



A slice of Jamaican paradise



What's Crackin'

Breakfast served Wednesday to Friday until 11:30 am/ Saturday and Sunday until noon

2 Eggs any Style \$14.00

Two eggs any style with bacon, sausage, or ham. Served with seasoned potatoes and your choice of toast.

2 Eggs and Jerk Breakfast \$16.00

Two eggs any style with smoked jerk pork OR jerk chicken, sweet potatoes and Johnny cakes.

Grab and Go Sandwich \$8.00

Fried egg, bacon, lettuce tomato, cheddar cheese with our house mayo on a toasted sesame seed bun.

Island Spice French Toast \$15.00

Three pieces of French bread dipped in our cinnamon, nutmeg, vanilla infused batter, garnished with fresh fruits, whipped cream and spiced rum.

All Canadian Breakfast \$17.00

Served with French Toast with two eggs any style, two pieces of bacon and two sausages.



All Canadian Breakfast

Skillets

Jamaican Skillet \$18.00

Jerk chicken, smoked jerk pork, sweet potatoes, onions, peppers, topped with two fried eggs and cheddar cheese. Served with two Johnny cakes.

All Canadian Skillet \$17.50

Sausage, bacon, Canadian ham, potatoes, onions, peppers, topped with two fried eggs, cheddar cheese and Canadian bacon. Served with your choice of toast.



Jamaican Skillet

Side Orders

Bacon or Sausage (4pcs)	\$4.75	Avocado	\$2.50
Ham	\$4.75	Egg	\$2.00
Hollandaise	\$3.25	Hash	\$5.00
Jerk Mayo	\$1.50	Johnny Cake	\$2.50
Toast and Jam	\$3.25		

OMELETS

3 eggs served with seasoned potatoes and toast.

Classic Omelet \$19.00

Canadian ham, peppers, onions, mushrooms, and cheddar cheese.

Garden Omelet \$18.50

Stuffed with peppers, onions, tomatoes, mushrooms spinach and cheddar cheese.

Jamaican Connection \$19.50

Smoked Jerk pork, onions, peppers, tomatoes and cheddar cheese. Served with sweet potatoes and two Johnny cakes.

EGGS BENEDICT

Classic \$19.00

Two poached eggs and ham on a toasted English muffin, topped with hollandaise and served with seasoned potatoes.

Jamaican Sunshine \$19.00

Two poached eggs, smoked jerk pork and spinach on two Johnny cakes, topped with rum hollandaise and served with sweet potatoes.

Vegetarian \$17.50

Two poached eggs, sliced tomatoes, spinach on English muffin, topped with hollandaise and avocado and served with seasoned potatoes.

VEGAN

Vegan Grab and Go Sandwich \$8.00

Tofu scramble, veggie bacon, lettuce, tomato, vegan cheese, our signature vegan jerk mayo on a toasted sesame bun

Vegan Skillet \$18.00

Peppers, onions, mushrooms, spinach, tomatoes, and corn sauteed in jerk spices, topped with vegan cheese and scrambled tofu. Garnished with avocado and served with two Johnny cakes.



Jamaican Connection



Jamaican Sunshine

Beverages

JAMAICAN BEVERAGES

Pink Ting	\$3.50
Green Ting	\$3.50
Pineapple	\$3.50
Ginger Beer	\$3.50
Malt	\$3.50
Coconut Water	\$3.50
Cola Champagne	\$3.50
Grape Soda	\$3.50

TEA

Orange Pekoe, Green, Mint, Earl Grey	\$3.00
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MARLEY COFFEE

One Love	\$3.50
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JUICES

Orange, Apple	\$3.50
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BEERS

Red Stripe Beer	\$6.25
Carib Beer	\$6.50
Heineken	\$5.95
Corona	\$5.95
Royal Jamaican Ginger Beer	\$7.25

WINES | Monte Creek Ranch

Blueberry	\$7.00
Chardonnay	\$7.50



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The Garden Patch

Jam Down Chef Salad \$18.50

A fresh garden salad with jerk pork, jerk chicken, cheddar cheese, boiled egg and ranch mango dressing.

The Soup Is Hot

Curry Chicken Soup \$6.50

Curried chicken and curried vegetables in a spicy broth. Served with a Johnny cake.

Split Pea & Jerk Pork Soup \$6.50

Split peas seasoned and cooked to a smooth consistency with jerk pork. Served with a Johnny cake.



Jam Down Chef Salad

Jamaican Lunch

Served with your choice of coconut rice & peas or seasoned rice, Caribbean style vegetables and Johnny cake.

BBQ Jerk Chicken Kabobs \$21.00

Cubed chicken marinated in jerk seasoning, assembled into a kabob along with peppers and onions, grilled and finished with our signature jerk BBQ Sauce.

BBQ Jerk Chicken Breast \$21.00

Chicken breast marinated in Jerk seasoning, grilled to perfection, and finished in the oven with our signature jerk BBQ sauce.

Curried Chicken \$20.00

Cubed pieces of chicken, seasoned and stewed in a rich curry sauce.

Brown Stew Chicken \$20.00

Cubed pieces of chicken, seasoned, browned, and stewed in a rich gravy.

Jerk Pork \$21.00

Chunks of pork, marinated in jerk seasoning, slow cooked, and finished with our signature jerk BBQ Sauce.

Curried Goat \$26.00

Pieces of goat seasoned and slow cooked in a rich curry sauce.

Oxtail \$27.00

Pieces of oxtail, seasoned, browned and slow cooked in a rich gravy with white kidney beans.

Jamaican Style Roti

Curried chicken or goat along with curried vegetables, potato, lentils, wrapped in a roti. Served with a fresh garden salad and your choice of coconut rice and peas or seasoned rice.

Chicken Roti \$18.00

Goat Roti \$19.00



Jerk Pork



Jerk Chicken Kebabs

Burgers & Wings

Jerk Chicken Burger \$19.50

Chicken breast seasoned with dry jerk spice, our signature wet jerk marinade, grilled and topped with cheddar cheese, lettuce, tomato, red onion, pickle and jerk mayo on a sesame seed bun. Served with a fresh garden salad or fries. Add bacon for \$2.00

Full House Beef Burger \$19.75

Grilled homemade beef patty, cheddar cheese, bacon, sauteed mushrooms onions and mayo, garnished with red onions, tomato, and pickle. Served with a fresh garden salad or fries.

Jerk Wings \$10.00

Chicken wings marinated in jerk seasoning, baked until golden brown and finished in a pan with our signature jerk BBQ Sauce.



Jerk Chicken Burger

Sandwiches

Served with your choice of soup, garden salad or fries.

Jamaican Clubhouse \$19.50

Jerk chicken breast, crisp bacon, lettuce, tomato, cheddar cheese and our signature jerk mayonnaise. Served on your choice of bread.

Pulled Pork Bacon Cheddar Sandwich \$17.50

Slow cooked jerk pork smothered in our home-made BBQ sauce, topped with crisp bacon and cheddar cheese on a bun.

BLT \$16.00

Crisp lettuce, bacon, and tomato. Served on your choice of bread.

Jerk Chicken Bacon Avocado Wrap \$17.00

Grilled jerk chicken, crisp bacon, peppers, green onions, lettuce, cucumbers, carrots, avocado, our signature jerk mayonnaise, and house dressing in a wrap.



Jamaican Clubhouse



Pulled Pork Bacon Cheddar Sandwich

Vegan

Jerk Tofu Kabobs \$20.00

Cubes of tofu marinated in jerk spice, assembled into a kabob with peppers and onions, grilled, and finished in a pan with our signature jerk BBQ sauce. Served with your choice of coconut rice and peas or seasoned rice, Caribbean style vegetables and a Johnny cake.

Vegetarian Roti \$17.00

Curried vegetables, lentils, potato, wrapped in a roti. Served with a fresh garden salad and your choice of coconut rice and peas or seasoned rice.



Jerk Chicken Bacon Avocado Wrap

Desserts

Sweet Temptations Cheese Cake \$6.00

Jamaican Rum Cake \$6.00



Chocolate Marble Cheesecake

Side Orders

Fries	\$7.00	Steamed Vegetables	\$7.00
Jerk Mayo	\$1.50	Jerk Wings (7)	\$10.00
Avocado	\$2.50	Jerk Chicken Kabob	\$6.00
Add Cheese	\$2.00	Jerk Pork	\$13.00
Johnny Cake (2)	\$2.50	Curried Chicken	\$13.00
Jamaican Patty	\$4.00	Curried Goat	\$16.00
Coconut Rice & Peas	\$4.00	Brown Stew Chicken	\$13.00
Seasoned Rice	\$4.00	Oxtail	\$17.00

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