

*Main*  
**MENU**

*Turtle Bay*

## Small Plates

A selection of small plates perfect for grazing on with cocktails, or alongside mains, family style

### Jerk Pit Wings 8

24 hour-marinated & fire-grilled, jerk gravy

### Sweetcorn Fritters <sup>VG</sup> 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

### Flying Fish Tacos 8

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

### Jerk Chicken Croquettes 8

avocado mousse, Bajan mango sauce

### Sticky Pork Skewers 9

rum bbq glaze, coconut lentil dhal

### Baked Goat's Cheese <sup>V</sup> 9

spiced charred pineapple chutney, roti flatbread

### Red Pepper Hummus <sup>VG</sup> 7

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

### Trini Doubles <sup>VG</sup> 7

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

## our SPECIALS

### Monkfish Skewers 10

garlic butter sauce, roti flatbread

### Grilled Whole Sea Bass 18

capers, spiced lime butter

### Sirloin Steak 22

grilled corn on the cob, spiced fries. choose creamy coconut sauce or jerk gravy

+ whole prawns +2

## Bigger Plates

### 24hr Marinated Jerk Chicken

choose fiery jerk, creamy coconut or rum bbq

- Chicken breast 10

- Half chicken 12

- Whole chicken 24

### Baby Back Ribs 14

whole rack, rum-infused BBQ glaze

### Curry Cod Cheeks 12

potato, mildly spiced creamy coconut sauce

### Curry Goat 12

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

### Curry Chickpea + Callaloo <sup>VG</sup> 10

kale, potato, mildly spiced creamy coconut sauce

### High Tide Burger 11.5

7oz Aberdeen Angus patty, cheddar, smoked bacon, sourdough beer bun

### Grilled Aubergine <sup>VG</sup> 9

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

### Chickpea Bun <sup>VG</sup> 10

spiced chickpea & bean patty, pineapple chutney, sourdough beer bun

### Mango + Avocado Salad <sup>VG</sup> 10

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

## NEW to you?

**Jerk** from the Peruvian 'charqui' meaning strips of dried meat, this blend of allspice, cinnamon, ginger, nutmeg, cloves and Scotch bonnet is at the heart of Caribbean cooking

**Callaloo** iron-rich and wholesome like a tasty island spinach

**Channa** Trinidad-style chickpeas, often served as a rich curry

**Ackee** Jamaica's national fruit has a uniquely savoury buttery and nutty flavour

**Scotch Bonnet** our number one Caribbean chilli; fruity and hot, hot, hot!

**Bara Roti** a round flatbread made with stoneground flour and water

**Plantain** a green banana-like fruit; delicious grilled, baked or fried

## Sides

**Festivals** <sup>VG</sup> Caribbean dumplings 4

**Jerk Corn on the Cob** <sup>VG</sup> 4

**Roti Flatbread** <sup>VG</sup> plain or garlic 5

**Coconut Rice + Peas** <sup>VG</sup> 4

**Tenderstem Broccoli** <sup>VG</sup> 4.5

**Roasted Sweet Potato** <sup>VG</sup> 4.5

**Skin-on Spiced Fries** <sup>VG</sup> 4.5

**Sweet Potato Fries** <sup>VG</sup> 5.5

**Sweet Plantain** <sup>VG</sup> 4

## Desserts

**Grenadian Chocolate Mousse** <sup>V</sup> 8

coconut & lime yoghurt, nutmeg

**Ginger Pudding** <sup>VG</sup> 7

coconut ice cream, mango coulis

**Surfside Sundae** <sup>VG</sup> 7.5

pineapple, mango, ginger cake, coconut ice cream

**Ice Cream 2 a scoop**

vanilla <sup>V</sup>, coconut <sup>VG</sup>, chocolate & fudge <sup>V</sup> or mango & passion fruit sorbet <sup>VG</sup>

## Sharing FEAST 35 PP

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.

# Turtle Bay

*Brunch + Lunch*  
**MENU**

*Turtle Bay*

## Light Bites

### Granola Bowl **VG** 7

coconut & lime yoghurt, seasonal berries, banana

### Pastries **V**

freshly baked in-house

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

### Breakfast Roti

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

- Smoked bacon + fried egg 9.5
- Jerk sausage + fried egg 9.5
- Vegan sausage + plantain **VG** 9.5

## Beach BRUNCH 40PP

Enjoy any dish from this menu with unlimited drinks including cocktails with the 🌿 symbol, zero cocktails, draft beers, softs & hot drinks.

90 minute sitting.

Excludes granola bowl & pastries.

## Sides

### Jerk Corn on the Cob **VG** 4

### Coconut Rice + Peas **VG** 4

### Tenderstem Broccoli **VG** 4.5

### Skin-on Spiced Fries **VG** 4.5

### Sweet Potato Fries **VG** 5.5

### Sweet Plantain **VG** 4

Turtle Bay

## Breakfast Plates

### Full Caribbean 13

jerk sausage, smoked bacon, eggs 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

### Sweetcorn Hash **V** 11

sweetcorn fritters, poached eggs, halloumi, avocado, hot honey

### Fruit French Toast **V** 10

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

### Bacon French Toast 11

smoked bacon, fried egg, hot honey, brioche

### 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

### Eggs Benedict 11

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

### Eggs Florentine **V** 10

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

## Laid-back Lunches

### High Tide Burger 11.5

7oz Aberdeen Angus patty, cheddar, smoked bacon, sourdough beer bun

### Chickpea Bun **VG** 10

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

### Fish Cutter 10.5

panko hake, homemade tartare sauce, sourdough beer bun

### Roti Wrap

avocado, red cabbage, cucumber, tomato, jerk mayo

- Jerk chicken 9.5
- Sweetcorn fritter **VG** 9.5
- Halloumi **V** 9.5

*Drinks*  
**MENU**

*Turtle Bay*

## Beer + Cider

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**Banks** 330ml 5.5

**Carib Pilsner Light** 330ml 5

**Stag Lager** 330ml 5.5

**Lucky Saint Lager** 0.5% 330ml 5

**Lucky Saint IPA** 0.5% 330ml 5

**Guinness 0.0** 568ml 6

**Carib Lager** half 3.2 pint 6.4

**Guinness** half 3.5 pint 7

**Brixton IPA** half 3.35 pint 6.7

**Inch's Cider** half 3.2 pint 6.4

## Something Softer

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### Softs + Mixers

**Juices** 4.5

ask for our selection of tropical flavours

**Homemade Ginger Beer** 500ml 4

**Grapefruit Crush** 500ml 4

**Coca Cola / Diet Coke** 330ml 4.5

**Lemonade** 500ml 4

**London Essence** 200ml 3

tonic, ginger ale or grapefruit soda

**Red Bull** 250ml 4.5

classic, tropical or sugar free

**One Water** 500ml 4

still or sparkling

### Smoothies

**Green Detox** 5

kale, ginger, mint, mango, plantain, apple & lime

**Vitaliser** 5

carrot, mango, plantain & strawberry

**Tropical** 5

mango, pineapple, passion fruit & orange

### Hot

Coffee from Extract Coffee Roasters.  
Choose semi-skimmed or oat milk.  
Decaf available. Ask for our tea selection

**Americano** 3.5 **Latte** 3.5

**Flat White** 3.5 **Tea** 3

**Cappuccino** 3.5 **Hot Chocolate** 3

## Rums + Spirits

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We have a wide selection of our favourite rums from across the Caribbean islands. Our team are more than happy to help with recommendations, and if rum isn't your thing, just ask for advice on any other spirit, mixer or cocktail you desire.

## Wine List

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125ml available

### Red

**Da Luca Nero d'Avola** *Italy* 175ml 8 250ml 10.75 Bottle 30

**Tilia Malbec** *Argentina* 175ml 8.5 250ml 11.5 Bottle 32

**Wise Wolf Cabernet Sauvignon** *France* 175ml 9.5 250ml 12.75 Bottle 35

### White

**Berri Estates Chardonnay** *Australia* 175ml 7 250ml 9.5 Bottle 26

**Da Luca Pinot Grigio** *Italy* 175ml 7.75 250ml 10.5 Bottle 29

**Waipara Hill Sauvignon Blanc** *New Zealand* 175ml 8.5 250ml 11.5 Bottle 32

### Rosé

**Granfort Rosé de Cinsault** *South Africa* 175ml 7.75 250ml 10.5 Bottle 29

### Sparkling

**Il Baco da Seta Prosecco** *Italy* 125ml 6 Bottle 30

**Da Luca Prosecco** *Italy* 125ml 6.5 Bottle 34

**Veuve Clicquot Champagne** *France* Bottle 80



## Low + No Cocktails

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

## Small Plates *A selection of small plates perfect for grazing on with cocktails*

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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
- Flying Fish Tacos** 8  
panko hake, avocado, zesty slaw, pepper salsa, bara roti
- Jerk Chicken Croquettes** 8  
avocado mousse, Bajan mango sauce
- Sticky Pork Skewers** 9  
rum bbq glaze, coconut lentil dhal
- 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



See inside back cover for allergen & calorie info

## Cocktails

-  **Bay Rum Punch** \* 11  
Mount Gay Eclipse, pineapple juice, vanilla syrup, passion fruit syrup
-  **Coconut Negroni** 12  
Koko Kanu Coconut, Santoni Amaro, Martini Ambato, coconut syrup
-  **Classic Daiquiri** 12.5  
Equiano Rum, lime juice, demerara syrup
-  **Espresso Rumtini** \* 11.5  
Mount Gay Eclipse, Kahlua Coffee, Extract espresso, demerara syrup
-  **Tommy's Spiced Margarita** \* 12  
Cazcabel Blanco, lime juice, agave syrup, Tajin spices
-  **Tommy's Mezcalita** 13  
Mezcal Verde, lime juice, agave syrup, Tajin spices
-  **Salmongto** 11.5  
Beefeater Gin, Santoni Amaro, grapefruit juice, tonic
-  **Trader Vic's Mai Tai** 11.5  
Appleton Estate 8yr, Cointreau, orgeat syrup, lime juice
-  **Jamaican Swizzle** 11.5  
Appleton Estate 8yr & Signature, Angostura bitters, mint, lime juice
-  **Jungle Bird** \* 11.5  
Appleton Signature, Santoni Amaro, lime juice, pineapple juice
-  **Passion Fruit Mojito Royal** \* 11  
Mount Gay Eclipse, passion fruit, mint leaves, lime juice, prosecco
-  **Painkiller** 11  
Pusser's Gunpowder, Koko Kanu, coconut, pineapple juice, nutmeg
-  **Hugo Spritz** \* 11.5  
St-Germain, mint, prosecco, soda water
-  **Passion Fruit Rumtini** \* 13  
Mount Gay Eclipse, passion fruit liqueur, lime juice, pineapple juice, prosecco shot
-  **Chocolate Sazerac** 11.5  
Mount Gay Black Barrel & Eclipse, Angostura bitters, coco bitters, absinthe spray
-  **Breakfast Margarita** 12  
Cazcabel Blanco, Cointreau, lime juice, apricot jam, agave syrup
-  **Bloody Mary** \* 11.5  
Tito's Vodka or Appleton Signature, Fino Sherry, tomato juice, jerk sauce, Tabasco sauce, salt & pepper, Worcestershire sauce, gherkin, celery

*Happy* **HOUR** 5-7pm | Order any drink with the \* symbol and we'll bring you two



*Little Turtles*  
**MENU**

*Turtle Bay*



## Brunch

Served until 2pm



### Full Caribbean 6

jerk sausages, smoked bacon, eggs your way, cherry tomatoes, sourdough toast

### Full Vegan Caribbean <sup>VG</sup> 6

vegan sausages, mushrooms, plantain, cherry tomatoes, sourdough toast

### Eggs on Sourdough <sup>V</sup> 4

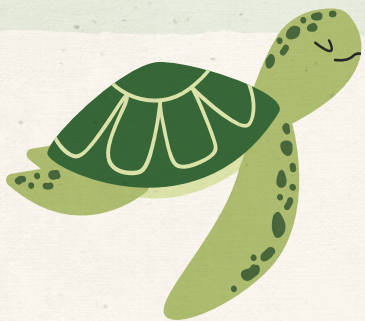
fried, scrambled or poached

### Fruit French Toast <sup>V</sup> 5

coconut & lime yoghurt, seasonal berries, brioche

### Bacon French Toast 5

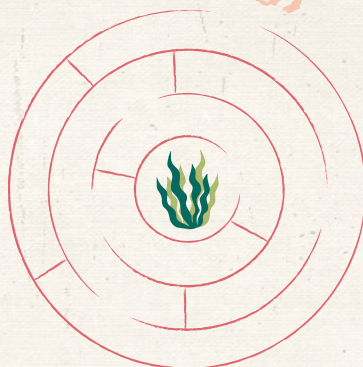
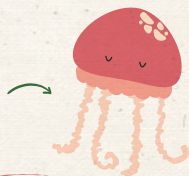
smoked bacon, fried egg, maple syrup, brioche



### Did you know?

There are around 7,000 islands in the Caribbean!

Help me get to the seaweed



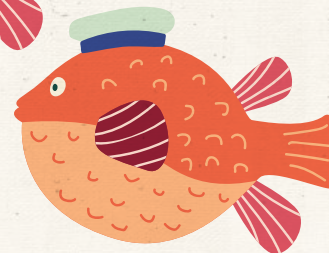
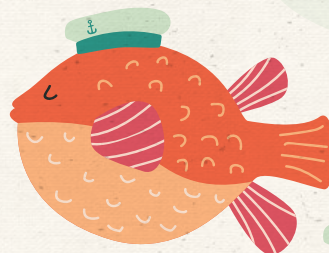
Word scramble  
Can you find the word?  
**TEL RUT**

### Find the words

Jamaica  
Chicken  
Jerk  
Corn  
Rice  
Spicy  
Turtle  
Island



What do turtles do on their birthday?  
They shell-ebrate!



Spot 5 differences

## Mains

Served from 12pm



### Red Pepper Hummus <sup>VG</sup> 5

roti flatbread, cucumber sticks

### Cheeseburger 8

mayo, lettuce, sourdough bun, fries

### Chicken Roti Wrap 7

mayo, lettuce, fries

### Bean Roti Wrap <sup>VG</sup> 7

chickpea & bean patty, mayo, lettuce, fries

### Curry Chicken Breast 8

mild curry sauce on the side. choose fries or rice & peas

### Mo'Bay Chicken Breast 8

creamy coconut sauce on the side. choose fries or rice & peas

### Curry Chickpea <sup>VG</sup> 7 + Callaloo

kale, potato, mild coconut sauce, rice & peas

### Fish + Chips 9

fried hake, fries, homemade tartare sauce



## Puddings

### Ice Cream 2 a scoop

vanilla <sup>V</sup>, coconut <sup>VG</sup>, chocolate & fudge <sup>V</sup>, or mango & passion fruit sorbet <sup>VG</sup>

### Fruit Salad <sup>VG</sup> 3

mango, banana, blueberries, raspberries, coconut & lime yoghurt

Turtle Bay

Scan the QR for allergens & calories. <sup>VG</sup> Vegan <sup>V</sup> 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. 03.25

