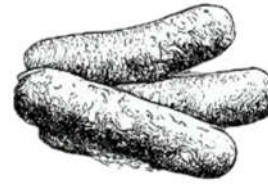




## APPETIZERS

Mozzarella Cheese Sticks - \$1400/\$11US  
Not just breaded, battered, gooey cheese



Island Wings - \$1700/\$13US  
Handspun in choice of sauce or dry seasoning  
(BBQ / Buffalo / Jerk / Lemon Pepper / Sweet & Spicy)

Veggie Spring Rolls - \$2000/\$15US  
Blend of crunchy seasoned in a deliciously flaky spring wrap

## SOUPS

Soup of the Day - \$600/\$5US  
Cream of Pumpkin and Cream of Red Peas  
Yaad style (Coming Soon)



## MARKET FRESH SALADS

Tuna Salad - \$1800/\$13US  
Nicely seasoned tuna on a colorful array of veggies

Island Tropical Salad - \$2000/\$15US  
Fresh greens with fruits, corn, cheddar, cucumbers, carrots, tomatoes, drizzled with Island vinaigrette or Ranch dressing.  
• Grilled Chicken Breast (add \$700/\$6US) • Grilled/Breaded Shrimp (add \$1000/\$8US)

Sea Crave Salad - \$3000/\$23US  
Morsels of fish, shrimp and lobster bits (seasonal), spicy citrus yogurt dressing with leafy vegetables, pineapples and cranberries



**All Prices are final. Prices Subject to change without Notice.**

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Before placing your order, please inform your server if a person in your party has a food allergy. However, we cannot guarantee any food items to be completely allergen-free.



## VEGETARIAN

Curried Chickpea Wrap - \$2000/\$15US  
Chickpeas cooked with authentic spices and curry

Tropical Veggie Wrap - \$2000/\$15US  
Hearty roasted seasonal veggies in a warm tortilla

Firecracker Tofu Noodles - \$2300/\$18US  
Tofu tossed with sauteed veggies, lo mein noodles

Veggie Burger - \$2000/\$15US  
Plant based burger on toasted sesame bun served with fries

Pumpkin and Broad Beans - \$2300/\$18US  
Served with steamed bammies, side salad

Jerk Veggie Chunks - \$1800/\$13US  
Served with roasted potato

Veggie Stew - \$2300/\$18US  
Beans medley, lentils slow cooked with herbs in coconut milk

## ENTREES - (JERK)

Jerk Chicken - \$1800/\$14US  
Fall-off-the-bone chicken quarter smothered in natural Jerk seasonings and spices

Jerk Pork - \$2000/\$15US  
Succulent pork marinated in authentic herbs and spices jerked to perfection

**Served with Rice and Peas or Festivals**



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## ENTREES – (SEA)

### Catch of the Day – Whole Fish (starting at \$3000/\$22U)

Whole fish prepared the way you like  
Steamed / curried coconut / brown stew / jerked / escove

### Catch of the Day – Fillet – \$2500/\$19US

Your no bones option, *anystyle!*

### Shrimp (Anystyle) - \$3200/\$24US

Curried, Jerk, Escoveitch, Scampi

### Salmon - \$3200/\$24US

Herb rubbed salmon filet pan seared  
served with Mediterranean potato

## OTHER EATS

### Tropical Curried Goat - \$2800/\$21US

Tender cuts of goat simmered in Jamaican curry and natural seasonings

### Island Fork Ribs – \$3600/\$30US

BBQ ribs smoked in-house, served with fries or potatoes#

### Creamy Chicken Penne Alfredo - \$2800/\$21US

Chicken tossed in a parmesan cream sauce  
(*Shrimp- \$3200/\$24US Oxtail - \$3200/\$24US*)

### Jambalaya Fettuccine - \$3600/\$27US

Grilled chicken, shrimp, Italian sausage, cajun, marinara sauce

### Caribbean Roti - \$3000/\$19US

Curried goat or chicken, plain roti with chickpea#

### Fried Chicken - \$1500/\$12US

Jamaican original, crispy, and full of flavours

### Braised Oxtails n' Beans - \$3200/\$24US

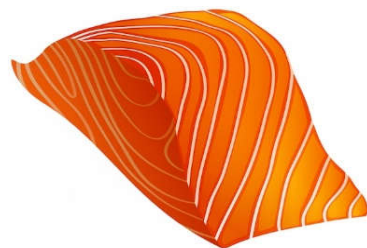
Marinated tender morsels, butter beans, hearty stew

### Smoked Pork Chop Duo - \$3200/\$24US

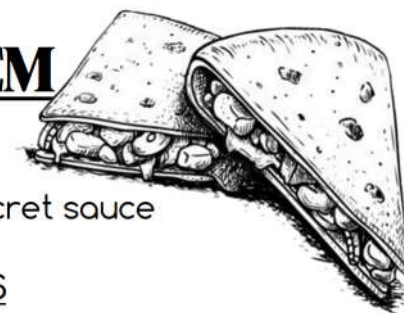
Succulently seasoned cuts of pork, veggies and potatoes#

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## NO FORK. NO PROBLEM



### Cheeseburger Deluxe - \$2300/\$17US

Double beef patties, lettuce, tomato, onions, secret sauce

### Crispy Chicken Sandwich - \$2300/\$17US

Juicy chicken wrapped in our special crisp coating, lettuce, secret sauce  
*(try it grilled too)*

### Shrimp Taco Trio - \$3000/\$22US

Soft tortillas, filled with crispy shrimp, tossed cabbage mix and spicy sauce

### Thin Crust Pizza - \$1500/\$12US

Thin crust, rich tomato sauce, cheese, Italian seasonings  
*(Pepperoni, chicken or vegetarian)*

### Chicken Club Quesadilla - \$2500/\$19US

Chicken, crispy bacon, lettuce, shredded cheese, pico and layered in a grilled tortilla

## KIDS KORNER

Chicken Nuggets + Fries - \$1500/\$12US

Chicken Tenders + Fries - \$1800/\$14US

BBQ Chicken Quesadillas - \$2500/\$19US

Cheeseburger + Fries - \$1800/\$14US

Mini 6" Thin-crust Pizza - \$1500/\$12US



*"Forget the Usual"*

ORDER LINE: 876-523-0279 / 973-2800



@islandforkgreengrotto

## **SIDES - \$600/\$5US**

\*All meals served with Rice & Peas

### **BAMMY FESTIVALS**

#MASH POTATO / MASH SWEET

#POTATO SALAD

#ROAST POTATO

RIPE / GREEN PLANTAINS

RICE & PEAS

FRIES/WEDGES

SAUTEED VEGETABLES

CORN ON COB

BREADFRUIT (SEASONAL)

\*subject to availability

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