

## Lite Bites



### ACKEE BACKEE - \$1,500

4 tostones topped with mango chutney and seasoned ackee

### PIZZAGEDDON - \$1,400

Toasted pita bread topped with marinara sauce, onions, bell peppers and mozarella cheese



√ Veggies - \$600 • Chicken - \$750 • Shrimp - \$900 Salmon - \$900

### JULIE MANGO SALSA 🐠 - \$1,400

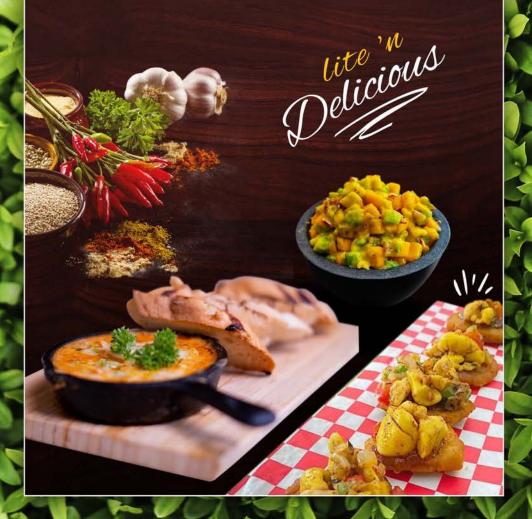
Fresh Julie mango chunks, black beans & corn tossed in a fresh cilantro lime marinade served with plantain chips

### **BUFFALO CHICKEN DIP - \$1,800**

Pulled chicken in a buffalo sauce, tossed with herbs and cheese and baked to perfection, served with crostinis

### **VEGGIE SAMOSAS 7-\$1,200**

4 Patties filled with mixed veggies served with mango chutney



## Lite Bites



### **STAMP N GO** (Callaloo or Saltfish)

Callaloo stuffed fritters, served with a spicy aioli • \$900 Saltfish fritters served with a spicy aioli - \$1,000

### **MINITOSTADAS**

4 mini tostadas topped with guacamole and your choice of

Beans & Corn - \$1,200 • Jerk Chicken - \$1,700 Jerk Pork - \$2,200 • Jerk Shrimp - \$2,500

### **LOADED FRIES**

Yummy french fries topped with melted cheese, sweet peppers & onions and your topping of choice

Chicken - \$1,700 • Bacon - \$1,800 Minced Beef - \$2,000 • Pork - \$2,200

### **MINI SHRIMP THERMIDOR - \$2,500**

Sauteed shrimp in a warm cheesy sauce served with crostinis

### **ESCO FISH FILET BITES - \$1,800**

Batter fried fish fingers topped with delightful escoveitch pickle

### **TERIYAKI CHICKEN SKEWERS - \$1,800**

3 skewers of grilled chicken breast tossed in a delightful ginger teriyaki sauce

### **JERK CHICKEN BRUSCHETTA - \$1,800**

Jerk chicken chunks atop sliced baguette, grilled with melted mozzarella cheese

### **WING IT WINGS - \$1,700**

6 chicken wings tossed in your sauce of choice

Jerk • BBQ • Teriyaki • Buffalo • Honey Garlic



## Salads



### IRIE GARDEN - \$1,700

Fresh leafy greens, onions, cucumbers, topped with mango chunks, feta cheese & house dressing

### **ROCKIN BEETS - \$2,000**

Fresh leafy greens, onions, cucumber & tomato, roasted beets, goat cheese & candied walnuts, served with a beetroot vinaigrette



### SOUTHWESTERN SALAD \*\*- \$2,000

Fresh leafy greens topped with a blackbean & corn salsa, guacamole and plantain chips

### **BURGER BOWL SALAD - \$3,250**

Mixed greens topped with homemade burger chunks, feta cheese, onions and tomatoes



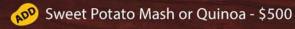
### For all salads



Chicken - \$1,100 • Snapper Filet - \$1,750 Shrimp - \$1,800 • Salmon - \$2,500

### **HEALTHY CHOICE - \$2,500**

Grilled Chicken Breast, 2 boiled eggs, Sauteed veggies





# Sandwiches & Wraps



### JERK CHICKEN / VEGGIE WRAP

Grilled wrap stuffed with your filling of choice

Jerk Veggies - \$1,500 • Jerk Chicken - \$1,600

### CALLALOO & PLANTAIN PINWHEEL \* - \$1,500

Grilled wrap sliced pinwheel style, stuffed with sautéed callaloo & plantain

### CHICKEN CLUB SANDWICH - \$1,800

Chicken, Bacon, Lettuce & Tomato in a layered club sandwich

### **MEDITERRANEAN WRAP**

Shawarma marinated protein, garlic mayo and fresh veggies in a grilled wrap

Falafel 🖤 - \$1,500 • Chicken - \$1,600 • Tofu 🖤 - \$1,800 Fish - \$2,000 • Shrimp - \$2,000

### PHILLY CHEESESTEAK - \$2,500

Beef tenderloin cooked with onions & bell peppers with melted cheese, grilled to perfection in a toasted baquette

### ESCO FISH WRAP - \$2,000

Batter fried fish topped with tasty escoveitch pickle, wrapped with lettuce and tomatoes

### For all sandwiches & wraps

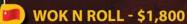


Fries - \$450 • Sweet Potato Fries - \$650 Chilly Garlic Breadfruit - \$500



# International Flare (Bowls & Platters)





Noodles tossed in a ginger soy sauce, topped with cabbage, roasted veggies, your grilled protein of choice and a fried egg

Tofu - \$800 • Chicken - \$950 • Fish - \$1,250 Shrimp - \$1,800 • Salmon \$2,500

### **JAHPOTLE BOWL**

Jasmine rice, blackbean & corn salsa, guacamole, fried plantain, cilantro aioli, served with your ja-mexican marinated protein of choice

Seasonal Vegetables - \$2,500 • Tofu - \$2,500 Chicken - \$2,800 • Fish - \$3,400 • Shrimp - \$3,600 Salmon - \$4,200

### ITAL PARADISE

Ital curried seasonings marinated with your protein of choice, served with fried plantain chunks and your choice of rice or roti

Curried Jackfruit \$\infty\$ - \$2,400 • Curried Vegetable \$\infty\$ - \$2,000 Curried Tofu \$\infty\$ - \$2,500 • Curried Chicken - \$2,600 Curried Shrimp - \$3,500

### MACHO TACO

3 soft shell tacos stuffed with jerk bbq filling of choice and topped with fresh mango and cabbage slaw, drizzled with a spicy aioli

Ackee — \$2,200 • Jackfruit — \$2,200 • Chicken - \$2,400 Fish - \$3,200 • Pork - \$3,200 • Shrimp - \$3,500





## Pasta



## MAKE YOUR OWN PASTA CHOICE OF PENNE OR FETTUCCINE

Choose your sauce:

- Alfredo
- Rose
- Marinara
- Jerk Alfredo
- Aglio e olio 🐠



Veggies - \$2,400 • Chicken - \$2,600 • Shrimp - \$3,500 Salmon - \$4,000

### **SPAGHETTI & MEATBALLS - \$3,200**

Traditional Spaghetti & Meatballs tossed in a delcious marinara sauce, topped with parmesan cheese

### **GARLIC SHRIMP - \$3,600**

Creamy garlic shrimp over penne pasta

### BEEF LASAGNA - \$3,000

Tasty beef lasagna, served with salad and garlic bread

### PLANTAIN AND CALLALOO LASAGNA - \$2,400

Served with a side salad and garlic bread

### **CHICKEN PARMESAN - \$2,800**

Crispy fried chicken breast baked in a tomato sauce topped with parmesan cheese and melted mozzarella served on a bed of marinara pasta of your choice

### THAI COCONUT CURRY PASTA - \$5,000

Chicken, Shrimp & Salmon tossed with penne pasta in a delightful thai coconut curry sauce



## Burgers



### FALAFEL BURGER \* - \$2,200

Crispy chickpea burger topped with a garlic aioli, lettuce, onion & tomato, served with french fries

### **MELTED HEARTS BURGER - \$3,200**

Homemade beef burger seasoned to perfection, topped with bacon, mozzarella cheese, lettuce, tomato & caramelized onions, served with french fries

### LAMB BURGER - \$3,300

Homemade local lamb burger topped with goat cheese, pepper jelly, lettuce, tomato & caramelized onions, served with french fries

### FISH BURGER - \$3,500

Crispy fried snapper fillet burger topped with lettuce, tomato, onion & our signature cilantro garlic aioli, served with french fries

### **SALMON BURGER - \$3,800**

Grilled salmon fillet, topped with melted cheese, lettuce, tomato and onion, served with french fries

#### JERK CHICKEN BURGER - \$2,500

Juicy jerk chicken breast in a toasty burger bun topped with tropical salsa, ripe plantain, melted cheese, lettuce, onion & tomatoes served with french fries





### **SURF & TURF BURGER - \$4,000**

Homemade beef burger patty, topped with succulent shrimp, mozarella cheese, caramelized onions, lettuce & tomato and bacon, served with french fries

### ASIAN TERIYAKI RIBS - \$5,200

Teriyaki BBQ ribs grilled to perfection, served with sautéed vegetables and your choice of side

### **GOAT CHEESE SALMON - \$4,750**

Grilled salmon filet topped with goat cheese, sliced almonds and drizzled with honey, served with sautéed vegetables and your choice of side

### **HONEY GARLIC SALMON BOWL - \$4,250**

Perfectly sauteed salmon chunks in a honey garlic sauce, served with jasmine rice and and a delightful tropical salsa

### BLACKENED SNAPPER - FILET - \$3,700 / WHOLE FISH - \$4,700

Blackened cajun spiced snapper, served with sautéed vegetables and your choice of side Bold succulent fusion



🔊 Shrimp - \$1,500

## Side of tions

- Sautéed Potatoes
- Herb Roasted Sweet Potato
- Mashed Potatoes
- Sweet Potato Mash
- Herb Steamed Bammy
- Rice Pilaf





