

AT LUNCH 'N' LATER STARTERS SHARE IT...	Vegetarian / Vegan	Cereals Containing Gluten	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts	Peanuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Coconut
Jerk Chicken Flatbread		Wheat					Y	Y				Y		Y		
Kingston Chicken Toastie		Wheat Rye					Y	Y				Y		Y		Y
West Indian Wrap with Pulled Chicken		Wheat					Y							Y		Y
West Indian Wrap with Halloumi, Peppers & Mushroom	Vegetarian	Wheat					Y	Y						Y		Y
West Indian Wrap with Coconut Callaloo & Chickpeas	Vegan	Wheat												Y		Y
The Hot Chick-In Burger		Wheat						Y				Y		Y		
Street Burger		Wheat					Y	Y						Y		
Shack Stack Burger		Wheat					Y	Y						Y		
Smoking Goat Burger		Wheat					Y					Y		Y		
Hallo Halloumi	Vegetarian	Wheat					Y	Y						Y		
Kernel Vegan	Vegan	Wheat					Y					Y		Y		
Crispy Chilli Squid		Wheat			Y			Y				Y		Y		
Garlic & Chilli Pit Prawns		Wheat		Y				Y				Y		Y		
Crispy Whitebait		Wheat	Y					Y						Y		
Duck Rolls		Wheat												Y		Y
Our Jerk Pit Wings							Y							Y		Y
Jerk Glazed Pit Ribs							Y							Y		Y
Beef Patty		Wheat				Y	Y				Y	Y		Y		
Crispy Okra	Vegetarian	Wheat				Y								Y		
Doubles	Vegan	Wheat										Y		Y		Y
Sweet Corn Fritters	Vegan	Wheat										Y		Y		
Garlic 'n' Herb Flatbread	Vegetarian	Wheat						Y								
Just Jerk Platter		Wheat					Y	Y				Y		Y		Y
Vital Veggie Platter	Vegetarian	Wheat				Y	Y	Y				Y		Y		Y
Seafood Platter		Wheat	Y		Y			Y				Y		Y		Y

ONE POTS JERK – IT SALADS	Vegetarian / Vegan	Cereals Containing Gluten	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts	Peanuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Coconut
Our Curry Goat		Wheat					Y							Y		Y
Trini Curry Chicken		Wheat										Y		Y		Y
Brown Chicken Stew		Wheat					Y							Y		Y
Aubergine Curry	Vegan	Wheat												Y		Y
Curry Prawn		Wheat		Y										Y		Y
Curry Salmon		Wheat	Y											Y		Y
Chickpea & Callaloo Curry	Vegan	Wheat												Y		Y
Jerk Chicken							Y							Y		Y
Babybacks							Y							Y		Y
Belly Pork							Y							Y		Y
Sirloin Steak							Y							Y		Y
Jerk Salmon		Wheat	Y			Y	Y							Y		
Mo' Bay Chicken		Wheat				Y	Y	Y						Y		Y
Supervital Green Salad	Vegan													Y		Y
Festival Salad	Vegan													Y		Y
Sunshine Quinoa	Vegan													Y		
Salad Topping - Garlic & Chilli Pit King Prawns				Y				Y				Y		Y		
Salad Topping - Grilled Jerk Chicken Breast							Y							Y		
Salad Topping - Grilled Halloumi	Vegetarian						Y	Y						Y		
Salad Topping - Crispy Chilli Squid		Wheat			Y			Y				Y		Y		
Salad Topping - Caribbean Hummus	Vegan											Y		Y		
Salad Topping - Crumbed Halloumi	Vegetarian	Wheat				Y	Y	Y						Y		

SIDES SAUCES	Vegetarian / Vegan	Cereals Containing Gluten	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts	Peanuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Coconut
Dirty Curry Fries	Vegetarian							Y				Y		Y		
Cheesy Jerk Fries	Vegetarian						Y	Y						Y		
Sweet Potato Fries	Vegan															
Spiced Fries	Vegan															
Coconut Rice 'n' Peas	Vegan													Y		Y
Steamed Rice	Vegan													Y		
Curried Chickpeas	Vegan													Y		
Crispy Chickpeas	Vegan													Y		
Caribbean Hummus	Vegan											Y		Y		
Smashed Avo	Vegan											Y		Y		
Dumplings	Vegetarian	Wheat														
Bara Roti	Vegan	Wheat														
Crumbed Plantain	Vegetarian	Wheat				Y	Y							Y		
Sweet Plantain	Vegan						Y									
Creamy Coconut Callaloo	Vegan															Y
Crumbed Halloumi	Vegetarian	Wheat				Y	Y	Y						Y		
Grilled Jerk Halloumi	Vegetarian						Y	Y						Y		
Chilli Pineapple Salad	Vegan															
Sunshine Quinoa	Vegan													Y		
Supergreen Salad	Vegan													Y		
Caribbean Slaw	Vegan													Y		
Aunt Mays Bajan Pepper Sauce	Vegetarian											Y				
Grace Jamaican Style Jerk BBQ Sauce	Vegetarian													Y		
Encona Jerk BBQ Sauce	Vegetarian													Y		
Encona Hot Pepper Sauce	Vegetarian													Y		

PUDDINGS	Vegetarian / Vegan	Cereals Containing Gluten	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts	Peanuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Coconut
Caymanas Upside Down Rum Cake with Vanilla ice	Vegetarian	Wheat				Y		Y								
Our Sticky Ginger Pudding	Vegetarian	Wheat				Y		Y								
Salted Caramel Brownie with Light Chocolate ice Cream	Vegan						Y		Almonds							Y
Rum & Raisin Bread Pudding with Vanilla ice cream	Vegetarian	Wheat				Y		Y								
Passion Pie		Wheat				Y	Y	Y								
Sticky Toffee Pudding with Vanilla ice cream	Vegetarian	Wheat				Y		Y								
Banana & Toffee Cheesecake		Wheat					Y	Y								
Spiced Rum & Chocolate Pot with Coconut ice cream	Vegetarian					Y	Y	Y								Y
Sugared Dumplings with Vanilla ice cream	Vegetarian	Wheat				Y		Y								Y
Grilled Fresh Pineapple with Coconut ice cream	Vegetarian							Y								Y
Vanilla Ice Cream	Vegetarian	Wheat				Y		Y								
Coconut Ice Cream	Vegetarian	Wheat						Y								Y
Chocolate Ice Cream	Vegan						Y									

TINY TURTLES – MAINS BIGGER TURTLES – MAINS	Vegetarian / Vegan	Cereals Containing Gluten	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts	Peanuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Coconut
Fresh Dips & Dippers	Vegan	Wheat										Y		Y		
Grilled Chicken																
Bay Burgers Beef Burger		Wheat														
Bay Burgers Cheese Burger		Wheat						Y								
Bay Burgers Crumbed Chicken Burger		Wheat					Y							Y		
Turtle Wraps Chicken & Cheese		Wheat					Y	Y						Y		
Turtle Wraps Fresh Avocado, Red Pepper, Cheese & Flatbread Pizza Chicken & Cheese	Vegetarian	Wheat						Y						Y		
Flatbread Pizza Chicken & Cheese		Wheat					Y	Y						Y		
Flatbread Pizza Flaked Salmon		Wheat	Y					Y								
Flatbread Pizza Cheese & Fresh Tomato	Vegetarian	Wheat						Y								
Sweet Corn Fritters	Vegan	Wheat										Y		Y		
Quarter Jerk Chicken							Y							Y		
BBQ Ribs							Y							Y		
Chicken 'n' Cheese Toastie		Wheat Rye						Y								Y
Duck Rolls		Wheat					Y							Y		
Crispy Squid		Wheat			Y			Y						Y		
Chickpea & Callaloo Curry	Vegan	Wheat												Y		Y
Smashed Avocado	Vegan	Wheat														
Rainbow Salad Grilled Chicken Breast							Y							Y		
Rainbow Salad Caribbean Hummus	Vegan											Y		Y		

TURTLES – SIDES TURTLES – PUDDINGS	Vegetarian / Vegan	Cereals Containing Gluten	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts	Peanuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Coconut
Sunshine Quinoa	Vegan													Y		
Caribbean Slaw	Vegan						Y							Y		
Fresh Salad	Vegan															
Creamy Coconut Callaloo	Vegan													Y		Y
Chilli Pineapple Salsa	Vegan															
Steamed Rice	Vegan													Y		
Lemony Rice	Vegan													Y		
Normal Fries	Vegan															
Fresh Tropical Fruits	Vegetarian															
Vanilla Ice Cream	Vegetarian	Wheat				Y		Y								
Coconut Ice Cream	Vegetarian	Wheat						Y								Y
Light Chocolate Ice Cream	Vegan						Y									
Chocolate Fudge Brownie with Vanilla Ice Cream	Vegetarian	Wheat				Y	Y	Y	Almonds							