

MENU



SUMPTIOUS SNACKS

Served with Olives, Pita Bread And Greek Yoghurt

V COLD MEZZE \$12
* Hummus * Fattoush

GF GRIDDLE SHRIMPS \$20
* Tandoori Spiced • Jerk Spiced
• Lemon, Cilantro and Garlic Flavored
Served with Fries and Sweet Chili Dip.

GF FRIED CHICKEN WINGS \$16
• Indian Masala Spices. • Fiery Buffalo Style
• Thai Sweet Chili and Garlic
Served With Fries and Ranch Sauce.

SOUPS THAT "HIT THE SPOT"

V PORTLAND MARKET VEGETABLE SOUP \$12
Local Market Vegetables, Red Beans,
Callaloo, Thyme, Scallion in Plummie Tomato Broth.

GF, V THAI SPICED PUMPKIN SOUP \$12
Pumpkin Seed, Coconut Milk
Chicken Tikka

APPETIZERS

JERK PULLED PORK SPRING ROLL \$12
Red Radish, Celery & Bell Pepper Salad
Lemon Sour Cream, Plum Sauce

CRAB CAKES \$16
Pickled Purple Cabbage, Tartare Sauce
Mirco Greens, Basil Oil

SALAD BOWLS

V GREEK SALAD \$12
Organic Tomatoes, Red Onion, Cucumber, Bell Pepper,
Cheese, Marinated Olives, Oregano Dressing and Balsamic.

FRESH GREENS & FRIED GOAT CHEESE SALAD \$15
Fried Cheese, Pickled Onions, Red Grapes
Red Radish, Charred Peppers

THAI BEEF SALAD \$20
Grilled Beef, Organic Tomatoes, Lettuce Leaves, Red Onion,
Cucumber, Escallion, Minted Spicy Dressing, Chopped Peanuts

COMFORT FOOD

All Comfort food is Served with French fries

TRIDENT BEEF BURGER / VEGAN BURGER \$22
Aged Gouda Cheese, Tomato, Pickle, Onion, Lettuce, Cocktail Sauce

V QUESIDILLAS \$12
Callaloo, Cheese and Bell Peppers
\$20
Cajun Chicken, Vegetables and Aged Cheddar
\$24

GRILLED SANDWICH \$15
• Ham, Cheddar Cheese, Lettuce, Onion, Tomato, Pickle
• Shredded Chicken, Curried Mayonnaise

CHICKEN PILLARD \$17
Tomato and Mixed Greens Salad, Lemon Drizzle

JAMAICAN FAVOURITES

GF CATCH OF THE DAY: WHOLE FISH (Grilled or Fried) \$30
* Steamed * Brown Stew * Roasted
With Local Fresh Herbs and Vegetables

GF BRAISED OXTAIL \$28
Slow Braised Oxtail Stew with Root Vegetables and Butter Beans
Rice & Peas

GF CURRY GOAT \$20
Local Goat Meat Cooked In Curried Spices with Thyme and Garlic
White Rice

GF CATCH OF THE HOUR: LIVE LOBSTER \$40
Grilled or Poached with Jamaican Spices
Available Only In Season (1.5 lb serving)

GLOBAL DELIGHTS

V SPAGHETTI, PENNE OR LINGUINE PASTA \$16
* Creamy Alfredo * Tomato Basil
Add Grilled Chicken \$6 Add Grilled Shrimps \$12
With Confit Tomato, Garlic Bread, Parmesan and Olive Oil

THIN BAKED MARGHERITA PIZZA \$20
* Veg.- Bell Pepper/ Onion/ Jalapenos' \$4
* Non-Veg- Chicken/ Ham/ Smoked \$8

INDIAN CURRIES \$24
* Chicken * Snapper
Served with Flour Tortilla and Mango Pickle.

GF ROASTED CHICKEN LEG \$26
Grilled Olive Relish, Romesco Sauce, Basil oil

GF HERB CRUSTED RACK OF LAMB \$40
Herbed Pistachio Crust, Cherry Tomato Confit
Tamrind Jus, Roasted Vegetables

GF SURF n TURF \$50
* Shrimp * Lobster
Certified Black Angus Beef Tenderlion, Roasted Seaweed
Smoked Pepper Coulis

ITAL - VEGETARIAN

V SPINACH, RICOTTA & MUSHROOM RAVIOLI \$20
Bell Pepper and Romesco, Parmesan Shave, Basil Oil

V ROASTED CAULIFLOWER \$22
Green Pea Puree, Sauteed Spinach, Herb Vinaigrette

V SPICY CHICKPEA \$25
Black Rice, Tomato Sauce, Mixed Greens

V VEGETABLE STIR FRY \$18
Tomato, Mushroom, Pak Choy, Charred Corn

SIDES - ACCOMPLISHMENTS

Turned Potato \$3, Roasted Sweet Potato \$5, Fried Plantain \$5
Festival \$3, Bammy \$4, White Rice \$3, Rice & Peas \$4

V -Vegetarian

GF- Gluten Free