



All Day Menu

Flatbreads

- Pesto & Roasted Pumpkin**
Goat Cheese + Pine Nuts + Pumpkin + Herbs 32
- Eggplant & Oven Dried Tomato**
Hummus + Za'atar + Onion 32
- Tikka Massala**
West Indian Spice Blend + Coconut Milk
Cauliflower + Oven Dried Tomato (Med Spice) 32
- +Add Grilled Chicken Breast/Fish 12 or Shrimp 16**
- Brunch Flatbread**
Bacon + Egg + Tomato Sauce + Cheese 32

This N' That

- Daily Soup**
With Corn Bread 20
- Summer Goat Cheese Salad**
Mixed Local Veg + Herbs + Sprouts + Flat Bread
Balsamic + Tomatoes 42
- Rasta Pasta**
Mixed Vegetables + Cream + Fresh Herbs
Hemp Hearts + Cheese 47
- +Add Grilled Chicken Breast/Fish 12 or Shrimp 16**

Under De Sea

- Popcorn Fish**
Bite Size with Garlic Aioli 14
- Crispy Calamari**
Garlic Aioli 24
- Conch Chowdah**
New England Style Chowder Goes Caribbean 34
- Fried Fish Sandwich**
Creamy Slaw + Green Plantain Chips + Salad 43
- Baja Style Fish Tacos**
Red Snapper + Spicy Mayo + Pico de Gallo + Slaw
Flour Tortilla 57
- Cajun Blackened Snapper Fillet**
Red Snapper + Tomato Salsa + Garlic Butter
Med Spice Level 57
- Whole Grilled Fish** With Fresh Salsa +Add Sides MP

+Add Sides

- House Fries 15
- Mashed Potatoes 12
- Sautéed Veg 10
- Garden Salad 12
- Fried Green Plantain Chips 10
- Mac N Cheese 18
- Red Beans + Coconut Rice 12
- Braised Greens 10
- Fried Cou Cou 10
- Sweet Potato Fries 15

Comfort Food

- Daddy Mac Burger**
Green Plantain Chips + Salad 43
- Steak Frites & Salad**
Heritage Farm Organic Grass Fed Top Sirloin
Pan Seared w/ Thyme & Garlic Butter
Hand Cut Frites 87
- Curried Goat**
Boneless Halal Goat + West Indian Curry
Red Beans & Rice + Fried Plantain
Kuchella 72

Bird is the Word

- Popcorn Chicken**
Bite Size with Garlic Aioli 14
- Chicken Wings**
Jerk or BBQ or Buffalo + Fries + Salad 32
- Jerk Chicken Tacos**
Jerk Chicken + Spicy Mayo + Pico
De Gallo + Slaw + Flour Tortilla 57
- Buttermilk Fried Chicken Sandwich**
Creamy Slaw + Green Plantain Chips
Salad 43
- Fried Chicken & Waffles** Classic OR Jerk
Leg & Thigh + Nutmeg Syrup + Thyme 54