

SOUP AND GARDEN GREEN

Jamaican Soup Of The Day

Ask your server about our daily prepared soup.
Add a house salad for +2 extra. Bowl. 8.99

Caesar Salad

Fresh Romaine lettuce tossed with a creamy Caesar dressing & croutons topped with Parmesan cheese.
Add Chicken Breast +3 Shrimp +4 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. 17

Island Flava House Salad

Mix greens, cucumbers, tomato, peppers, onions, pineapple and mango. Served with your choice of dressing. 12

Crispy Tofu Salad

Mixed greens, tomatoes, cucumbers, sweet peppers, crispy tofu lightly drizzled with Italian dressing. 15

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. 25

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. 15

Brown Stew Chicken

Marinated in herbs and spices such as garlic, thyme, pimento seeds and a dash of brown sugar slow cooked to give it that rich delicious gravy. Dinner: 16

Island Flava Oxtail

Caribbean favorite! Prepared with fresh Caribbean herbs, spices and vegetables. 26

Curry Goat

This dish is full of flavor, seasoned with herbs and spices and slow cooked in Jamaican curry for tenderness. Dinner: 22



Curry Chicken

Like the curry goat, this dish is full of flavor after being marinated with herbs and spices. Prepared with Jamaican curry. Dinner: 16

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. Dinner: 16

Caribbean Style Fry Chicken

Freshly marinated with traditional Caribbean herbs and spices then deep-fried. 16

***Brown Stew Fish**

Freshly deep-fried whole snapper then sautéed with herbs and vegetables in a brown sauce. 25



CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS. PLEASE ADVISE YOUR SERVER IF YOU HAVE ANY ALLERGY REQUIREMENTS. PRICES ARE SUBJECT TO CHANGE

REGGAE FEST MEAL

*Curry Shrimp Pasta

Juicy shrimp simmered in a choice of (Tomato or Cream Sauce), infused with garlic, thyme and ginger curry spice tossed with Penne pasta. (sides not included) 22

Sweet and Sour Chicken

Boneless chicken breast chunks battered and deep-fried topped with a sweet & sour sauce. 16

*Island Flava Baked Salmon

Marinated in herbs and spices, coated with eggs and coconut, served with fruit sauce. 22

Curry Chicken and Goat Roti

Choice between boneless (Chicken or Goat) mixed with Jamaican spices then use the roti to scoop up the curry. No silverware required. (sides not included)

Chicken: 17 Goat: 20



*Grilled Salmon

Grilled to perfection with tons of flavor and served with Honey Dijon sauce on top of sautéed baby bok choy. 22

Caribbean Jerk Shrimp

Jumbo shrimp marinated in Caribbean herbs and spices and then tossed in our homemade jerk sauce. Dinner: 22

Grilled Chicken Breast

Boneless chicken breast marinated with Teriyaki sauce. 15

*Steam Snapper

Seasoned with onions, carrots, okra, peppers, herbs and spices. 25

*Jerk Salmon

Marinated in jerk seasoning then grilled over an open flame. 22



SANDWICHES

Island Flava Oxtail Sandwich

Caribbean favorite meat wrapped in a soft coconut bread with romaine lettuce and cheese. 15

Jerk Chicken Sandwich

Tender grilled chicken breast wrapped in a soft coconut bread with romaine lettuce and cheese, 12

Tofu Sandwich

"Have it your way" tofu chunks wrapped in a soft coconut bread with romaine lettuce and cheese. 12



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FOOD MENU

APPETIZERS AND SNACKS

Caribbean Chicken Wings

Jerk, Teriyaki Glazed, Sweet & Spicy, Dry Lemon Pepper. (6)
PCs 11 (10) PCs 16 (20) PCs 24 (50) PCs 50

Jerk Chicken Quesadilla

This quesadilla is stuffed with jerk chicken, vegetables, pepper jack & cheddar cheese and cilantro. Served with sour cream & salsa. 14

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

Grilled Shrimp

Medium shrimp grilled and served with a light garlic sauce. 13

*Spicy Crab Cakes

Two hand-breaded, pan seared crab cakes served with choice of one side. 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. Choices are (Jamaican Spicy Beef, Curry Chicken, Vegetable). 3.5



VEGETERIAN MENU

JERK TOFU

MARINATED WITH JAMAICAN JERK SEASONING AND GRILLED ON OPEN FLAME. 15

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

VEGETARIAN PENNE PASTA

PENNE PASTA TOSSED IN A COCONUT TOMATO SAUCE.

14

SIDE ORDERS

MAC & CHEESE

4

MASHED POTATOES

4

STEAMED VEGETABLES

4

WHITE RICE

4

BAMMY

5

ROTI

5

FRENCH FRIES

4

COCO BREAD

3

FRIED PLANTAIN

4

RICE & PEAS

4



PICKNEY MEALS

12 YRS AND UNDER

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

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 +1.50
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. 5.50

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 AND BROWN SUGAR WITH
FRAGRANT SPICES AND
BAKED TO PERFECTION. 4.50



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