

# Appetizers & Sides

## Live and Give (V)(GF)

Can't decide? No need with this tasty appetizer made for sharing. A generous basket of tortilla chips served with queso, daily hummus, and your choice of tomato mango chipotle salsa fresca or spicy garden blend salsa. (no substitutions please)

- 9

## Lion a Roar (DF)(GF)(VE)(V)

Your choice of tomato mango chipotle salsa or spicy garden blend salsa with chips.

- 9

## The Lioness (V)(GF)

Our smoked gouda chipotle queso with tortilla chips.

- 9

## Coo Yah (V)

Natty bread with your choice of red (DF)(VE) or rosé sauce.

- 8

## Side of Natty Bread (DF)(VE)(V)

Two extra pieces of locally baked City Bakery bread dressed with a herb garlic spread.

- 3

## Humble Hummus (DF)(GF)(VE)(V)

Our hummus of the day served with chips.

(+\$1 sub grilled, seasoned pita bread)

- 9

## Reggae Mylitis (V)(GF)

Tortilla chips topped with our Caribbean black beans, tomato mango chipotle salsa fresca or spicy garden blend salsa, smothered in a smoked gouda chipotle queso. (Big Up your nachos with bell peppers, jalapeño, tomato, & green onion. +\$1.5)

- 9

# Entrees

Entrees include an order of Natty Bread & salad. Substitutions are limited to two per dish.

Dressings (all GF): Mango Vinaigrette, Jalapeño Lime Cilantro , Orange Balsamic, & His Majesty's (Sesame Garlic Tahini).

## Cool Runnings (V)(GF)

Cajun chicken with mushrooms, bell peppers and fire roasted tomato in a smokey gouda chipotle queso. Served with rice, Caribbean black beans and roasted jalapeño & pineapple salsa.

- 18

## The Nolan (DF)(GF)\*

Sautéed shrimp in a creamy dairy free coconut Sriracha sauce with squash, zucchini, peppers & onions. Tossed with linguine & finished with pan seared scallops, mung bean sprouts, & mango jicama salsa.

- 26

## Ark of the Covenant (GF)\*

Wild caught Alaskan sockeye salmon, grape tomatoes, kalamata olives, zucchini & squash in a fresh basil butter sauce with feta cheese. Tossed with spinach fettuccine or served with basmati rice. \*\*

- 26

## Marley's Magic (DF)(GF)

Grilled jerk Carolina Trout with cauliflower, carrots & bell peppers, sautéed in a white wine, creamy, dairy-free yellow coconut curry sauce. Tossed with linguine or served with basmati rice. Finished with spring onions.

- 25

## Mayfield Falls (DF)(GF)\*

Grilled wild caught Mahi Mahi topped with our mango jicama mint salsa with sautéed bell peppers, & carrots in a creamy, dairy-free, ginger, coconut sauce. Tossed with linguine & spring onions or with basmati rice.

- 26

## Back-A-Yard Bowl (DF)(GF)(VE)(V)\*

Grilled Jerk chicken, tilapia, Beyond Meat vegan brats, or tofu with Basmati rice, Caribbean black beans, grilled zucchini, fried plantains, roasted jalapeño & pineapple salsa, & a Caribbean chimichurri sauce. (+\$7 sub salmon, tuna, or Mahi)

- 18

## Negril Nights (DF)(GF)\*

Grilled salt & peppered wild caught tuna with garden fresh vegetables & fire roasted tomatoes, sautéed with white wine & a velvety, dairy-free, coconut jerk sauce. Served over spinach fettuccine or basmati rice. Finished with spring onions. \*\*

- 26

## Nine Mile (DF)(GF)(VE)(V)\*

Grilled jerk chicken or tofu with fresh ginger, fire roasted tomatoes, jalapeño peppers, squash, & zucchini, sautéed with white wine & butter. Tossed with linguine or served with basmati rice. Finished with spring onions. Please specify heat.

- 18

## Irie Ites (DF)(GF)(VE)(V)\*

Your choice of chicken or tofu sautéed with white wine, garden fresh vegetables in a creamy dairy free basil pesto. Tossed with cavatappi pasta & spring onions. (+\$6 sub shrimp)

- 18

## Kingston 12 (DF)(GF)

Sautéed shrimp in a red curry dairy free coconut sauce with sautéed onions, asparagus, cauliflower, fresh basil, and cilantro. Served with basmati rice. Garnished with mango jicama mint salsa, mung bean sprouts, cilantro & toasted almonds.

- 26

## The Meshach (V)(VE)(GF)\*

Grilled hickory molasses rubbed chicken or jerk tofu with sautéed cremini mushrooms, bell peppers & grape tomatoes, in a white wine cream sauce tossed with cavatappi pasta & green onions.

- 18

## Soul Rebel (DF)(GF)

Grilled chipotle maple glazed wild caught Alaskan sockeye salmon with sautéed onion, russet potatoes & carrots in a white wine massaman curry coconut sauce topped with cilantro, almonds, mung bean sprouts, and a banana mango apple chutney. Served with basmati rice. \*\*

- 26



Try our new signature hot sauces! Ask your server for flavors.

(DF) = Dairy Free


(VE) = Vegan

\* = Can Be Made

 = Contains Tree Nuts

(GF) = Gluten Free

(V) = Vegetarian

 = Hot

 = Contains Honey

\*\* These items are cooked to order. Consuming raw or undercooked MEATS, POULTRY, seafood, shellfish, or EGGS may increase your RISK of foodborne illness.

## One Foundation (V)\*

Grilled jerk chicken or jerk tofu with garden fresh vegetables & grilled pineapple sautéed with white wine & folded in our house alfredo sauce. Served over spinach fettuccine.

- 18

## More Fyah! (DF)(GF)(VE)(V)\*

Grilled jerk chicken or tofu with bell peppers, fire roasted tomatoes, squash, & zucchini. Sautéed with white wine & butter. Tossed with linguine. Finished with spring onions. Please specify heat.

- 18

## Island in the Sea (DF)

Shrimp, crab meat & diced clams sauteed with yellow squash & zucchini in a white wine alfredo or marinara sauce (©). Served over spinach fettuccine.

- 24

## Raggy Road (DF)(GF)🔥

Grilled Cajun tilapia with sautéed bell peppers, squash & zucchini in a white wine, creamy, dairy-free, coconut chipotle sauce. Tossed with cavatappi pasta & spring onions or served with basmati rice. Please specify heat.

- 18

## Jamaican Me Thirsty (DF)(GF)(VE)(V)\*

Grilled jerk chicken or tofu with fire roasted tomatoes & garden fresh vegetables, sautéed with white wine & our own jerk marinara sauce. Tossed with linguine. Finished with spring onions. Please specify heat.

- 18

## Natural Mystic (DF)(GF)(VE)(V)

Linguine topped with our house marinara sauce. (+\$3 add vegetables)

- 7

### Gluten-Free Fusilli ^

A hearty gluten-free alternative. Substitute in any dish. +\$3

### Raw Zucchini Pasta Substitute

Not big on pasta? Enjoy fresh spiral cut zucchini as a refreshing alternative. +\$3

### Not Just Pasta!

Several of our dishes include a rice option. Please see the descriptions.

^GF Fusilli shares the same pasta water as the pasta with gluten.

## Soup & Salads

### Back to Eden (DF)(GF)(V)(S)\*

House Jerk rubbed chicken served over a bed of mixed greens with bell peppers, red onion, carrots, & jalapeño. Served with our jalapeño lime cilantro dressing.

- 16

### Empress Menen Salad (DF)(GF)(VE)(V)🌱

Mixed greens with apples, toasted almonds, chickpeas, smoked gouda & house tempeh bacon. Served with our sesame garlic tahini dressing.

- 16

### Livity (DF)(GF)(VE)(V)\*

Mixed greens with your choice of jerk chicken or tofu. Topped with carrots, purple cabbage & bell peppers. Served with our orange balsamic dressing.

- 16

### Easy Skanking (DF)(GF)

Grilled 3oz tuna steak with mixed greens, grilled pineapple, grape tomatoes, raw sunflower seeds, gingered feta & a sprig of fresh mint. Served with our mango vinaigrette.\*\*

- 16

### The Groundation (DF)(GF)(VE)(V)\*

Mixed greens, feta cheese, cherry tomatoes, carrots, kalamata olives & chickpeas. Served with our sesame garlic tahini dressing. (+\$4 add chicken, tofu or tempeh)

- 12

### Soup of the Day

Chef made soup served with Natty Bread by the cup or bowl.

- 5 / 7



To purchase one of our signature salad dressings, please speak with your server.

## Beverages

### San Pellegrino

- 3

### Organic Coffee from Bean Werks

- 3

### Hot Teas

- 2

Please ask your server for our current flavors.

### House-made Fruit Punch

- 5

Pineapple Orange Guava (no free refills)

### Buchi Kombucha

- 5

### Devil's Foot "Fuego" Ginger Beer

### OR Lemonade

- 4

Rotating Flavors

### Abita Root Beer

- 5

### Lion Paw Roots Tonics

- 10

A traditional naturally fermented male rastafarian drink prepared from herbs, barks & spices. It is fine in quality & matured in flavor.

### Yerba Mate Tea

- 5

High energy infusion tea with vitamins & minerals. Please ask your server for our current flavors.

### Iced Mint Green Tea

- 3.5

### Canned Sodas

- 2

Cheerwine & RC Cola

### Beer & Wine

Please ask to see our beer & wine list.

**Growlers** of draft beer now available for carry out! Bring in your own, or let us fill one for you. Product and availability may vary.

All of our water is double charcoal filtered • We compost • Our chicken is hormone and antibiotic free • We appreciate your patience as every dish is made fresh & to order • Chef Aaron loves jerk sauce! If you don't, we'll gladly create any dish without jerk sauce • We use Smiling Hara Tempeh • Our milk is from Homeland Creamery, Julian, NC • Our salmon is from the **Wild Salmon Company**, mahi, & tuna are wild caught. The tuna is dolphin safe • There is a \$4.00 split plate charge, for this you receive an additional dinner salad and piece of natty bread • 20% gratuity added for parties of 6 or more. No separate checks for parties over 6.