

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Avocado Smash on Grilled Roti - Jerk Sausage	Y Whe							Y						Y
Avocado Smash on Grilled Roti - Plain	Y Whe													
Avocado Smash on Grilled Roti - Poached Eggs	Y Whe								Y					
Avocado Smash on Grilled Roti - Roasted Mushrooms	Y Whe							Y						Y
Avocado Smash on Grilled Roti - Smoky Bacon	Y Whe							Y						Y
Bacon Roti Roll	Y Whe							Y	Y	Y		Y		Y
Big Kingston Grill Down	Y Whe							Y	Y					Y
Big Vegan Grill Down	Y Whe							Y						Y
Curry Coconut Shakshuka	Y Whe								Y					
Curry Goat Hash									Y	Y		Y		Y
Egg Roti Roll - Fried	Y Whe								Y	Y		Y		Y
Egg Roti Roll - Scrambled	Y Whe								Y	Y		Y		Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Honey Bunny Yardbird	Y Whe Bar									Y		Y		Y
Sausage Roti Roll	Y Whe							Y	Y	Y		Y		Y
Vegan Yardbird	Y Whe										Y	Y		Y
Brunch Extra - Fried Eggs									Y					
Brunch Extra - Jerk Sausage	Y Whe							Y						Y
Brunch Extra - Poached Eggs									Y					Y
Brunch Extra - Roasted Mushrooms								Y						Y
Brunch Extra - Roasted Tomatoes														
Brunch Extra - Scrambled Eggs									Y					
Brunch Extra - Smashed Avocado														
Brunch Extra - Smoky Bacon								Y						Y
Brunch Extra - Toasted Roti & Butter	Y Whe													

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Crispy Chilli Squid	Y Whe Bar		Y									Y		Y
Duck Open Roti	Y Whe								Y	Y		Y		Y
Fish Fritters	Y Whe			Y					Y					
Garlic Flatbread	Y Whe									Y				
Garlic Pit Prawns	Y Whe	Y								Y		Y		Y
Jamaican Pattie - Roast Vegetables	Y Whe							Y			Y	Y		Y
Jamaican Pattie - Spicy Beef	Y Whe							Y	Y		Y	Y		Y
Jerk Pit Ribs - BBQ								Y						Y
Jerk Pit Ribs - Jerk Gravy								Y						Y
Jerk Pit Wings - BBQ								Y						Y
Jerk Pit Wings - Jerk Gravy								Y						Y
Sweetcorn Fritters	Y Whe											Y		Y
Trini Doubles - Curried Chicken	Y Whe											Y		Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Beach Sharing Platter	Y Whe Bar		Y					Y				Y		Y
Vital Vegan Platter	Y Whe							Y				Y		Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Avo Chilli Smash	Y Whe													Y
Festival Salad														
Island Buddha Bowl								Y				Y		Y
Salad Topping - Pulled Jerk Chicken								Y						Y
Salad Topping - Smoky Bacon								Y						Y
Side / Topping - Halloumi								Y		Y				Y
Side / Topping - Jerk Tofu								Y						Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Brown Chicken Stew								Y						Y
Curry Goat Hash									Y	Y		Y		Y
Fish Fry	Y <i>Whe Bar</i>		Y	Y								Y		Y
Fried Chicken	Y <i>Whe Bar</i>									Y		Y		Y
Mac 'n' Cheese - Chilli Prawns	Y <i>Whe</i>	Y								Y				
Mac 'n' Cheese - Mushrooms	Y <i>Whe</i>							Y		Y				Y
Mac 'n' Cheese - Plain	Y <i>Whe</i>									Y				
Mac 'n' Cheese - Pulled Chicken	Y <i>Whe</i>							Y		Y				Y
Mac 'n' Cheese - Smoky Bacon	Y <i>Whe</i>							Y		Y				Y
Mo'Bay Chicken								Y		Y				Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Babybacks - BBQ								Y						Y
Babybacks - Jerk Gravy								Y						Y
Combo Jerk Tray	Y Whe							Y	Y	Y		Y		Y
Jerk Salmon	Y Whe			Y				Y				Y		Y
Jerk Tofu								Y				Y		Y
Original Jerk Chicken - Chicken Breast								Y				Y		Y
Original Jerk Chicken - Half Chicken								Y						Y
Original Jerk Chicken - Whole Chicken								Y						Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Curry Aubergine														Y
Curry Prawn		Y												Y
Curry Salmon				Y										Y
Five Alarm Curry Chicken												Y		Y
Our Curry Goat														Y
Trini Curry Chicken												Y		Y



Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Hot Chick Burger	Y <i>Whe Bar</i>									Y		Y		Y
No Moo Burger	Y <i>Whe</i>											Y		Y
Shack Stack Burger	Y <i>Whe</i>									Y		Y		Y
Surf Side Burger	Y <i>Whe Bar</i>		Y	Y					Y			Y		Y
Turtle Bay Roti Rolls - Chilli Prawns	Y <i>Whe</i>	Y								Y		Y		Y
Turtle Bay Roti Rolls - Pulled Chicken	Y <i>Whe</i>							Y				Y		Y
Turtle Bay Roti Rolls - Sweetcorn Fritters	Y <i>Whe</i>											Y		Y
Vegan Motherclucker	Y <i>Whe</i>										Y	Y		Y
Burger Extra - Beef Burger										Y				Y
Burger Extra - Jerk Bacon								Y						Y
Burger Extra - Jerk Halloumi								Y		Y				Y
Burger Extra - Jerk Mushroom								Y						Y
Burger Extra - Melted Cheese	Y <i>Whe</i>									Y				

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Side - Bara Roti	Y Whe													
Side - Caribbean Dumplings	Y Whe													
Side - Cheesy Jerk Spiced Fries	Y Whe							Y		Y				Y
Side - Cheesy Jerk Sweet Potato Fries	Y Whe							Y		Y				Y
Side - Coconut Rice & Peas														
Side - Curried Chickpeas														
Side - Dirty Curry Fries	Y Whe									Y		Y		Y
Side - Fire Roast Vegetables								Y						Y
Side - Fresh Grilled Pineapple														
Side - Fresh Watermelon														

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Side - Halloumi Fries	Y Whe Bar							Y		Y				Y
Side - Mac 'n' Cheese	Y Whe									Y				
Side - Pick-Up Slaw												Y		Y
Side - Pulled Jerk Chicken								Y						Y
Side - Spiced Fries														
Side - Steamed Rice														Y
Side - Sunshine Salad														
Side - Sweet Plantain								Y						
Side - Sweet Potato Fries														
Side / Topping - Halloumi								Y		Y				Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Banana Toffee Cheesecake	Y Whe Oat							Y		Y				
Caribbean Mess									Y	Y				
Chilli Chocolate Brownie	Y Whe							Y						
Ice Cream - Coconut - 1 Scoop														
Ice Cream - Dark Chocolate - 1 Scoop								Y						
Ice cream - Pineapple & Lime Sorbet - 1 Scoop														
Ice Cream - Roasted Banana - 1 Scoop										Y				
Ice Cream - Sea Salt & Burnt Caramel - 1 Scoop										Y				
Ice Cream - Vanilla - 1 scoop										Y				
Kids - Watermelon Wedge														
Our Sticky Ginger Pudding	Y Whe								Y	Y				
Rum & Coconut Poached Pineapple														
Rum & Raisin Pudding	Y Whe								Y	Y				

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Kids - Cheese Burger	Y Whe									Y				Y
Kids - Chicken Breast								Y						Y
Kids - Fried Chicken & Cheese Burger	Y Whe Bar									Y				
Kids - Kingston Grill Down	Y Whe							Y	Y					Y
Kids - Mac 'n' Cheese	Y Whe									Y				
Kids - Scrambled Eggs + Toasted Roti	Y Whe								Y					
Kids - Vegan Grill Down	Y Whe							Y						Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Special - Berry Jerk Wings								Y						Y
Special - Crispy Bait	Y Whe			Y								Y		Y
Special - Berry Breast								Y						Y
Special - Chestnut & Roasted Squash Curry								Y						Y
Special - Fried Fish Escovitch	Y Whe			Y								Y		Y
Rum & Raisin Pudding	Y Whe								Y	Y				
Special - Bread & Butter Pudding	Y Whe								Y	Y				
Special - Ginger Gelato										Y				
Special - Passion Pie	Y Whe							Y	Y	Y				

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Bahama Mama														
Beachcomber Zombie														Y
Bramble - Gin														Y
Bramble - Rum														Y
Buffalo Soldier														
Electric Boogie														Y
Espresso Martini - Rum					Y									
Espresso Martini - Vodka					Y									
Funky Kingston														Y
Guilty Pleasure										Y				
Island Affair														Y
Island Iced Tea														Y
Jamaican Mule														Y
Jumbled Julep - Gin														Y
Jumbled Julep - Rum														Y
Jumbled Julep - Vodka														Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Koko Kolada														
Kokomo														Y
Mai Tai														Y
Margarita - Rum														Y
Margarita - Tequila														Y
Marley Mojito														Y
Mojito														Y
Mojito - Vanilla & Passion Fruit														Y
Natural Daiquiri														Y
One Love														Y
Paloma Ting														Y
Passion Rum Punch														Y
Raspberry Reggae - Gin														Y
Raspberry Reggae - Rum														Y
Raspberry Reggae - Vodka														Y
Reggae Rum Punch														Y
Roots Culture														Y



Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Rude Boy														Y
Rude Girl														Y
Rum Runner														Y
Rum Thief														Y
Russian Mule														Y
Side Chick Martini - Rum														Y
Side Chick Martini - Vodka														Y
Stingwray														Y
Strawberry Daiquiri														Y
Sunshine Bellini														Y
Tingaling														Y
Tobago Tea														Y
UB40														Y
White Caribbean														
Wray Sour														Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Reggae Sunsplash														
Sky Juice														Y
Strawberry & Vanilla Nojito														Y
Virgin Kolada														
Virgin Passion Punch														Y
Virgin Raspberry Reggae														Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Bajan Spiced Rum & Tonic														
Barbados Gold Rum & Tonic														
Bermy Rum & Tonic														
BVI Gin & Tonic														
Jamrock Rum & Tonic														
Trini Rum & Tonic														
Magnum Tonic Wine								Y						Y
Wray Cream										Y				

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Chenin Blanc														Y
Pinot Grigio Vinuva														Y
Sauvignon Blanc														Y
Pinot Grigio Rose Antonio Rubini														Y
Malbec Seremos														Y
Pinot Noir Rare Vineyards														Y
Shiraz Tempranillo Casa Albali														Y
Malbec Seremos														Y
Pinot Noir Rare Vineyards														Y
Shiraz Tempranillo Casa Albali														Y
Prosecco Extra Dry														Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Elderflower Cooler														Y
Fizzy Mango														Y
Ginger Beer														
Grapefruit Crush														
Pineappleade														Y
Pink Lemonade														Y
Watermelon Slush														
Apple Juice														
Cola														
Diet Cola														
Lemonade														
Orange Juice														
Orange Juice & Lemonade														
Pineapple Juice														
Soda Water														

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Cider - Pint														Y
Cider - Shandy														Y
Red Stripe - Draught	Y Bar													
Red Stripe - Lime Dash	Y Bar													Y
Red Stripe - Shandy	Y Bar													
Red Stripe - Top	Y Bar													
Carib														
Caribbean Craft Lager	Y Whe Bar													
Caribbean Stout	Y Whe Bar									Y				
Heineken 0.0%	Y Whe Bar													Y
Island Pilsner	Y Whe Bar													
Jamaican Pale Ale	Y Whe Bar													
Red Stripe - Bottle	Y Bar													
Turtle Bay Cider														Y

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Appleton Estate Rare 12														
Bumbu XR														
Neptune														
Plantation Pineapple														
Rum No.10														
Rum Sixty Six														
Angostura 1919														
Appleton Estate - Reserve														
Cut Smoked														
Doorly's 5														
Foursquare Spiced														
Gosling's 151														
Mezan Barrique XO														
Mount Gay XO														

Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Ciroc														
JJ Whitley Vodka														
Skyy Vodka														
BVI Gin														
Christopher's Gin														
Greenalls Gin														
Greenall's Wild Berry														
Opihr														
Wild Turkey														
Jose Curevo														
Montezuma Tequila														
Olmecca Blanco														
Buffalo Trace														
Jack Daniel's														



Dish	Cereals Containing Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
Jamesons														
Woodford Reserve														
Hennessey														
Martell														
Absinthe														
Amaretto														Y
Aperol														
Baileys										Y				
Campari														
Kahula														
Magnum Tonic Wine								Y						Y
Martini Rosso														Y
Passoa														
Triple Sec														