

Breakfast & Brunch served until 3pm

Granola Bowl **VG** 7

coconut & lime yoghurt, maple syrup, seasonal berries, banana

Pastries **V**

freshly baked in-house

- Cinnamon bun 4
- Chocolate twist 3.5
- Plain croissant 3

Ackee on Toast **VG** 9

scrambled ackee, peppers, onion, Scotch bonnet, toasted sourdough

Avo on Toast **VG** 9

smashed avocado, toasted sourdough

+ poached eggs **V** or smoked bacon +2

Sweetcorn Hash **V** 11

sweetcorn fritter rostis, poached eggs, halloumi, avocado, hot honey

Eggs Benedict 11

poached eggs, smoked bacon, turmeric & cayenne hollandaise, sourdough

Eggs Florentine **V** 10

poached eggs, callaloo, kale, turmeric & cayenne hollandaise, sourdough

Bacon French Toast 11

smoked bacon, fried egg, hot honey, brioche

Fruit French Toast **V** 10

caramelised plantain, coconut & lime yoghurt, seasonal berries, brioche

Breakfast Roti 9.5

warm flatbread with chilli jam, garlic mushrooms & a choice of:

- Smoked bacon & fried egg
- Jerk sausage & fried egg
- Vegan sausage & plantain **VG**

Beach Brunch

Enjoy any dish from this page with unlimited drinks including cocktails with the ***** symbol, zero cocktails, draft beers, softs & hot drinks. **40PP**

90 minute sitting. Last sitting 3pm. Excludes granola bowl & pastries.

Full Caribbean 13

jerk sausage, smoked bacon, egg your way, channa, on-the-vine tomatoes, mushrooms, sweetcorn fritter rosti

Full Vegan Caribbean **VG** 13

vegan sausages, mushrooms, scrambled ackee, plantain, channa, on-the-vine tomatoes, sweetcorn fritter rosti

+ sourdough toast & butter **V** +3

Lunch & Lighter

Mango & Avocado Salad **VG** 10

seasonal leaves, tomatoes, pomegranate seeds, plantain chips, honey & lime dressing

Chickpea Bun **VG** 14.5

spiced chickpea & bean patty, pineapple salsa, sourdough beer bun, spiced fries

Fish Cutter 15

panko hake, our tartare sauce, sourdough beer bun, spiced fries

Bay Burger 16

Aberdeen Angus patty, cheddar, smoked bacon, sourdough beer bun, spiced fries

Roti Wrap 14

avocado, red cabbage, cucumber, tomato, jerk mayo, spiced fries

- Jerk chicken
- Sweetcorn fritter **VG**
- Halloumi **V**



Scan the QR for allergens & calories. **VG** Vegan **V** 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 12.5% service charge to your bill at the end, and 100% of tips & service charges go to the whole team.

Turtle Bay

Small Plates Good as starters or for sharing

Flying Fish Tacos 8

panko hake, avocado, zesty slaw, pepper salsa, bara roti

Piña Colada Wings 7

sweet and sticky rum & pineapple glaze

Jerk Pit Wings 7

24 hour-marinated & fire-grilled, jerk gravy

Sweetcorn Fritters 7

mango mole, Bajan hot sauce

Crispy Chilli Squid 8

coconut-marinated & panko-fried, mango mole, jerk spiced mayo

Whole Pit Prawns 8

garlic & Scotch bonnet butter, roti flatbread for mopping up

Tropical Burrata 9

grilled pineapple, Trini-churri, sourdough

Sticky Pork Skewers 9

rum bbq glaze, coconut lentil dhal

Curry Goat Croquettes 9

thyme & basil green seasoning

Baked Goat's Cheese 9

spiced charred pineapple chutney, roti flatbread

Red Pepper Hummus 7

smoky pepper, chickpeas, lime, garlic, crisped plantain chips

Trini Doubles 7

curried channa, cucumber chutney, Bajan hot sauce, bara roti

Bigger Plates

SOUL FOOD

Curry Goat Hash 12

curry goat, mashed spiced fries, fried egg

Kingston Fried Chicken 9.5

crisp and tender thighs, slaw, Bajan hot sauce

Sharing Feast

If you'd like some help, our team is here to guide you through the menu. We can curate your visit, selecting an array of dishes from the menu to take you on a culinary journey. **35 PP**

FROM THE GRILL

24hr Marinated Jerk Chicken

choose fiery jerk, creamy Mo'Bay or rum bbq

- Half 12

- Whole 24

Baby Back Ribs 14

whole rack, rum-infused BBQ glaze, pineapple chow

7oz Rump Steak 15.5

sliced & served medium with Trini-churri & garlic butter

+ whole prawns +3

Grilled Aubergine 9

Scotch bonnet, thyme & allspice marinated, plantain, jerk gravy

ONE POTS

Curry Cod Cheeks 12

potato, mildly spiced creamy coconut sauce

Curry Goat 12

slow-braised goat, Scotch bonnet, thyme & allspice sauce


Curry Chickpea & Callaloo 10


kale, potato, mildly spiced creamy coconut sauce

Trini Curry Chicken 12

mild and fragrant mango, coconut, garlic, & chilli sauce


Sides


Festivals  (dumplings) 2.5


Jerk Corn on the Cob  4


Roti Flatbread  5


Roti Garlic Flatbread  5

Coconut Rice & Peas  4

Tenderstem Broccoli  5.1

Roasted Sweet Potato  4.5

Skin-on Spiced Fries  4.5

Sweet Plantain  2.5

Cocktails

-  **Bay Rum Punch** * 11
Appleton Estate Signature, pineapple, vanilla, passion fruit
-  **Coconut Negroni** 12
Koko Kanu, Santoni Amaro, Martini Ambato, coconut
-  **Tommy's Mango Margarita** * 12
Cazcabel Blanco, agave, mango, lime, Tajin Spices
-  **Tommy's Mezcalita** 13
Mezcal Verde, lime, agave, Tajin spices
-  **Painkiller** 11
Pusser's Gunpowder, Koko Kanu, coconut, pineapple, nutmeg
-  **Passion Fruit Rumtini** * 13
Mount Gay, passion fruit liqueur, lime, pineapple, prosecco shot
-  **Jamaican Swizzle** 11.5
Appleton Estate 8yr & Signature, Angostura bitters, mint, lime
-  **Passion Fruit Mojito Royal** * 11
Appleton Estate Signature, passion fruit, lime, mint, prosecco
-  **Trader Vic's Mai Tai** 11.5
Appleton Estate 8yr, Cointreau, orgeat, lime
-  **Espresso Rumtini** * 11.5
Mount Gay, Kahlua, Extract espresso, demerara
-  **Strawberry Daiquiri** * 12.5
Duppy White, strawberry, lime, demerara
-  **Salmongto** 11.5
Beefeater Gin, Santoni Amaro, grapefruit, tonic
-  **Chocolate Sazerac** 11.5
Mount Gay Black Barrel & Eclipse, Angostura & coco bitters, absinthe
-  **Breakfast Margarita** 12
Cazcabel Blanco, Cointreau, lime, apricot jam, agave
-  **Bloody Mary** 11.5
with Tito's Vodka or Appleton Signature
-  **Hugo Spritz** * 11.5
St-Germain, mint, prosecco, soda water
-  **Jungle Bird** * 11.5
Appleton Signature, Santoni Amaro, lime, pineapple

Zero Cocktails

-  **Mai Tai** * 8
Everleaf Mountain, Lyre's White Cane, orgeat, lime
-  **Spiced Mango Smash** * 8
Everleaf Mountain, agave, lime, mango, Tajin spices
-  **Citrus Splash** * 8
Tanqueray Flor de Sevilla 0.0%, tonic, Everleaf Mountain, grapefruit
-  **Bay No Punch** * 8
Lyre's White Cane, vanilla, lime, passion fruit, pineapple
-  **Piña Non Daiquiri** * 8
Lyre's White Cane, Everleaf Forest, coconut, lime, pineapple
-  **Strawberry Non Daiquiri** * 8
Lyre's White Cane, Everleaf Forest, strawberry, lime

Happy Hour

1 - 7pm / 8.30pm - close
Every day

Order any drink with the * symbol and we'll bring you two.

The same drink, at the same time.

Wine 125ml available

RED

	175ml	250ml	bottle
Da Luca Nero d'Avola <i>Italy</i>	8.5	9.4	26.7
Tilia Malbec <i>Argentina</i>	9.1	10	28.5
Wise Wolf Cabernet Sauvignon <i>France</i>	9.6	10.7	30.6

SPARKLING

	125ml	bottle
Il Baco da Seta Prosecco <i>Italy</i>	6.15	27.75

WHITE

	175ml	250ml	bottle
Berri Estates Chardonnay <i>Australia</i>	8.1	9	25.5
Da Luca Pinot Grigio <i>Italy</i>	8.6	9.5	27
Waipara Hill Sauvignon Blanc <i>New Zealand</i>	9.4	10.4	29.7

ROSÉ

	175ml	250ml	bottle
Château de Berne Romance Rosé <i>France</i>	9.5	13	38