Appetizers

Lion A Roar- Tomato mango chipotle salsa **or** spicy garden blend salsa with chips GF ~10

The Lioness- Smoked gouda chipotle queso with tortilla chips GF ~10

Humble Hummus- Hummus of the day served with chips- $1 sub grilled pita bread GF, DF ~10

Live and Give– Tortilla chips served with queso, daily hummus, and choice of salsa (no substitutions please) GF ~10

Reggae Mylitis- Tortilla chips topped with Caribbean black beans, choice of salsa, & smoked gouda chipotle queso. (Big Up with bell peppers, jalapeño, tomato, & green onion. +$1.5) GF ~10

Coo Yah- Natty bread with your choice of red or rosé sauce. ~10

Side of Natty Bread- Two pieces of City Bakery bread dressed with an herb garlic spread DF ~3

Entrées

Entrees include an order of Natty Bread & salad. Substitutions are limited to two per dish.

Dressings: Mango Vinaigrette, Jalapeño🔥Lime Cilantro (H), Orange Balsamic, & His Majesty's (Sesame Garlic Tahini)

Cool Runnings- Cajun chicken with mushrooms, bell peppers and fire roasted tomato in a gouda chipotle queso. Served with rice, Caribbean black beans and roasted jalapeño & pineapple salsa ~20

The Nolan– Sautéed shrimp in a Red-I coconut sauce with squash, zucchini, peppers & onions. Tossed with linguine. Finished with pan seared scallops, mung bean sprouts, & mango jícama salsa* 🔥 DF ~29

The Meshach– 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. ~20

Ark of the Covenant– Grilled, wild caught Alaskan salmon, grape tomatoes, Kalamata olives, zucchini & squash in a white wine basil butter sauce with feta cheese. Tossed with spinach fettuccine or served with basmati rice* ~29

Amani- Grilled, ginger teriyaki tilapia with carrots, onion, bell peppers & currants in an orange ginger sesame coconut cream sauce. Served with basmati rice. Cilantro sesame seed, mung bean sprouts & banana mango apple chutney garnish DF ~22

Island in the Sea- Shrimp, crab meat, & diced clams with yellow squash & zucchini in a white wine Alfredo or marinara sauce. Served over spinach fettuccine * ~28

Back-A-Yard Bowl– Grilled jerk chicken, tilapia, Beyond Meat vegan brats, or jerk tofu with basmati rice, Caribbean black beans, grilled zucchini, fried plantains, roasted jalapeño pineapple salsa, & chimichurri sauce (+$9 sub salmon, tuna, or Mahi)* DF, GF ~20

Mount Zion– Grilled jerk ahi tuna, sauteed asparagus, broccoli, & cauliflower in a green curry coconut sauce. Served with basmati rice, fried plantains & mango jicama salsa. Cilantro, lemon, & basil garnish*DF, GF ~29

Nine Mile– Grilled jerk chicken or jerk tofu with ginger, fire roasted tomatoes, jalapeños, squash, & zucchini. Sautéed with white wine & butter. Tossed with linguine or served with basmati rice. Finished with spring onions. Please specify heat level. 🔥 ~20

Irie Ites- Grilled chicken or tofu & fresh vegetables in a basil pesto. Tossed with cavatappi pasta & spring onions. (+$9 sub shrimp)* DF ~20

Kingston 12 - Sautéed shrimp in a red curry coconut 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* DF, GF, N ~29

More Fyah!– Grilled jerk chicken or jerk tofu with bell peppers, fire roasted tomatoes, squash, & zucchini. Sautéed with white wine & butter. Tossed with linguine. Finished with spring onions. Please specify heat level. ~20

See your server to purchase bottled signature **hot sauces** and **salad dressings**

DF- Dairy Free, **N**- Has Nuts, **H**- Honey **GF**- Most entrees can be made Gluten Free. **Most dishes can be made Vegetarian or Vegan. Ask you server for details**

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

Soul Rebel – Grilled chipotle maple glazed Alaskan salmon with sautéed onion, potatoes & carrots in a Massaman curry coconut sauce. Topped with cilantro, almonds, mung bean sprouts, & banana mango apple chutney. Served with basmati rice* **DF, GF, N** **~29**

One Foundation– Grilled jerk chicken or jerk tofu with sautéed fresh vegetables & grilled pineapple in our house alfredo sauce. Served over spinach fettuccine. **~20**

Jamaican Me Thirsty- Grilled jerk chicken or jerk tofu with fire roasted tomatoes & garden fresh vegetables. Sautéed with white wine & jerk marinara sauce. Tossed with linguine. Finished with spring onions. Please specify heat. **DF** **~20**

Gluten-Free Penne Pasta
Substitute in any dish. +$3
GF Penne shares the same pasta water as the pasta with gluten.

Another Gluten-Free Option-
Raw Zucchini Pasta+$3

Raggy Road– Grilled Cajun mahi with sautéed bell peppers, squash & zucchini in a white wine coconut chipotle sauce. Tossed with cavatappi pasta or served with rice. Finished with spring onions. Please specify heat. 🔥 **DF** **~29**

Marley's Magic– Grilled jerk trout with cauliflower, carrots & bell peppers. Sautéed in a white wine, yellow coconut curry sauce. Tossed with linguine or served with basmati rice. Finished with spring onions. **DF** **~29**

Natural Mystic–Linguine topped with house marinara sauce. (+$3 add vegetables) **DF** **~7**

Kids Meals $5

Buttercup- Linguine noodles with butter
Mo' Cheese Please- Linguine with parmesan cheese
Alfy Red- Linguine with alfredo or marinara
Going Green- Kids salad with carrots & cabbage
Take Me to Jamaica- Caribbean black beans and rice (Add tofu $6, Add Chicken $6)

Salads

Dressings: Mango Vinaigrette, Jalapeño Lime Cilantro 🔥 (H), Orange Balsamic, & His Majesty's (Sesame Garlic Tahini)

Back to Eden- House Jerk rubbed chicken served over a bed of mixed greens with bell peppers, red onion, carrots, & jalapeño. Served with jalapeño lime cilantro dressing. **DF, GF, H** **~17**

Empress Menen Salad- Mixed greens with apples, toasted almonds, chickpeas, smoked gouda & house tempeh. Served with sesame garlic tahini dressing. **GF, N** **~17**

Soup of the Day- Chef made soup served with Natty Bread by the cup or bowl. **~5/7**

Easy Skanking- Grilled 3oz tuna steak with mixed greens, grilled pineapple, grape tomatoes, toasted sunflower seeds, gingered feta & a sprig of fresh mint. Served with mango vinaigrette* **GF** **~17**

The Groundation- Mixed greens, feta cheese, cherry tomatoes, carrots, kalamata olives & chickpeas. Served with sesame garlic tahini dressing. (+$6 add chicken, tofu or tempeh) **GF** **~13**

Livity- Mixed greens with jerk chicken or tofu. Carrots, purple cabbage & bell peppers. Served with orange balsamic dressing **~17**

Beverages

San Pellegrino **~3**

Organic Coffee from Coffee Library **~3**

Hot Tea- see your sever for flavors **~2**

House Made Fruit Punch- a refreshing blend of pinapple, orange & guava (no free refills) **~5**

Buchi Kombucha- rotating flavors **~5**

Lion's Paw Roots Tonic -A traditional, naturally fermented Rastafarian drink prepared from herbs, barks & spices. **~10**

Iced Mint Green Tea **~3.5**

Canned Sodas **~3**

Abita Root Beer (no free refills) **~5**

Devil's Foot Ginger Beer or **Lemonade**- rotating flavors **~5**

We appreciate your patience as every dish is made fresh and to order. Our chicken is all natural and hormone free. We use Smiling Harah tempeh. Our milk is from Home to Farm and our salmon is from the Wild Salmon Company. Mahi and tuna are wild caught. Tuna is dolphin safe. $5 split plate charge- for this you receive an extra salad and natty bread. **20% gratuity added for parties of 5 or more. No separate checks for parties over six.**

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