

Mixed greens, feta cheese, cherry tomatoes, carrots, kalamata olives & chickpeas. Served with our sesame garlic tahini dressing. (+\$4 add chicken, tofu or tempeh)

- 8

# Beverages

San Pellegrino - 2.5

Organic Coffee from Bean Werks - 2.5

Hot Tea - 1.5

Please ask your server for our current flavors.

Iced Mint Green Tea - 1.5

House-made Fruit Punch - 2.5

Pineapple Orange Guava (no free refills)

Can of RC or Cheerwine - 2

Abita Root Beer (no free refills) - 3.5

Buchi Kombucha - 4

Devil's Foot "Fuego" Ginger Beer - 3.5  
OR Sparkling Lemonade

Lion Paw Roots Tonics - 7

A traditional naturally fermented male rastafarian drink prepared from herbs, barks & spices. It is fine in quality & matured in flavor.

Local Seven Sisters Yerba Mate - 4

With 24 vitamins and minerals, 15 amino acids and abundant polyphenols, yerba mate nourishes while it stimulates.

Hoplark HopTea - 5

Non-alcoholic, caffeinated tea that tastes like beer. Great for an afternoon pick-me-up.

## Beer & Wine

Please ask to see our beer & wine list.

**Growlers** of draft beer now available for carry out! Bring in your own, or let us fill one for you. Product and availability may vary.