

MENU



WARM BOWLS

Caribbean Harvest Bowl \$18

Jerk Chicken, Wild Rice & Peas, Roasted Squash, Pumpkin Seed, Goat Cheese, Sweet Plantain, Creamy Garlic Sauce

Chicken Avocado \$18

Grilled Chicken Breast, Brown Rice, Avocado, Plantain Chips, Red Fresno Chili, Sautéed Kale, Chadon Beni Sauce, Creamy Garlic Sauce.

Fisherman's Bowl \$19

Salmon, Brown Rice, Pineapple Salsa, Lime, Steamed Veggies, Chadon Beni Sauce, Creamy Garlic Sauce.

Vegan Goddess Bowl \$18

Blanched Kale, Grilled Portobello Mushroom, Red Quinoa, Roasted Tomatoes, Grilled Okra, Tamarind Curry Sauce.

Meat Market \$24

Slow Braised Oxtail, Sweet Plantains, Wild Rice & Peas, Pickled Red Onion, Sautéed Red and Green Cabbage, OIK Sauce.

Spiced Pork \$17

Braised Pork Shoulder, Wild Rice & Peas, Escovitch, Plantain Chips, Cabbage, Creamy Pepper Sauce (spicy)



SALADS



Jamaican Caesar Salad \$13

Kale, Romaine, Sourdough Bread Croutons, Parmesan Cheese, Grilled Shrimp, Caesar Dressing (Add Grilled or Jerk Chicken \$3, Shrimp \$4, Salmon \$6)

Irie Vegan \$16

Crispy Coconut Tofu, Grilled Pineapple, Caribbean Mixed Greens, Onion, Tomatoes, Cucumber, Scallion, Carrot, Avocado, House Vinaigrette

Island Cobb \$15

Mixed Greens, Jerk Chicken, Grilled Mango, Avocado, Bacon, Soft Egg, Tomatoes, Island Ranch Dressing.

Butcher Man's \$18

Braised Oxtail, Short Rib, Kale, Pickled Onions, Dry Fig, Roasted Tomatoes, Champagne Vinaigrette

GYROTIS (GYRO+ROTI)

Lamb \$19

Marinated Lamb, Sautéed Kale, Spinach and Bok Choy, Crispy Onions, OlK Sauce

Curry Chicken \$16

Curry Chicken, Sautéed Kale, Curry Hummus, Creamy Garlic Sauce, Tamarind-Curry Sauce

Salmon \$17

Salmon Belly, Escovitch, Cabbage, Pineapple Salsa, Creamy Pepper Sauce (spicy)

OxKale \$21

Braised Oxtail, Short Rib, Green Onions, Bell Peppers, Sautéed Cabbage, Baby Kale, Creamy Garlic Sauce



BYO

Select a Base

Wild rice & Peas Brown Rice Red Quinoa

Select a Main

Grilled Portobella \$16
Crispy Coconut Tofu \$16
Grilled Shrimp \$21
Salmon \$21
Jerk Chicken \$18
Grilled Chicken \$18
Curry Chicken \$18
Shredded Pork \$17
Lamb \$22
Oxtail & Ribs \$23

Select Up to Two

Select Up to Two
Dressings/Sauces
K Sauce
Creamy Garlic
Tamarind Curry
Chadon Beni
Trini Curry
Spicy Jerk
Creamy Pepper (spicy)
Oxtail Gravy
Caesar Dressing
Island Ranch Dressing
Blue Cheese Dressing
Champagne Vinaigrette

Select a Green

Kale Romaine Spinach Mixed Greens Cabbage

Select Toppings

Pineapple Salsa Curry Hummus Roasted Tomatoes Cucumbers Pickled Red Onions Plantain Chips Escovitch Roasted Squash Steamed Veggies Sautéed Cabbage Grilled Pineapple Grilled Okra Carrots Bacon Mango Soft Egg Roasted Scotch Bonnet Avocado \$3 Blue Cheese \$2 Goat Cheese \$2 Parmesan \$2



SIDES

Wild Rice & Peas \$6
Brown Rice \$6
Quinoa \$7
Plantain Chips \$5
Sweet Plantains \$6
Steamed Veggies \$6
Sautéed Greens \$6
Roasted Squash \$6
Curry Hummus \$7

