

Smoked Turkey & Green Onion Quesadilla
Tortilla stued with smoked turkey, scallion, salsa & cheese folded & grilled 7.00

Black Bean & Mango Pineapple Salsa Quesadilla
Tortilla filled with black beans, cheese, mango, pineapple salsa folded & grilled 7.00

BBQ Chicken Quesadilla
Tortilla Filled with BBQ Chicken, Spanish rice, scallion, salsa & cheese folded & grilled 7.00

♥ Full Salad
mesclun greens with balsamic Basil vinegarette 6.75



Cold Wraps

- ♥ **Chicken Salad Wrap**
your choice of white meat chicken tossed with fat free yogurt, lime and ginger or fat free Asian barbeque sauce rolled in a tortilla with Asian slaw 6.75
- ♥ **Falafel Wrap**
homemade falafel, grilled and rolled with cucumber, sprouts, tomato and a tzatziki yogurt sauce 6.25
- ♥ **Smoked Turkey Wrap**
assorted veggies, smoked turkey, and honey Dijon 6.75
- ♥ **Fresh Vegetable Wrap**
assorted veggies rolled in a tortilla with honey Dijon 5.25

Tortillas steamed and rolled with all the fixin's

	Wrap	Soft Taco
Black Bean & Rice	6.25	4.00
with Cajun blackened cat fish	7.00	5.00
with Jamaican jerk chicken	6.75	4.00
with southwestern dry-rubbed pork	6.75	4.00
with mango pineapple salsa	6.25	4.00
Calabaza Pumpkin Rice	6.25	4.00
with Jamaican jerk chicken	6.75	4.00
with southwestern dry-rubbed pork	6.75	4.00
with Jamaican jerk pork	6.75	4.00
with mango pineapple salsa	6.75	4.00
Ginger Lemongrass Rice & Asian Slaw	6.25	4.00
with curry coconut chicken & peanut sauce	6.75	4.00
with mango glazed pork	6.75	4.00
with Asian barbeque catfish	7.00	5.00
with Thai red curry & tofu	6.75	4.00
♥ Mediterranean Veggie Wrap	6.75	
marinated grilled eggplant, roasted red peppers, caramelized onions, spinach and smoked Gouda cheese		

wraps available with guacamole add 1.75
sour cream add 1.00 tropical salsa add 1.50

SOUPS

- Cup 3.99**
Curry Chick 'N Rice
cooked in coconut milk with with red, green, and yellow peppers, garlic, onion & real chicken broth
- Bowl 4.99**
Veggie Chili
a lively balance of black beans, sweet potato, red peppers, onions, carrots, spices & herbs

Jamaican Cuisine

- Oxtail Meal
- Brown Stew Chicken
- Curried Goat Meal
- Curried Chicken Meal
- Jerk Chicken Meal

Cooked authentically, be cautious of Bone pieces

All served with rice, beans, & vegetables 11.99 each

Beef Patties 2.99

Side of Rice
Spanish Rice & Black Beans or
Ginger Lemongrass & Asian Slaw or
Pumpkin Rice 3.75

SIDES

- Chips-n-Salsa 3.00
- Sweet Potato Jalapeño Cornbread 2.50
- Cajun Spiced Fries
½ order 2.50 full order 3.00
- Yam Fries
½ order 2.75 full order 3.50

Side Salad
mesclun greens and Assorted veggies with balsamic basil Vinegarette 5.00

♥ Denotes Heart Healthy Items