"Caribbean cooking is all about unique West Indian spices, mixed with flavours from all around the world, to create truly unique food that's great for sharing or keeping to yourself! Cool cooking with hot flavours..."

Starters/Cutters

£4.95 EACH

Inspired by Beach Shacks & Street Hawkers across the Caribbean Islands, these authentic, great tasting dishes are perfect as a starter or for friends to share with cocktails.

PEPPER ROTI

Oven baked spicy 'buss up shut' roti, potatoes, carrots, peppers, cheese & scotch bonnet

TRINI DOUBLES

Two bara roti, curried Trini chickpeas, cucumber chutney & coconut shavings

PATTIES

Lamb or saltfish baked turmeric pastries, scotch bonnet & herb mayo

GARLIC 'N' HERB FLATBREAD

Hand-made, stone baked flatbread, herb, chilli & garlic butter

SWEETCORN FRITTERS

Fried sweetcorn fritters with hot sauce

JAMAICAN FRIED BAIT

Lightly spiced & crisp whitebait with fresh lime & coriander mayo

CHILLI FRIED SQUID

Crisp fried spiced coated squid, mango mole, fresh lime & coriander mayo

JERK PIT PRAWNS*

Whole shell-on jerk pit grilled king prawns, herb, chilli & garlic butter, flatbread - £5.95

DUCK ROLLS

Slow roasted shredded duck, onion, tamarind, soy sauce, chilli & sugarcane, sour orange chutney

JERK CHICKEN WINGS

Jerk spice marinated, grilled & glazed chicken wings, sour orange chutney

PULLED JERK PORK

Slow roast pulled jerk pork, rocket, fresh butternut squash, mango, orange & coconut shavings

JERK PIT RIBS

Jerk spice marinated, grilled & glazed pork ribs, sour orange chutney

BEACH FOOD PLATTER*

Spicy jerk chicken wings, pepper roti, sweet corn fritters, garlic 'n' herb flatbread - £12.95

Provisions £2.35 EACH

Rice 'n' Peas Cheesy Jerk Fries Fried Dumplings Paratha Roti Caribbean Slaw Sweet Potato Fries Dressed Salad Sweet Plantain Trini Chickpeas Sweet Potato Mash

Lunch 'n' Lighter

PERFECT FOR LUNCH & EARLY SUPPER - £6.95 EACH

Buns

PULLED CHICKEN BUN

Jerk glazed pulled chicken, brioche bun, baby gem, sweet onion chutney, herb mayo, Caribbean slaw & fries or dressed salad

STREET BURGER

Seasoned beef burger, spicy pulled jerk pork, brioche bun, baby gem, sweet onion chutney, herb mayo, Caribbean slaw & fries or dressed salad

PULLED PORK BUN

Roasted jerk pulled pork, brioche bun, baby gem, sweet onion chutney, herb mayo, Caribbean slaw & fries or dressed salad

Wraps

JERK PORK WRAP

Jerk spice glazed pulled pork, baby gem, carrots, cucumber, onion, coconut shavings, herb mayo, Caribbean slaw & fries or dressed salad

SHRIMP & MANGO WRAP

Spiced shrimp & fresh mango, baby gem, carrots, cucumber, onion, coconut shavings, herb mayo, Caribbean slaw & fries or dressed salad

JERK CHICKEN WRAP

Jerk glazed chicken, baby gem, carrots, cucumber, onion, coconut shavings, herb mayo, Caribbean slaw & fries or dressed salad

Flathreads

CHICKEN FLATBREAD

With jerk spice glazed chicken, grilled tomatoes, sweet red onion chutney, fresh thyme, rocket, Bajan hot sauce

GOATS CHEESE & BUTTERNUT SQUASH FLATBREAD

With goats cheese, butternut squash, aubergine, grilled tomatoes, sweet onion chutney, fresh thyme & rocket, Bajan hot sauce

Salads

GOATS CHEESE, AUBERGINE & BUTTERNUT SALAD

Spiced grilled aubergine, butternut squash, goats cheese, dressed rocket, baby gem, tomatoes, carrots, cucumber & raisins, fresh watermelon

CHICKEN FESTIVAL SALAD

Grilled jerk chicken & fresh watermelon, dressed rocket, baby gem, tomatoes, carrots, cucumber & raisins,

SALMON SALAD

Jerk spice glazed salmon fillet, dressed rocket, baby gem, tomatoes, carrots, cucumber & raisins, fresh watermelon £8.25

Grills

LUNCH JERK RIBS

Jerk pork ribs, honey bbq glaze, sour orange chutney, Caribbean slaw, rice 'n' peas or fries

1/4 JERK CHICKEN

12 spice & herb jerk marinated & grilled, Caribbean slaw, rice 'n' peas or fries

One Pots

€9.65 EACH

Rich, slowly simmered & uniquely Caribbean

TRINI CURRY FISH

Salmon, prawns, squid & white fish, coconut, sweet onion chutney, rice 'n' peas, flatbread

TRINIDAD CURRY CHICKEN

Chicken breast, mango & coconut, sweet onion chutney, rice 'n' peas, flatbread

JAMAICAN BROWNED CHICKEN

Marinated & slow braised on the bone, rice 'n' peas, fried dumplings

BLUE MOUNTAIN CURRY GOAT

Marinated goat, potatoes & carrots, rice 'n' peas, sweet onion chutney, flatbread

CURRY, SHRIMP AND MANGO

Shrimps, mango, sweet potatoes, tomato, garlic, ginger, Caribbean spices, green seasoning, sweet onion chutney, rice 'n' peas, flatbread

RASTAFARI RUN DOWN

Butter beans, corn cob, greens, carrots, sweet potatoes, herbs, coconut milk, rice 'n' peas, fried dumplings

CURRY SQUASH

Butternut squash, coconut milk, spices, green seasoning, sweet onion chutney, rice 'n' peas, flatbread

Jerk Pit BBQ

With its unique flavours & fantastic aromas the jerk pit is the ultimate Caribbean barbecue. Our succulent authentic jerk dishes are marinated with herbs & spices & flame grilled to order over allspice & thyme wood

MO' BAY CHICKEN

Chicken breast, creamy jerk spiced sauce, onions, plantain, dressed salad, rice 'n' peas, sweet potato mash or sweet potato fries - £9.85

JERK SALMON

Jerk spice glazed salmon fillet, dressed salad, sweet potato mash or sweet potato fries £11.95

JERK RIBS

Grilled jerk marinated pork ribs, honey bbq glaze, sour orange chutney, Caribbean slaw, rice 'n' peas, sweet potato mash or sweet potato fries - £9.85

JERK PIT BURGER

Seasoned beef burger, pulled jerk pork, brioche bun, baby gem, sweet onion chutney, herb mayo, pineapple, Caribbean slaw & sweet potato fries - £9.85

JERK LAMB

Grilled jerk marinated & glazed lamb steak, fresh green seasoning, Caribbean slaw & sweet potato mash - £12,50

JERK CHICKEN

12 spice & herb jerk marinated & grilled, sour orange chutney, Caribbean slaw, rice 'n' peas, sweet potato mash or sweet potato fries ½ - £9.95 1 - £15.50

DOUBLE DIPPED STEAK

Grilled jerk marinated steak, sweet onion chutney Caribbean slaw, sweet potato mash or sweet potato fries - £14.25

DIPPED PORK STEAK

Grilled jerk spice marinated pork steak, jerk glaze, green seasoning, sweet plantain, Caribbean slaw, rice 'n' peas, sweet potato mash or sweet potato fries - £9.85

ESCOVITCH FISH

Whole bream, sauce of tomatoes, scotch bonnet, onion, carrots, dressed salad & rice 'n' peas - £12.50

Puddings

£4.85 EACH

BBQ PINEAPPLE

Grilled sugared pineapple, rum caramel sauce, coconut shavings, coconut ice cream

BANANA & TOFFEE CHEESECAKE

Rum caramel sauce

CAYMANAS RUM CAKE

Warm golden mellow rum cake, rum caramel & vanilla ice cream

BANANA FRITTERS

Cinnamon & sugar dusted, rum caramel, coconut shavings, vanilla ice cream

RUM & RAISIN BREAD PUDDING

Slow baked with dark rum, cinnamon raisins, & brown sugar, vanilla ice cream

SPANISH TOWN SUNDAY

Fresh mango, pineapple & banana, mango sorbet, coconut ice cream

SPICED CHOCOLATE POT

With orange zest & coconut shavings, coconut ice cream

DARK CHOCOLATE PIE

Rich, dark chocolate baked pie, vanilla ice cream



"Run is tropical Caribbean sunshine, bottled, and has been intricately woven into the rich history and culture of the islands for centuries, celebrated at Turtle Bay with over 40 runs sourced from across the Caribbean, perfect for sipping and cocktails..."

Caribbean Cocktails

£6.85 EACH OR 2 '4' 1 AT HAPPY HOUR

BAHAMA MAMA

Koko Kanu & banana liqueur with pineapple & grenadine

BAY CAIPIRINHA

Santa Teresa orange rum & falernum, muddled fresh limes, oranges & ginger over crushed ice

RUM RUNNER

Frozen blend of dark rum, blackberry & banana liqueurs, lemon, grenadine & pineapple

Rum Tasting Board

Choice of any 4 runs and a can of Ting 218



CARIBBEAN PIMMS

Pimms, fresh mint, strawberries, cucumber, lime, ginger, orange & passion fruit

MAI TAI

Appleton Special rum, orange rum liqueur, apricot brandy, fresh lime, pineapple & fresh mint

ISLAND ICED TEA

Rum, tequila, vodka, gin, triple sec, fresh lemon & pepsi

REGGAE RUM PUNCH

126 proof Wray & Nephew & strawberry liqueur, fresh lime, orange & pineapple

WEST INDIES

Blackwell rum, blackberry liqueur, falernum, honey & apple juice

MARLEY MOJITO

Appleton Special rum, midori, fresh mint & watermelon, home-made ginger beer

RASPBERRY REGGAE

White rum, raspberries, fresh lime & club soda

STRAWBERRY DAIQUIRI

Havana Especial, fresh lime & strawberries

JUMBLED JULEP

White rum & Passoa, fresh strawberries, mint & apple, also try with vodka

PASSION RUM PUNCH

Dark rum & Passoa, fresh passion fruit, orange juice & lemon

BLACKWELL MOJITO

Blackwell rum, fresh mint, lime & club soda

JAMMIN'

White rum, apricot liqueur, fresh mint, ginger, lime, apple juice & apricot jam

JAMAICAN MULE

Sailor Jerry's spiced rum, fresh lime & home-made ginger beer

KOKO COLADA

Koko Kanu white rum, pineapple, coconut & cream, grated nutmeg

TOBAGO TEA

Rum, tequila, vodka, gin, triple sec, fresh lemon, mango & lemonade

VANILLA & PASSION FRUIT MOJITO

Cockspur gold rum, vanilla, fresh passion fruit, mint & lime

BEACHCOMBERS ZOMBIE

4 rums, Absinthe, bitters & tropical juices

GOOMBAY SMASH

Sailor Jerry's spiced rum, Koko Kanu, apricot brandy, orange bitters, orange & pineapple juice

All Cocktails 2'4'1

on Happy Hour

see restaurant for details

(must be the same type

served together)

LIMIN PUNCH

Cockspur gold rum, triple sec, Midori, fresh mango & lime, pineapple

HUMMINGBIRD

White rum, Tia Maria, banana liqueur, cream, fresh banana & coconut

JUNKANOO

Blackwell rum, Passoa, fresh passion fruit, coconut, Martini style

Caribbean Softs

£3.55 EACH

BERRY SMOOTHY

Fresh raspberries, condensed milk & cream

PASSION FRUIT SMOOTHY

Fresh passion fruit, condensed milk, cream

COCONUT & PINEAPPLE PUNCH

Coconut, pineapple, condensed milk, cream

PEANUT BUTTER & BANANA SMOOTHY

Smooth peanut butter, fresh banana, condensed milk, cream

WATERMELON CRUSH

Blended fresh watermelon & ice

GRACE TROPICAL RHYTHMS

Jamaican fruit punch

PASSION FRUIT COOLER

Fresh passion fruit, orange & ice

LIMEADE

Home-made limeade with freshly squeezed limes, sugar & club soda

GINGER BEER

Home-made ginger beer with spiced pepper, cloves & fresh lime

TING GRAPEFRUIT CRUSH

Lightly carbonated & full of tasty Jamaican grapefruit flavour - £2.45

GRACE COCONUT WATER

Pure young natural coconut water with pulp - £2.45

Cool Grapes

BOTTLE - £16.25 EACH

175ML GLASS - £3.95 EACH 250ML GLASS - £5.75 EACH

AVAILABLE BY THE GLASS

White

PINOT GRIGIO, BELVINO

Just off-dry, delicately flavoured with notes of green apple & pear from Italy

REISLING-GEWURZTRAMINER, KELL'S EDGE

Medium dry, aromatic, floral & grapey from Australia

CHENIN BLANC, KLEINE ZALZE

Rich, honeyed, ripe pear & pineapple from South Africa

SAUVIGNON BLANC, FOOTSTEPS

Crisp, dry, and refreshing with a lemony finish from Chile

CHARDONNAY, BERRI ESTATES

Frisky, rich lemon & tropical fruit flavours from Australia

COLOMBARD-CHARDONNAY, HARDYS THE RIDDLE

Zingy character of colombard & full rich chardonnay from Australia

Red

CABERNET SAUVIGNON, FOOTSTEPS

Deep colour, strong blackcurrant flavour & rich dark tannins from Chile

PINOTAGE, CULLINAN VIEW

Deep coloured, soft & silky with fruity bramble flavours from South Africa

MERLOT, BERRI ESTATES

Delicious combination of raspberries, blueberries & soft plum characters from Australia 9

MALBEC, CALLIA

Soft berry fruit flavours with cinnamon spice and vanilla notes from Argentina

SHIRAZ, THE GOURMET

Plenty of fruit with a crisp finish from Australia

PINOT NOIR DEL VENETO, MUNRO

Ripe cherry, red berry and plummy fruit flavours, unoaked with savoury hints from Italy

Rose

WHITE ZINFANDEL, VENDAGE

Medium-sweet strawberry & raspberry, from the USA

PINOT GRIGIO, BELVINO

Dry, with bags of summer fruitiness from Italy

Sparkling

PROSECCO, SANT ORSOLA

Light & lively, with a hint of sweetness $\pounds 21.00$

GRAND BRUT PERRIER-JOUËT

Light yet lingering. Elegant yet full of elaborate fruity bubbles - £45.95

Beers

£3.75 EACH

CARIB BOTTLE

Originated from Trinidad

GUINNESS BOTTLE

Not just for the Irish!

RED STRIPE BOTTLE

The Jamaican's beer of choice

RED STRIPE PINT - £3.90

GUINNESS PUNCH

A classic with Guinness, vanilla, nutmeg & condensed milk

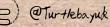
JAMAICAN SHANDY

Red Stripe, home-made ginger beer & bitters

Upload your TB photos #welovejerk



MurtleBayRestaurants



All prices include VAT at 20% - We take cash, visa, mastercard & maestro. An optional 10% service charge will be added to parties of 5 or more. Due to the presence of nuts in some of our dishes we cannot guarantee absence of nut traces in our dishes.