



LUNCH LINEUP

"Food is not just eating energy. It's an experience."

~ Guy Fieri



Spice Up Your Lunch!

Hosting a team lunch, family gathering, wedding, or just need a midweek flavor boost?

Let us turn your occasion into a feast with bold spices, rich flavors, and irresistible island flair.

Our **Caribbean-inspired lunch lineup** is crafted to impress—vibrant, delicious, and perfect for any crowd. Pick one standout dish and serve up a meal your guests won't stop raving about.

Want more? Start things off right with a lip-smacking hors d'oeuvre. From savory island bites to bold nibbles, it's the perfect warm-up to your main event.

Hors d'oeuvres

Ackee & Salt Fish in a Plantain \$ 5.00

Golden plantain cup brimming with buttery ackee, savory saltfish, bell peppers, onions—Caribbean flavor explosion.

Grilled Jerk Shrimp & Pineapple \$ 6.00

Spicy grilled jerk-marinated shrimp paired with sweet, charred pineapple—smoky, tropical, mouthwatering perfection.

Honey Garlic Chicken Bites \$ 4.00

Sweet, sticky, garlicky chicken bites—crispy on the outside, tender inside—pure crowd-pleasing comfort food.

Steak Crostini \$ 7.00

Savory steak slices atop toasted baguette, creamy cheese, zesty salsa—bite-sized elegance meeting bold, smoky flavor.

Pineapple Bites \$ 3.00

Sweet and savory pineapple bites wrapped in crispy bacon, caramelized with brown sugar—a party-perfect tropical treat.

Sautéed Green Beans \$ 4.00

Crisp-tender green beans sautéed with garlic, olive oil, salt, and pepper—bright, savory, and irresistibly fresh.

Pinwheels \$ 5.00

Crisp tortilla spirals filled with creamy cheese, savory meats or veggies—party-perfect, colorful, bite-size crowd-pleasers.

Jerk Chicken \$ 5.00

Crisp tortilla spirals filled with creamy cheese, savory meats or veggies—party-perfect, colorful, bite-size crowd-pleasers.

Popcorn Chicken \$ 4.00

Crispy, golden popcorn chicken—bite-sized, juicy inside, seasoned breading delivering irresistible crunch and crowd-pleasing flavor.

Shrimp on Cucumber \$ 3.50

Zesty Cajun shrimp nestled on crisp cucumber rounds with creamy avocado and dill—a refreshing, flavorful bite.





Taste of the Tropics

Select an option from each section

Appetizers

Green Salad \$ 3.00

A refreshing salad with crisp lettuce, tomato, and cucumber, with your choice of dressing.

Corn Salad \$ 3.00

Sweet corn, creamy avocado, crisp bell peppers, juicy tomatoes, fresh spinach, and zesty onions, all tossed in a bright, tangy lemon vinaigrette.

Vegetable

Mixed Vegetables \$ 2.00

Seasonal vegetables sautéed to perfection with vibrant flavors.

String Beans \$ 2.00

Tender garlic-seasoned string beans with a fresh, crisp bite.

Sides

Black Rice \$ 3.00

Nutty, chewy black rice with a rich, earthy flavor and vibrant purple color—a nutritious, flavorful alternative to traditional grains.

Rice Pilaf \$ 3.00

Fluffy rice cooked with savory broth, onions, and garlic for rich flavor.

Vegetable Rice \$ 2.00

Fluffy rice tossed with fresh vegetables and savory seasonings.

Entrées

Jerk BBQ Chicken \$13.00

Enjoy the fiery flavors of Jamaica with our succulent, spice-kissed Jerk BBQ Chicken.

Coconut Chicken \$13.00

Tender chicken coated in crispy coconut, served with zesty sauce.

Pineapple Salmon \$18.00

Salmon glazed with a sweet, tangy pineapple sauce.

Vegetarian

Black Beans \$ 3.00

Savory Jamaican black beans simmered with herbs and a hint of coconut.

The Fusion Flame

Select an option from each section

Appetizers

Avocado Salad \$ 3.00

Creamy avocado, crisp cucumbers, and juicy tomatoes tossed in a zesty lime dressing.

Cornel's Salad \$ 3.00

Spring mix, red cabbage, mixed bell peppers, relish, carrots, red onions, cherry tomatoes, apples, with dressing on the side.

Sides

Rice and Beans \$ 3.00

Hearty rice paired with seasoned black beans.

Quinoa \$ 3.00

Nutty, gluten-free quinoa packed with protein and fiber, perfect as a versatile base or side dish.

Bulger Wheat \$ 3.00

Nutty and chewy bulgur wheat, a quick-cooking whole grain.

Vegetable

Roasted Pepper \$ 2.00

Tender, smoky-sweet roasted bell peppers—a colorful and flavorful side.

Glazed Carrots \$ 2.00

Sweet and tender carrots coated in a buttery glaze.

Entrées

Jerk Steak \$19.00

Juicy steak marinated in bold jerk sauce and herbs, cooked well-done.

Buttermilk Fried Chicken \$13.00

Crispy, golden fried chicken soaked in seasoned buttermilk for juicy tenderness.

Cowboy Chicken \$13.00

Wood-fire rotisserie chicken, marinated and slow-roasted, served with hearty sides.

Vegetarian

Curry Eggplant \$ 7.00

Buttery-soft eggplant in a flavorful, spiced curry sauce.



Finger-Lickin' Fire

Select an option from each section



Appetizers

Pasta Salad \$ 3.00

Al dente pasta and crisp vegetables in a zesty vinaigrette.

Chickpea Salad \$ 3.00

Protein-packed chickpeas combined with crisp vegetables and fresh herbs in a tangy lemon dressing.

Vegetables

Grilled Asparagus \$ 3.00

Tender grilled asparagus spears topped with crunchy toasted almonds and a bright lemon finish.

String Beans in Garlic Butter \$ 2.00

Tender string beans sautéed in rich garlic butter, crisp on the outside, lush inside.

Sides

Roasted Corn \$ 3.00

Smoky, sweet roasted corn.

Roasted Beets \$ 3.00

Tender, oven-roasted beets with a naturally sweet, earthy flavor.

Roasted Potatoes \$ 3.00

Crispy, golden roasted potatoes with tender centers and savory herb seasoning.

Entrées

BBQ Ribs \$15.00

Tender ribs glazed with smoky, tangy barbecue sauce for a flavorful bite.

BBQ Chicken \$13.00

Juicy grilled chicken glazed with smoky, tangy barbecue sauce.

Fried BBQ Chicken \$13.00

Crispy fried chicken coated in smoky, tangy BBQ sauce for a flavorful crunch.

Vegetarian

Cauliflower in Curry Sauce \$ 3.00

Bright, tender cauliflower florets bathed in a luxuriously creamy coconut curry sauce with warm spices, garlic, ginger, and a hint of sweetness.

Island Indulgence

Select an option from each section

Appetizers

Mango Salad \$ 3.50

Sweet mangoes, ripe tomatoes, and crisp onions in a tangy lemon dressing.

Jerk Chicken Salad \$ 4.00

Spicy grilled jerk chicken on fresh greens with bell peppers and tomatoes, drizzled with lemon vinaigrette.

Sides

Rice and Peas \$ 3.00

Fragrant coconut rice with red beans, seasoned with thyme, scallions, and spices.

Jasmine Rice \$ 3.00

Aromatic jasmine rice with a tender, fluffy texture.

Basmati Rice \$ 3.00

Light, fluffy basmati rice with a subtle nutty aroma.

Vegetables

Corn Medley \$ 2.50

Sweet corn sautéed with bell peppers, onions, and tomatoes.

Broccoli \$ 2.00

Crisp-tender broccoli florets, lightly cooked to enhance their natural sweetness.

Entrées

Leg of Lamb w/Gravy \$19.00

Tender, slow-roasted leg of lamb served with a rich brown gravy.

Jerk Shrimp \$15.00

Grilled shrimp infused with smoky, spicy jerk seasoning for an authentic Caribbean flavor.

Jerk Salmon \$18.00

Salmon soaked in a zesty homemade jerk marinade, kissed with olive oil and a blend of bold island spices for a fiery, flavorful finish

Vegetarian

Rasta Pasta \$ 4.00

Creamy jerk Alfredo pasta with sautéed bell peppers and tender jerk chicken.

