



Standout Starters

Caribbean Chicken Wings

Jerk, Teriyaki Glazed, Sweet & Spicy, Dry Lemon Pepper. (10) PCs 12 (20) PCs 22 (50) PCs 48

Jerk Chicken Quesadilla

This quesadilla is stuffed with jerk chicken, vegetables, pepper jack & cheddar cheese and cilantro. Served with sour cream & salsa. 11

Spinach Artichoke Dip

Spinach, artichoke hearts, garlic cream cheese, sour cream and bacon blended with Mozzarella cheese. Add a creamy Parmesan cheese sauce. Served with fried tortilla chips. 8

CoCo Bread

Soft coconut baked bread. 3

Empanada

Meat pie pocket pastry dumpling filled with special savory (Beef or Chicken) with spinach and more. 6

* Calamari Ala Arrabiata

Deep-fried, sautéed with curry chili peppers in a rich and spicy plum tomato sauce. 15

Jamaican Patties

Handmade pastries that contain various fillings and spices baked inside a flaky shell, often tinted golden yellow with an egg yolk mixture or turmeric. It is made like a turnover but is more savory. Choice are (Jamaican Spicy Beef, Curry Chicken, Vegetable). 3.5

* Grilled Shrimp

Medium shrimp grilled and served with a light garlic sauce. 11

* Ackee & Saltfish Roll

Ackee and codfish in a flour tortilla deep-fried and served with a light fruit sauce. 9

* Conch Fritters

Sautéed conch battered and deep-fried served with a spicy dipping sauce. 11

Guacamole Dip

Freshly made with fresh avocado, lime juice, cilantro, jalapeno and garlic. Served with fresh fried tortilla chips. 8

Bammy

Bammy (Cassava Flatbread). Made from cassava, bammy is often referred to as Jamaican flat-bread. Grated cassava is lightly salted and shaped into discs soaked coconut milk then pan fried. 6.5

* Spicy Crab Cakes

Two hand-breaded, pan seared crab cakes served with choice of one side. 25



Spicy Crab Cakes

Soups & Garden Greens

Jamaican Soup Of The Day

Ask your server about our daily prepared soup. Add a house salad for +2 extra. Bowl: 8.3

Caesar Salad

Fresh Romaine lettuce tossed with a creamy Caesar dressing & croutons topped with Parmesan cheese. Add Chicken Breast or Jerk Chicken for +3 extra. 12

* Grilled Salmon Salad

Grilled wild caught salmon topped on a bed of mixed greens with tomatoes, cucumbers, sweet peppers. Served with a mango vinaigrette dressing. Substitute jumbo grilled shrimp for the same price. 16

Curry Shrimp



Island Flava House Salad

Mix greens, cucumbers tomato, peppers, onions, pineapple and mango. Served with your choice of dressing. 10

Crispy Tofu Salad

Mixed greens, tomatoes, cucumbers, sweet peppers, crispy tofu lightly drizzled with Italian dressing. 12



Grilled Caesar Chicken Salad

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Reggae Fest Meals

All meals are served with Steamed Vegetables and Fried Plantains with your choice of (Spinach Rice, White Rice, or Rice & Peas).

* Escovitch Fish

A whole snapper is deep fried then topped with our homemade pickling sauce made from vinegar, onions, peppers, bell peppers, and carrots. 22

Jerk Chicken Wings

Need an Island escape? Our jerk seasoning blend adds a spicy kick to these Caribbean wings. You will be begging for more. 12

Brown Stew Chicken

Marinated in herbs and spices such as garlic, thyme, pimento seeds and a dash of brown sugar then slow cooked to give it that rich delicious gravy. Lunch: 12 Dinner: 15

Island Flava Oxtail

Caribbean favorite! Prepared with fresh Caribbean's herbs, spices and vegetables. 20

Curry Goat

This dish is full of flavor, seasoned with herbs and spices and slow cooked in Jamaican curry for tenderness. Lunch: 13 Dinner: 17

* Brown Stew Fish

Freshly deep-fried whole snapper then sautéed with herbs and vegetables in a brown sauce. 22

* Curry Shrimp Pasta

Juicy shrimp simmered in a choice of (Tomato or Cream Sauce), infused with garlic, thyme, ginger, curry spice tossed with Penne pasta. Lunch: 15 Dinner: 18

Sweet & Sour Chicken

Boneless chicken breast chunks battered and deep-fried topped with a sweet & sour sauce. Lunch: 11 Dinner: 14

* Island Flava Baked Salmon

Marinated in herbs and spices, coated with eggs and coconut, served with fruit sauce. 20

* Grilled Snapper Fillet

Fresh Snapper fillet grilled to perfection and served with lemon butter sauce. 19

Grilled Sirloin Fillet

USDA choice beef cooked to order and only served with home style gravy and mashed potatoes. 19

Curry Chicken or Goat & Roti

Choice between boneless (Chicken or Goat) mixed with Jamaican spices then use the roti to scoop up the curry. No silverware required. Chicken: 14 Goat: 16

Curry Chicken

Like the curry goat, this dish is full of flavor after being marinated with herbs and spices. Prepared with Jamaican curry. Lunch: 12 Dinner: 15

Fried Chicken

Freshly marinated with traditional Caribbean herbs and spices then deep-fried. 12

Grilled Jerk Chicken

We marinated the breast of the chicken with fresh traditional Caribbean herbs and spices then grilled until it is tender and juicy then base with a Teriyaki sauce. Lunch: 12 Dinner: 15

Caribbean Style Fry Chicken

Freshly marinated with traditional Caribbean herbs and spices then deep-fried. 15

Caribbean Jerk Pork Ribs

These tender ribs are finger licking good, made to perfection with Caribbean spices and specially made jerk sauce. Half Rack: 18 Full Rack: 22

* Grilled Salmon

Grilled to perfection with tons of flavor and served with Honey Dijon sauce on top of sautéed baby bok choy. 19

* Caribbean Jerk Shrimp

Jumbo shrimp marinated in Caribbean herbs and spices and then tossed in our homemade jerk sauce. Lunch: 17 Dinner: 20

Grilled Chicken Breast

Boneless chicken breast marinated with Teriyaki sauce. 15

* Steamed Snapper

Seasoned with onions, carrots, okra, peppers, herbs and spices. 22

* Jerk Salmon

Marinated in jerk seasoning then grilled over an open flame. 20

* Shrimp Mofongo

Sautéed jumbo shrimp served with mashed green plantains and gourmet broth. 18

Prime Rib-Eye Steak

10oz of USDA prime beef cooked to your liking. Add grilled shrimp for +4 extra. 25

Oxtail And Rice & Peas

Island Flava Salmon & Mango, Spinach Rice

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Caribbean Bowls

* Jerk Chicken Or Jerk Shrimp Bowl

Choice of marinated jerk chicken breast or jerk jumbo shrimp served over a bed of stir fry vegetables with your choice of (Spinach Rice, White Rice, or Rice & Peas). Chicken: 10 Shrimp: 14

* Curry Chicken Or Curry Shrimp Rice Bowl

Choice of boneless chicken strips or jumbo shrimp simmered with red and green pepper, corn, ginger, garlic, yellow curry powder, Thai red curry paste, basil, spices, chicken broth and coconut milk. Chicken: 10 Shrimp 14

Sweet & Sour Rice Bowl

Chicken chunks is seasoned with soy sauce and spices, then coated with cornstarch and pan-fried until crispy. Then mixed with sautéed peppers, onions and pineapple topped with sweet and sour sauce. Served over a bed of white rice. 10

* Caribbean Jerk Fish Bowl

Choice between (Salmon or Snapper) pan-seared with spices served over a bed of white rice and beans with fresh mango and avocado salsa. 15

Vegetarian Menu

Jerk Tofu

Marinated with Jamaican jerk seasoning and grilled on open flame. 15

Vegetarian Penne Pasta

Penne pasta tossed in a coconut tomato sauce. 14

Plantain Mofongo

Green plantain mashed with sea salt, garlic, onions, served with a gourmet sauce and sliced avocado. 12

Vegan Meatballs

Served in a choice of (Curry or Brown Stew). 11

Curry Vegetable Roti

This fried bread folds around a filling of zucchini, okra, chickpeas, tomato and spinach in a creamy, tangy curried yogurt sauce. 12

Brown Stew Soy Chunks

Soy chunks simmered in a light brown sauce with beans. 13

Caribbean Veggie Chow Mein

A twist on a traditional Asian dish with stir fry vegetables (broccoli, pepper, carrots, snow peas, onions) served over lo mien egg noodles in a chow mein sauce. 11

Side Orders

Mac & Cheese

4

White Rice

4

French Fries

4

Boiled Provision

4

Fried Plantain

4

Mashed Potatoes

4

Bammy

4

Coco Bread

4

Rice & Peas

4

Fried Yucca

4

Steamed Vegetables

4

Roti

4

Pickney Meal

12 years And Under Please

All kid's meal served with choice of a side item.

Fried Chicken

Lightly breaded chicken that is deep-fried. 6

BBQ Chicken

Infused with our homemade BBQ sauce. 6

Chicken Tenders

Three pieces of juicy tenderloins. 6

Escovitch Fish



Ackee & Saltfish Roll



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Sweet Endings

Caribbean Rum Cake

Rich flavor, incredibly moist texture and deeply satisfying. Add a scoop of ice cream for +1.5 extra. 5

Jamaican Carrot Cake

Sweet carrot cake loaded with spices waiting for you to indulge! Add a scoop of ice cream for +1.5 extra. 5

Chocolate Chocolate Cake

This one is for the chocoholics!. A moist chocolate cake with more chocolate icing on top. Add a scoop of ice cream for +1.5 extra. 5

Strawberry Cheesecake

A sweet combination of strawberries and New York cheesecake nestled in a graham cracker crust. Topped with a strawberry glaze. 5.5

New York Cheesecake

Gourmet New York cheesecake extra light and creamy with a thick buttery graham crust. 5

Jamaican Sweet Potato Pudding

Fresh local sweet potatoes mixed with coconut milk, vanilla extract, brown sugar with fragrant spices and baked to perfection. 4.5

Thirst Quenchers

Coffee

1.59

Hot Tea

1.59

Pineapple Guava

3.45

Fountain Drinks

Free Refills 2.50

Iced Tea (Sweet or Unsweetened)

1.59

Mango Carrot

3.45

Sorrel

Organic Hibiscus 3.45

Hot Chocolate

1.75

Passion Fruit

3.45

Reggae Medley

Tropical Fruit Punch Mix 3.45

Natural Juices

Island Flava Caribbean Fruit Punch

5

Sorrel

5

Ginger Beer

3.5

Carrot Lime

4.5

Soda

Pepsi Products 3.5

Lemonade

3.75

Carrot Juice

5

Tea

Sweet or Un sweet 3.5



" Sport Bar " Menu

Available Only During Specific Hours

Winging It

Choice of (Jerk, BBQ or Sweet Chili) served with french fries & celery sticks 11

* Spicy Crab Cakes

Two hand-breaded pan seared jumbo lump crab cakes with fresh tomato basil. Served our special remoulade sauce. Choice between. 25

* Conch Fritters

House made fritters loaded with conch, drizzled with our signature remoulade sauce. 11

Avocado Fries

Hand breaded fresh avocado with bread crumbs and then deep-fried. Served with Wasabi cucumber dressing. 10

Vegetable Spring Rolls

Four spring rolls served with choice of your favorite sauce. 8

Jerk Chicken Salad Or Wrap

12

* Fried Calamari

Served with our special remoulade sauce. 10

* Grilled Or Fried Snapper Sandwich

12

Zucchini Fritters

Breaded slices of fresh zucchini served with ranch dressing. 8

* Coconut Shrimp

Served with choice of wing sauce and french fries. 10

* Shrimp Basket

Tender breaded shrimp deep-fried to a golden brown. Served with our special remoulade sauce. Served with french fries. 12

Jerk Chicken

Choice between (Rolls or Quesadilla) 10

* Cod Fish Cake

9

Cheese Curds

Wisconsin cheddar lightly hand breaded with bread crumbs, fresh garlic and parsley. Served with your favorite sauce. 8

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What's On Tap

Beers

Blue Moon| Corona| Heineken| Modelo| Smirnoff Ice| Yuengling| Bud light| Guinness| Hoppy| Red Stripe| Stella Artois

Sweet & Semi Sweet Wines

White Zinfandel| Stella Rosa Blueberry| Stella Rosa Pink Moscato

Vodka

Titos| Belvedere| Grey Goose| Ciroc| Ciroc Red Berry| Ciroc Pineapple| Ciroc Coconut| Smirnoff Vodka| Smirnoff Apple

Gin

Tanqueray| Gordon Gin| Beefeater

Whiskey

Johnnie Walker| Jack Daniels| Jameson| Crown Royal| Crown Apple| Bulleit

Rum

Wray & Nephew| Appleton| Cruzan

White Wines

19 Crimes| Chardonnay| Pinot Grigio

Red Wines

Stella Rosa Red| 19 Crimes Dark Red

Sparkling Wine/Champagne

Moet & Chandon Rose Imperial| Moet & Chandon Imperial| Belaire Rose| Belaire Black| Belaire Luxe

Tequila

Patron Reposado| Patron Silver| Jose Cuervo| Don Julio

Cognac

D'usse| Hennessy Black| Hennessy| Remy Martin| Courvoisier

Liqueur

Campari| Apple| Chocolate| Coffee



Island Flava Cocktail Drinks

Midnight Flava

Hennessy, Pineapple Juice, Ginger Ale 10

Electric Lemonade

Vodka, Blue Cacao, Sweet & Sour, Sprite. 10

Player's Punch

Rum, Tequila, Red Slush. 10

Apple Martini

Vodka, Sour Apple Liqueur, Sweet & Sour Mix. 8

Coco Cabana

Rum, Coffee Liqueur, Ice Cream Crème de Cacao, Coconut Milk. 12

Lust

Tequila, Sour Apple Liquor, Lime Juice. 8

Sinful Miami

Remy Martin, Tequila, Sake, Cranberry Juice. 12

Mai Tai

Appleton Rum, Coconut Rum, Spice Rum, Sweet & Sour, Pineapple Juice. 12

Island Flava

White Rum, Tequila, Triple Sec, Raspberry Juice. 15

Bon jour

White Zinfandel, Lychee Juice, Triple Sec. 8

Chocolate Martini

Vodka, Coffee Liqueur, Milk 8

Red She Devil

Ciroc Red Berry, Red Bull, Strawberry Syrup. 8

Long Island Tea

Rum, Vodka, Tequila, Gin, Triple Sec. Coke. 8

Bob Marley

White Rum, Strawberry Daiquiri, Mango Daiquiri. 12

Henny Colada

Crème of Coconut, Pineapple Juice, Hennessy, Fresh Squeeze Lime. 12

The General

Rum, Tequila, Triple Sec, Margarita Mix. 10



LET US CATER
YOUR NEXT EVENT



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