

WELCOME TO  
SUNSHINE!



## SNACKS & STARTERS

- ✓ **COCO LOCO HOPPIN' JONS** 60  
Crumbed & deep-fried jalapeno chillies stuffed with feta. Wrap them in bacon - Add R25
- ✓ **AUBERGINE & FETA STACK** 53  
Two pan-fried aubergine & feta stacks with cherry tomatoes, fresh basil & balsamic reduction.
- ✓ **CRUMBED MUSHROOMS** 56  
Crispy fried crumbed mushrooms with Jamaican Jerk mayo and beans, sweet corn & pepper salsa.
- CALAMARLEY** 56  
Calamari crispy fried or pan-fried with garlic butter or Cajun-style.
- CHILLI MUSSELS** 64  
Half-shelled mussels in chilli, garlic, tomato, onion, white wine & cream. Served with Cuban flat bread.
- FISH CAKES** 55  
2 crispy fried fish, potato & parsley cakes served on Jamaican rice.
- DEM NACHOS** 69  
Baked corn chips topped with a chunky tomato, onion & pepper salsa, & cheese.  
A choice of the following:  
Beans, sweet corn & peppers  
Beef | Chicken
- CAJUN CHICKEN LIVERS** 51  
Chicken livers pan-fried in butter, paprika, garlic & chilli with tomato, onion & cream. Served with Cuban flatbread.
- BUFFALO WILD WINGS** 54  
Spicy chicken wings served with 3 dips: blue cheese, BBQ and cumin yoghurt.
- JAMAICAN MEATBALLS** 66  
4 Spicy meatballs stuffed with cheese, based with Jamaican jerk sauce and served on a warm tomato & onion relish.
- PLATTERS FOR YOUR MUNCHIES**

  - HALF PLATTER (SERVES 2 - 3)** 185  
Buffalo wings, Calamari, Coco Loco's, Crumbed mushrooms, Meatballs, Cuban flatbread, Onion rings & sauces.
  - FULL PLATTER (SERVES 4 - 5)** 355  
Chilli mussels, Fish cakes, Buffalo wings, Calamari, Coco Loco's, Crumbed mushrooms, Meatballs, Cuban flatbread, Onion rings & sauces.

## SPECIALITY DISHES

All speciality dishes, unless otherwise specified\*, are served with a choice of two of the following: **Jamaican rice & beans, roasted vegetables, fries, sweet potato fries, or salad.**

- JAMAICAN JERK CHICKEN** 108  
Half-chicken marinated & flame-grilled in our signature jerk spices.
- SOUTHERN FRIED CHICKEN** 89  
Lightly battered in a tasty combination of seasonings & deep-fried to a golden brown.
- JERK CHICKEN STIR FRY** 78  
Succulent jerk chicken seasoned with Jamaican spices & stir-fried with vegetables in a tomato & cream sauce & tossed with egg noodles\*.
- KINGSTON SCHNITZEL** 88  
Chicken seasoned with authentic Jamaican jerk spices, crispy fried & served with a choice of cheese, mushroom or pepper sauce.
- CHICKEN & CHORIZO JAMBALAYA** 93  
A Cajun-inspired rice dish with spicy chorizo, peppers & tomato. Served with Cuban flat bread\*.
- CARIBBEAN CHICKEN KEBABS** 89  
Brushed with our traditional Jamaican jerk sauce & flame-grilled on a skewer with tomatoes, peppers & mushrooms.
- JERK CHICKEN WRAP** 85  
Grilled jerk chicken with mango, pineapple, red onion, coriander, sour cream & avocado in a wrap.
- WOODSTOCK LAMB CURRY** 135  
Lamb slow cooked with garlic, ginger, tomato, onion & spices. Served with Jamaican rice&beans, salsa, cumin yoghurt and a roti\*.
- COCONUT CHICKEN CURRY** 92  
Slow cooked chicken with coconut, curry and cumin flavors. Served with coriander, Jamaican rice&beans, salsa, cumin yoghurt and a roti\*.
- CRUMBED PORK CHOPS** 99  
2 Crumbed pork neck chops, served with your choice of cheese, mushroom or pepper sauce.
- ✓ **TRINIDAD ROTI** 79  
A mild curry of chickpeas, sweet potato, beans, corn & peppers wrapped in a roti. Served with Jamaican rice & beans\*.
- CALAMARLEY MAIN** 94  
Tender calamari crispy fried or grilled with garlic butter or Cajun-style.
- RASTA PASTA** ✓ 68  
Fettuccine with Jamaican spices, garlic, olive oil, chilli, peppers, coriander & onions in a tomato & cream sauce topped with feta.  
Add:  
Chicken ..... +10  
Bacon ..... +15  
Mussels ..... +20

## FROM THE GRILL

All steak dishes, unless otherwise specified, are served with a choice of two of the following: **Jamaican rice & beans, roasted vegetables, fries, sweet potato fries, or salad.**

<b>RUMP</b>	<b>250G</b>	<b>98</b>	<b>350G</b>	<b>122</b>	<b>500G</b>	<b>165</b>
<b>SIRLOIN</b>	<b>250G</b>	<b>98</b>	<b>350G</b>	<b>122</b>	<b>500G</b>	<b>165</b>

**RAD RUM RIBS** 300G 99 600G 175

Seasoned with spicy jerk seasoning, flame-grilled and basted with a tangy & sweet rum sauce.

### BURGERS

Flame-grilled to medium-rare & basted with BBQ or jerk sauce. Served with onion rings and your choice of fries, sweet potato fries or salad.

**BEEF** 73  
**CHICKEN** 69  
**VEGETARIAN** 69

## PIMP YOUR STEAK OR BURGER

- SAUCES** 23  
Cheese | Mushroom | Pepper
- CARIBBEAN** 29  
Bacon, pineapple & cheese sauce
- BLACKBEARD** 28  
Mozzarella, bacon & jalapeno
- ✓ **ZIGGY** 29  
Red kidney beans, chilli, red onion & pepper salsa topped with a coco loco
- ✓ **MADDA MANGO** 22  
Mango, pineapple, red onion, sour cream & coriander
- THE FLYING DUTCHMAN** 29  
Bacon, blue cheese & fig
- ✓ **MAGIC MUSHROOM** 20  
Wholegrain mustard & mushrooms
- ✓ **ROCKET MAN** 20  
Camembert, rocket & balsamic reduction
- ✓ **BLACK PEARL** 22  
Camembert, cranberry jelly & caramelised onion
- ✓ **THE CAPTAIN** 20  
Cream cheese, basil & caramelised onion
- JACK SPARROW** 27  
Chorizo, peppadews, feta, red onion, chilli & garlic
- ✓ **THE MERMAID** 22  
Cherry tomato, red onion, avocado, rocket & balsamic reduction

### SIDE ORDERS

Onion rings	20	Jerk Mayo	15
Salad	25	Jamaican rice & beans	25
Fries/Sweet potato fries	25	Cuban flat bread	20
Roti	20	Roasted vegetables	25

# SALADS

<b>JMC HOUSE SALAD</b>	72
Crispy bacon, spinach, feta, beans, sweet corn & peppers.	
<b>✓ GREEK SALAD</b>	72
Cucumber, green pepper, red onion, tomato, olives, danish feta & oreganum in a greek dressing (no lettuce).	
<b>KINGSTON CHICKEN SALAD</b>	72
Spicy jerk chicken, pineapple, paw paw & feta with a mango vinaigrette.	
<b>✓ SPINACH, PEACH &amp; ALMOND SALAD</b>	69
Spinach, button mushrooms, peaches & toasted almond flakes with an orange dressing.	
<b>PIZZAS</b>	
<b>✓ MARGHERITA</b>	63
Mozzarella, oregano & fresh basil	
<b>THE JMC</b>	92
Bacon, avo*, feta, rocket	
<b>COOL RUNNINGS</b>	96
Salami, mushrooms, onions, peppers	
<b>TROPICANO</b>	84
Bacon, peppadews and pineapple	
<b>EL MEXICANO</b>	96
Mince, jalapeno, beans, avocado* & coriander	
<b>VARADERO</b>	93
Bacon, blue cheese, mushrooms & figs	
<b>RUDE BOY</b>	98
Chorizo, chicken, garlic, avocado*, sweet chilli & rocket	
<b>✓ THE FAT RASTA</b>	84
Roasted peppers, aubergine, spinach, garlic, feta	
<b>THE CUBAN</b>	89
Chorizo, peppadews, feta, red onion, garlic & chilli	
<b>JERK MON'S</b>	92
Jerk chicken, bacon & feta	

<b>✓ JAMAICAN JIVE</b>	82
Spinach, feta, olives, cherry tomatoes	
<b>CARIBBEAN</b>	86
Gypsy ham, pineapple & mushrooms	
<b>BARBADOS</b>	84
Bacon, banana & garlic	
<b>ARUBA</b>	89
BBQ chicken, red onion, mango, almonds & cream cheese	

\*Avo is seasonal. If not available, will be substituted with guacomole.

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# DESSERTS

<b>BANANA FRITTERS</b>	38
Dusted with cinnamon & served with vanilla ice cream.	
<b>LINDT CHOCOLATE BROWNIES</b>	42
Scrumptious brownie made from the finest Lindt chocolate & served with vanilla ice cream.	
<b>ICE CREAM AND CHOCOLATE SAUCE</b>	38
Vanilla ice cream with a rich chocolate sauce.	
<b>MUDDY MONKEY MILKSHAKE</b>	38
Thick and delightful milkshake made from Lindt brownie, banana, vanilla ice cream and a dash of milk.	

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JAMAICAN PATOIS (PRONOUNCED PATWA) IS A LANGUAGE WITH WEST AFRICAN INFLUENCES SPOKEN PRIMARILY IN JAMAICA. HERE ARE SOME USEFUL WORDS AND PHRASES TO GET YOU INTO THE ISLAND SPIRIT!

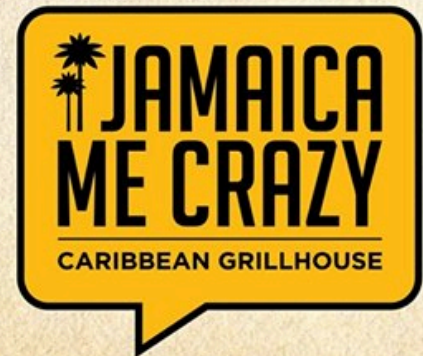
- \* BASHMENT party, dance
- \* BISCUIT an attractive woman
- \* BUNKS ME RES take a nap
- \* CEASE AND SEKKLE! stop everything and relax!
- \* COOL RUNNINGS have a safe journey, go well
- \* DYNAMIX hot and explosive
- \* EVERYTHING COOK AND CURRY all is well
- \* IRIE a greeting, excellent, cool
- \* JAMMIN having a good time, dancing
- \* JOOKS hangout, relax
- \* LONG BELLY a tall, thin lady
- \* MASH IT UP a huge success
- \* MEK WI NYAM let's eat
- \* ONE LOVE a parting phrase, expression of unity
- \* SKRANK to dance to reggae music
- \* SKIN YOUR TEETH smile

11 571 KM Distance from Cape Town to Kingston Town

# ONE LOVE ONE HEART

# LET'S GET TOGETHER

# AND FEEL ALRIGHT



A 10% SERVICE CHARGE WILL BE LEVIED ON TABLES OF 6 OR MORE  
WWW.JAMAICAMECRAZY.CO.ZA

