





ENJOY THE TASTE OF THE TROPICS

Add a House Salad to any meal for only \$2.49 Small upcharge for substitutions.

Nav Southern Cay Shrimp n' Grits

Succulent shrimp sautéed over our famous gouda cheese grits, smothered with creamy bacon mushroom sauce served with Caribbean greens 19.99

Bahama Cakes

Three handmade crab cakes prepared with Caribbean spices, grilled and topped with our very own special cream of crab sauce, served with rice 18.99

Cuban Pork

Tender, slow-roasted Cuban-style pork, served with a generous portion of black beans and yellow rice, topped with cilantro lime sour cream, diced onions and garlic toasted Cuban bread 13.99 Add bbg sauce 50 extra

Fresh Catch

Our feature Fish of the Day grilled or blackened and topped with four shrimp covered with a creamy crab sauce and served with Island rice and a slice of toasted garlic cuban bread 19.99 ... this be it mon!

NEW Jamacian Jerk Chicken

Fresh "Mojo" marinated chicken slow roasted in a jerk gravy and served with island yellow rice, black beans with cliantro sour cream, diced onions and garlic toasted Cuban bread 14.99

Cayman Grilled Skirt Steak

Hand cut certified beef, aged to perfection, grilled to order and served with fresh vegetables and yucca smashed potatoes 17.99

Island Sand & Sea Feast

Hand cut beef skirt steak, topped with three grilled shrimp, served with a soft shell crab, fresh vegetables and yucca smashed potatoes 22.99

Fish n' Gouda Cheese Grits

Blackened Mahi Mahi over our famous gouda cheese grits, smothered with creamy bacon mushroom sauce served with Caribbean greens

All treasures served with de plantains.

DIVE INTO ONE OF OUR SALADS MADE WITH CRISP FRESH INGREDIENTS LIKE A COOL SUMMER BREEZE



Montego Bay Chicken Seaweed & Fruit

Chicken salad, tropically influenced with a touch of pineapple, pecans and zip of curry with a medley of fruit, poppy-seed dipping sauce 12.99

Caribbean Hot Tuna Seaweed

Char-grilled tuna steak, over a bed of mixed greens...we suggest your tuna prepared medium-rare with our homemade creole herb dressing 13.99

Jamaican Pork Seaweed

Lean, slow-roasted shredded pork over a generous bed of crisp greens... a Caribbean delight 10.99

MBW Jerk Chicken Seaweed

Shredded of slow-roasted jerk chicken over a generous bed of crisp greens 10.99

House Seaweed

Fresh greens, tomato, cucumber, red onion and shredded cheese 2.99

DRESSINGS: Homemade creole herb dressing... light Italian, ranch, blue cheese, honey mustard or raspberry vinagerette

Cool Runnings Mon!



SAVOR THE FLAVOR OF OUR FLAME-GRILLED DELIGHTS

NEW Stuffed Grilled Fish

Grilled mild white fish filet basted in lime butter and stuffed with crab filling, topped with crab sauce then served with plantains and roasted Cuban garlic bread 17.99

Joe's Char Grilled Tuna Steak

One of the true delicacies of the deep served mid rare, offered three fantastic ways-Creole Grilled drizzled with wasabi soy sauce, Jamaican Style a mango fruit salsa or Cancun tequila vinaigrette all served with fresh vegtables, island rice and plantains 18.99

Grilled Shrimp

Plump succulent shrimp seasoned, grilled and served with fresh vegetables and served atop a bed of island rice with plantains a slice of toasted garlic Cuban bread 16.99

Fish in a Tin

Grouper filet with curry coconut pineapple compote steamed in a foil pouch to lock in all the flavors served with fresh vegetables atop a bed of yellow rice 15.99

Cancun Grill

Grilled mild white fish filet basted in lime butter and topped with tequila vinaigrette served with plantains, black beans and rice topped with cilantro lime sour cream and diced onions 14.99

Jamaican Grill

Mild white fish filet grilled up "Reggae Style" seasoned with tasty jerk spices and topped with a mango fruit salsa served with plantains, black beans and rice topped with cilantro lime sour cream and diced onions 14.99

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Golden Fried Specialties

ESCAPE THE ORDINARY

NEW Super Rooster

Fried breast of chicken on top a pile of french fries drizzled with our special mushroom sauce, covered with shredded cheese and bacon topping ... toasted to perfection with roasted Cuban garlic bread 16.99

Golden Fried Shrimp

Plump shrimp seasoned and fried just right, served over a mound of fries with island slaw and Caribbean cocktail sauce 15.99

Ocho Rios Fish Fingers

Mild white fish strips lightly dusted with our seasoned breading and fried...with our zippy tropical tartar sauce, island slaw, served on top lots of french fries 14.99

St Kitts Crab

Soft shell crabs tossed in spices and lightly fried on top fries served with island slaw and homemade tropical tartar sauce for dipping 18.49



Gouda Cheese Grits, Garlic Roasted Cuban Bread, Island Slaw, Yellow Rice, Caribbean Greens, Plantains, Fresh Vegetables, Smashed Potatoes, Mango Salsa

Limit 3 separate checks for parties of 8 or more - gratuity of 18%

Chillin' & Grillin' Fu



Fish Tank Drinks

ALL FISH TANK DRINKS HAVE 2-3 OZ OF ALCOHOL SERVED IN 160Z LOGO CUP OR FISH BOWL

CARIBBEAN SCREWDRIVER

peach schnapps, crème de banana, parrot bay coconut rum, orange juice, pineapple & cream

RUM CAY PUNCH

conch republic rum, orange & pineapple juice, lime and grenadine

BAHAMA MAMA

captain morgan rum, conch republic rum, orange juice, pineapple, grenadine & cream of de coconut

CAYMAN CRUISE

absolute vodka, peach schnapps, midori melon liqueur, blue curacao, pineapple and a splash of sierra mist

PAINKILLER

151 rum, creme de coconut, pineapple, OJ & sprinkle of nutmeg

JAMAICA ME CRAZY

captain morgan rum, blue curacao, pineapple, orange juice & cream of de coconut

HAVANA BREEZE

absolute vodka, spiced rum, conch republic rum, parrot bay coconut rum, pineapple & grenadine

Cocktails

MOJITO CUBAN RUM COCKTAIL

conch republic rum, fresh lime, fresh mint and a splash of club soda

KEY LIME PIE MARTINI

licor 43, vanilla vodka, lime and cream

ULTIMATE COSMO

grey goose vodka, lime, cointreau & cranberry juice

CREAMY ALL-NATURAL AND NON-ALCOHOLIC_ PINA COLADA, BANANA, STRAWBERRY, MANGO BLENDED WITH ICE CREAM

ON TAP: ... rotating local craft beers

DOMESTIC... landshark, bud, bud light, miller lite, coors light, michelob ultra IMPORTED... carib, imperial, red stripe, corona, corona light, heineken

chardonnay, pino grigio, white zinfandel, merlot, cabernet sauvignon & pinot noir

Frozen

BARBADOS BUSHWACKER

conch republic rum, crème de cacao, chapala, ice cream, coffee, chocolate & cream of de coconut

CORONA MARGARITA

A pitcher of frozen margarita with an upside down bottle of corona

PATRON PERFECT MARGARITA

patron reposado tequila, orange liqueur with lime juice & sweet n' sour

LAVA FLOW

bacardi 151 rum, with strawberry & pina colada

MI TIKI

captain morgan spiced rum, conch republic rum, bacardi 151 rum with banana & strawberry

TIA COLADA

pina colada blended with tia maria coffee liquor & conch republic rum

DAIQUIRIS

fresh mango, banana, pina colada or strawberry mixed with conch republic rum