

Breakfast & Brunch

wake up with us, served until 5pm (3pm Saturdays).

Freshly Baked Roti 7.5

roasted Scotch bonnet jam, cream cheese, fresh rocket & pickled pink onion. Choose

- Bacon
- Sausage
- Fried eggs ①
- Ackee & mixed peppers ⑩

Full Caribbean 10.5

bacon, sausage, spiced beans, tomato, mushroom, muffin, & fried egg

Island Eggs 9.5

grilled muffins, roasted tomato & Scotch bonnet sauce, poached eggs & spiced hollandaise. Choose

- Bacon
- Avocado ①
- Flaked salmon

Ital Breakfast ⑩ 10.5

plantain, roasted peppers, ackee, avocado, spiced beans, tomato, mushroom, & muffin

Curry Goat Hash 10.5

slow-cooked goat with diced fries, roasted peppers, pickled pink onions & fried egg

Honey Bunny Yardbird 10.5

crispy coconut chicken on bara roti, maple syrup, watermelon & fried egg

Sunrise Steak & Egg 12.5

grilled rump steak, Trini-churri, avocado, tomato, fried egg & muffin

Bottomless Brunch

40.8 PP

Enjoy 2 hours of cocktails, zero cocktails, prosecco, draft beers, softs & hot drinks with any dish from our bottomless menu.

Available until 5pm (3pm Saturdays)
Ask for our bottomless menu

Lunch & Later 9.5

perfect for lunch or late night eats, served all day

Chilli Cheese Toastie

melted cheese, roasted tomato, peppers & pickled pink onions. Choose

- Coronation curry chicken
- Flaked salmon

Carib Roti Wraps

fresh avocado, lemon slaw, roasted tomato & cucumber chow. Choose

- Crispy chicken
- Roasted aubergine & plantain ⑩

Flatbreads

hand-stretched flatbreads topped with sundried tomato sauce, chilli cheese, mozzarella & herbs. Choose

- Goats cheese & caramelised onions ①
crumbled goats cheese & caramelised onions
- Jerk chicken & bacon bits
pulled jerk chicken & with fire roasted crispy bacon bits

Beach Buns

fresh lettuce, mango mayo, gherkin & pickled pink onion in a brioche bun. Choose

- Smashed burger
two jerk beef patties with melted cheese
- Crispy chicken
fried chicken thigh stacked with chilli mayo
- Mushroom & goats cheese ①
jerk grilled mushrooms, crumbled goats cheese & caramelised onion

Buddha Bowl ⑩

coconut rice & peas, Trini-tomatoes, pineapple, cucumber chow, watermelon, pickled pink onions & spinach. Add on

- Pit prawns +2
- Grilled chicken +2

Small Plates 7.2

inspired by the street food, these are to start & share

Tropical Burrata ① +1

grilled pineapple & mango with Trini-churri

Sweetcorn Fritters ⑩

sweet mango mole, pickled pink onion & Baron's hot sauce

Trini Doubles ⑩

topped with curried channa, cucumber chow & Baron's hot sauce

Tamarind Pork Belly +1

crispy pork bites in sticky tamarind, ginger & chilli, with coconut & lime yoghurt

Coconut Curry Mussels

steamed in Scotch bonnet coconut Trini curry & fresh herbs

Pit Prawns +1

grilled shell-on prawns with Scotch bonnet garlic butter & black pepper

Chilli Squid

crispy panko, chilli & coconut, with lemon and mango mayo

Grilled Wings

24 hour marinated wings, grilled and tossed. Choose

- Sweet & hot tamarind
- Bajan hot mango
- Jerk gravy

Salt Cod Fritters

sweet mango mole, Baron's hot sauce, with coconut & lime yoghurt

Mango Fried Chicken

chopped crispy chicken thigh, fresh mango

Bigger Plates

full flavour, bigger dishes straight from the fire. Add sides +4.2

FROM THE GRILL

Bajan Pork 15

bone-in chop with citrus crust, roasted pineapple & mango Bajan hot sauce

Whole Market Fish 17

whole fire grilled fish, with fresh herbs, thyme, butter & lemon

Carib Steak 15

28 day aged rump & served pink with Trini-churri

Whole Eggplant ⑩ 12

with chilli herb oil, black beans, mixed grains, coconut & lime cream

Jerk Chicken

choose creamy Mo'bay ①, Bajan hot mango ⑩, or jerk gravy ⑩

- Breast 8.5
- Half 9.5
- Whole 17

ONE POTS

Curry Goat 11

low & slow roasted goat with garlic, ginger, green seasoning & Scotch bonnet (may contain bones)

Trinidad Coconut Curry 10

Slow-simmered coconut curry with ginger, garlic and our green seasoning. Choose

- Chicken
- Prawn +1
- Cod loin +1

Jamaican Brown Chicken 10

braised with garlic, thyme, tomatoes & peppers

Curry Channa & Spinach ⑩ 10

spiced chickpeas with wilted spinach & aubergine

+ dumplings for dipping ⑩ +1.8

BOWLS & BREADS

Grain Bowl ⑩ 11.8

black beans, grains, Trini-tomatoes, pineapple, cucumber chow, watermelon, pickled pink onions & spinach. Add

- Pit prawns +2
- Grilled chicken +2

Beach Flatbread 12.2

large hand-stretched flatbreads topped with sundried tomato sauce, chilli cheese, mozzarella & herbs. Choose

- Chicken
- Jerk sausage
- Mushroom ⑩

Mo'bay Pepper Pasta ① 12

creamy, cheesy, penne pasta, with roasted peppers & herbs. Add

- Pit prawns +2
- Grilled chicken +2

Add Ons 1.9

Sweet Plantain ⑩

Creamy Slaw ⑩

Bara Roti ⑩

Cucumber Chow ⑩

Dumplings ⑩

Sauces

On the house

Lemon & Mango Mayo ⑩

Chilli Mayo ⑩

Creamy Mo'bay ①

Bajan Hot Mango ⑩

Jerk Gravy ⑩

Sides 4.2

made to mix, built to share

Rice & Peas ⑩

rice with coconut milk, kidney beans, fresh thyme & Scotch bonnet

Fries

choose from spiced ⑩, cheesy jerk ① +0.5
sweet potato ⑩ +0.5

Garlic Flatbread ①

chilli garlic butter & fresh rocket
add cheese +0.5

Mo'bay Mac ①

creamy & cheesy pasta, with melted cheese

Garlic Tenderstems ⑩ +0.5

grilled tender stems panned with herby garlic butter

Watermelon & Goats Cheese ①

fresh watermelon, crumbled goats cheese & fresh mint

Guyanese Coconut Spinach ⑩

wilted spinach in coconut cream & garlic

Black Beans & Grains ⑩

black beans and mixed grains

Trini Toms ⑩

fresh diced heritage tomatoes, Trini-churri

Giant Greens ⑩

seasonal greens with sea salt & lemon

Turtle Bay

Cocktails 8

Koko Colada

Koko Kanu, Deeds Rum, passion fruit, coconut cream, pineapple

Cherry Sling

Kingston 62 Gold, cherry rum, lime, vanilla, cherries, grapefruit soda

Raspberry Reggae

dark rum, blackberries, guava juice, raspberry soda

Bohemian Mojo

Hawksbill Spiced Rum, absinth, lime, mint, gingerbread, ginger beer

Jungle Bird

a tiki classic from the 1940s, Appleton Signature, Sarti, lime, demerara, pineapple

Passion Fruit Mojito

Appleton Signature, prosecco, passion fruit, mint, demerara

Happy Hour 2 FOR £12 1-7pm & 8:30pm-close

Classic Daiquiri

Kingston 62 White, lime, demerara. Choose watermelon, strawberry, passion fruit

Passion Fruit Rumtini

white rum, passion fruit, pineapple, vanilla, prosecco

Reggae Rum Punch

Wray & Nephew, sorrell, pomegranate, mango

Spring Ting Spritz

white rum, elderflower syrup, mint, soda, grapefruit

Bay Rum Punch

Duppy White, pineapple, vanilla, passion fruit

Jamrock Punch

vodka, watermelon, passion fruit, strawberry, lime, grapefruit soda

Coffee Rumtini

dark rum, coffee liquor, espresso mix, demerara

Tropical Spritz

white rum, bitter syrup, watermelon, passion fruit, soda, prosecco

Jamaican Swizzle

Appleton Signature, mint sprig, lime demerara, bitters

Tommy's Margarita

tequila, lime, triple sec, honey syrup. Choose strawberry watermelon, passion fruit

Island Minis 7.5

Ginger Drop

Mount Gay Eclipse, Kaveri Ginger Liqueur, demerara, lime, pineapple

Cheeky Marg

Espolon Blanco, Martini Ambrato, honey syrup, lime

Trader Vic Mai Tai

Appleton 8yr, Myres's Rum, orange bitters, orgeat, lime

Mango Snackary

Mount Gay Eclipse, mango liquor, lime, mango

Painkiller

Pusser's Blue Label & Gunpowder, coconut cream, lime, pineapple

Corn & Oil

Doorly's 5yr, falernum, lime, orange & angostura bitters

Zero Cocktails 7

Citrus Splash

Tanqueray Orange 0.0%, Lyre's White Cane, lime, grapefruit, mint

Passion Paradise

Lyre's White Cane, passion fruit, lime, guava

Strawberry Non Daiquiri

Lyre's White Cane, strawberry, guava, demerara, lime

Passion Fruit Royal

Lyre's White Cane, lime, passion fruit, mint, demerara

Mango Smash

Lyre's White Cane, mango, demerara, lime

Coconut Colada

Lyre's White Cane, coconut, lime, pineapple

Beer & Cider Pint available

Carib Lager schooner 4.3

Atlantic Pale Ale schooner 4.3

Island Press Cider schooner 4.3

Madri Lager 330ml 5.3

Madri Zero 0.0% 330ml 5.3

Lucky Saint IPA 0.5% 330ml 5

Guinness 0.0 568ml 6

Spirits & Perfect Serves

Speak to our Bartenders on anything you need

Wine 125ml available

RED

Da Luca Nero d'Avola Italy

Tilia Malbec Argentina

Wise Wolf Cabernet Sauvignon France

WHITE

Berri Estates Chardonnay Australia

Da Luca Pinot Grigio Italy

Waipara Hill Sauvignon Blanc New Zealand

ROSE

Granfort Cinsault Rosé France

SPARKLING

Il Baco da Seta Prosecco Italy

175ml 250ml bottle

8 9.5 27

9 10.5 29

10 11.5 31

175ml 250ml bottle

8 9.5 27

9 10.5 29

10 11.5 31

175ml 250ml bottle

8 9.5 27

125ml bottle

6 29

Rums single 5.2 double 8.2

with juice or soft | tonic +1.2
rums marked with * +1

RUM MASTER CHOICE Hampden Estate 8yr

Produced with unique and partly secret methods that have remained unchanged since the 18th century. The result is a rum with a distinct aromatic profile and exceptionally unique taste.

single 6.2

BIG & BOLD

Appleton 12yr* Jamaica

Doorly's XO* Barbados

Pusser's Gunpowder* British Virgin Islands

Angostura 7yr Trinidad & Tobago

Brugal 1888 Dominican Republic

El Dorado 12yr* Guyana

Goslings Black Seal Bermuda

WHITE & LIGHT

Wray & Nephew Jamaica

Mount Gay Eclipse Barbados

Pusser's Blue Label British Virgin Islands

Appleton Signature Jamaica

Duppy White Jamaica

Kingston 62 White Jamaica

SPICED & GOLD

Foursquare Spiced Barbados

Hawksbill Spiced Rum Guyana & Trinidad

Bumbu Original Barbados

Deeds Dark Spiced England

Duppy Share Gold Jamaica, Barbados

Mount Gay Black Barrel Barbados

Appleton 8yr Jamaica

FLAVOURED

Koko Kanu Coconut Jamaica

Plantrey Pineapple Trinidad & Tobago

173 Black Cherry England

Myers's Dark Rum Jamaica

Softs

SODAS & JUICES reg 3.5 large 4.5

Cola | Diet Guava

Lemonade Mango

Orange Juice Pineapple

PRESSES 5.5

Matcha & Pineapple

Turmeric & Mango

Beetroot & Guava

CARIBBEAN SHAKES 5.5

made with milk, cream & condensed milk

Gingerbread

Turmeric

Matcha

HOMEMADE 4.5

Ginger Beer

Grapefruit Crush

Sorrell Lemonade

Mango & Limeade

Guava & Watermelon

Nibbles & Bites 3.2 Perfect with a drink at the bar

Chilli & Thyme Olives 16

aged green olives in chilli, fresh thyme & pimento oil

Spiced Fries 16 +1

crispy fries tossed in house spice blend

Cassava Crisps 16

crunchy cassava with spice mix dusting

Bajan Corn Ribs 16

charred with garlic butter & Bajan hot sauce

Jerk Sausage

sticky & sliced with jerk gravy & pickled pink onion

Cheesy Garlic Flatbread 16 +1

grilled with cheese, chilli garlic butter & fresh rocket

Crispy Channa 16

tossed chickpeas & spice mix



Scan the QR for allergens & calories. 16 Vegan 17 Vegetarian

Our descriptions don't mention every ingredient. We can't guarantee anything is 100% free of allergens or gluten, but if you have any allergies or intolerances just have a chat with our team before you order. We'll add an optional 10% service charge if you're a party of 4+. 100% of tips & service charges go to the whole team.

Bottomless Brunch

Available until 5pm (3pm Saturdays).
Whole table must participate.

40.8pp



Choose any two small plates, or one brunch or bigger plate. Enjoy with 2 hours of cocktails, zero cocktails, prosecco, draft beers, softs & hot drinks.

Breakfast & Brunch

Freshly Baked Roti

roasted Scotch bonnet jam, cream cheese, fresh rocket & pickled pink onion. Choose

- Bacon - Sausage - Fried eggs ①
- Ackee & mixed peppers ⑩

Full Caribbean

bacon, sausage, spiced beans, tomato, mushroom, muffin, & fried egg

Island Eggs

grilled muffins, roasted tomato & Scotch bonnet sauce, poached eggs & spiced hollandaise. Choose

- Bacon - Avocado ① - Salmon

Ital Breakfast ⑩

plantain, roasted peppers, ackee, avocado, spiced beans, tomato, mushroom, & muffin

Curry Goat Hash

slow-cooked goat with diced fries, roasted peppers, pickled pink onions & fried egg

Honey Bunny Yardbird

crispy coconut chicken on bara roti, maple syrup, watermelon & fried egg

Sunrise Steak & Egg

grilled rump steak, Trini-churri, avocado, tomato, fried egg & muffin

Small Plates choose any two

Sweetcorn Fritters ⑩

sweet mango mole, pickled pink onion & Baron's hot sauce

Trini Doubles ⑩

topped with curried channa, cucumber chow & Baron's hot sauce

Pit Prawns

grilled shell-on prawns with Scotch bonnet garlic butter & black pepper

Chilli Squid

crispy panko, chilli & coconut, with lemon and mango mayo

Grilled Wings

24 hour marinated wings, grilled and tossed. Choose

- Sweet & hot tamarind
- Bajan hot mango
- Jerk gravy

Salt Cod Fritters

sweet mango mole, Baron's hot sauce, with coconut & lime yoghurt

Mango Fried Chicken

chopped crispy chicken thigh, fresh mango

Lunch with your choice of rice & peas, fries or giant greens

Flatbreads

hand-stretched flatbreads topped with with sundried tomato sauce, chilli cheese, mozzarella & herbs. Choose

- Goats cheese & caramelised onions ①
- Jerk chicken & bacon bits

Carib Roti Wraps

fresh avocado, lemon slaw, roasted tomato & cucumber chow. Choose

- Crispy chicken
- Roasted aubergine & plantain ⑩

Chilli Cheese Toastie

melted cheese, roasted tomato, peppers & pickled pink onions. Choose

- Coronation curry chicken
- Flaked salmon

Buddha Bowl ⑩

coconut rice & peas, Trini-tomatoes, pineapple, cucumber chow, watermelon, pickled pink onions & spinach. Choose

- Pit prawns
- Grilled chicken

Beach Buns

fresh lettuce, mango mayo, gherkin & pickled pink onion in a brioche bun. Choose

- Smashed burger
two beef patties with melted cheese
- Crispy chicken
fried chicken stacked with chilli mayo
- Mushroom & goats cheese ①
jerk grilled mushrooms, crumbled goats cheese & caramelised onion

Bigger Plates with your choice of rice & peas, fries or giant greens

Curry Goat

low & slow roasted goat with garlic, ginger, green seasoning & Scotch bonnet (may contain bones)

Jamaican Brown Chicken

braised with garlic, thyme, tomatoes & peppers

Trinidad Curry Chicken

slow-simmered coconut curry with ginger, garlic and green seasoning

Curry Channa & Spinach ⑩

spiced chickpeas with wilted spinach & aubergine

Jerk Chicken

24 hour marinated chicken breast. Choose

- Creamy Mo'Bay
- Bajan hot mango
- Jerk gravy

Cocktails

Lady Killer

white rum, passion fruit, pineapple, strawberry, guava, lime

Raspberry Reggae

dark rum, blackberries, guava juice, raspberry soda

Jamrock Punch

vodka, watermelon, passion fruit, strawberry, lime, grapefruit soda

Coffee Rumtini

dark rum, coffee liquor, espresso mix, demerara

Tropical Spritz

white rum, bitter syrup, watermelon, passion fruit, soda, prosecco

Passion Fruit Rumtini

white rum, passion fruit, pineapple, vanilla, prosecco

Reggae Rum Punch

Wray & Nephew, sorrell, pomegranate, mango

Spring Ting Spritz

white rum, elderflower syrup, mint, soda, grapefruit

Strawberry Daiquiri

Kingston 62, white rum, lime, demerara, strawberry

Mai Tai Punch

Kingston 62 Gold, amaretto, falernum, triple sec, lime, pineapple

Rum Runner

Kingston 62 Gold, dark rum, amaretto, falernum, triple sec, blackberry, strawberry, grapefruit crush

Island Ice Tea

white rum, gin, vodka, tequila, triple sec, lime, cola

Mango Paloma

tequila, triple sec, mango, grapefruit crush, lime

Rum & Mixer

Kingston 62 White or Gold, plus a mixer

Zero Cocktails

Citrus Splash

Tanqueray Orange 0.0%, Lyre's White Cane, lime, grapefruit, mint

Passion Paradise

Lyre's White Cane, passion fruit, lime, guava

Strawberry Non Daiquiri

Lyre's White Cane, strawberry, guava, demerara, lime

Passion Fruit Royal

Lyre's White Cane, lime, passion fruit, mint, demerara

Mango Smash

Lyre's White Cane, mango, lime, demerara

Coconut Colada

Lyre's White Cane, coconut, lime, pineapple

Beer & Cider

Carib Lager *schooner*

Atlantic Pale Ale *schooner*

Island Press Cider *schooner*

Madri Zero 0.0% 330ml

Sparkling

Il Baco da Seta Prosecco *Italy*

Speak to a team member for our selection of hot drinks

Homemade Softs

Ginger Beer

Grapefruit Crush

Sorrell Lemonade

Mango & Limeade

Guava & Watermelon

Sodas & Juices

Cola | Diet Mango

Lemonade Pineapple

Orange

Sides 4.2

Rice & Peas **VB**

Spiced Fries **VB**

Sweet Potato Fries **VB** +0.5

Cheesy Jerk Fries **V** +0.5

Garlic Flatbread **V**

Mo'bay Mac **V**

Garlic Tenderstems **VB** +0.5

Watermelon & Goats Cheese **V**

Guyanese Coconut Spinach **VB**

Black Beans & Grains **VB**

Trini Toms **VB**

Giant Greens **VB**



Scan the QR for allergens & calories. **VB** Vegan **V** Vegetarian

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