



 **NiNE
MiLE**
where people and food come together



Smiling Hara Tempeh.



buchi

Appetizers & Sides

Live and Give V

Can't decide? No need with this tasty appetizer made for sharing. A generous basket of tortilla chips served with queso, green curry hummus, and tomato mango chipotle salsa fresca. (no substitutions please) - 6

Lion a Roar DF GF VE V

Tomato mango chipotle salsa fresca with chips. - 4.5

Side of Natty Bread DF VE V

Two extra pieces of locally baked City Bakery bread dressed with a herb garlic spread. - 1.5

Coo Yah V

Natty bread with your choice of red DFVE or rose sauce. - 4.5

Humble Hummus DF GF VE V

Our hummus of the day served with chips. (+\$1 sub pita bread) - 4.5

Reggae Mylitis V

Tortilla chips topped with our Caribbean black beans, tomato mango chipotle salsa fresca, smothered in a smoked gouda chipotle queso. (Big Up your nachos with bell peppers, jalapeno, tomato, & green onion. +\$1.5) - 6



Entrees

Entrees include an order of Natty Bread & salad.

Dressings (all GF): Mango Vinaigrette, Jalapeno Lime Cilantro H, Orange Balsamic, & His Majesty's (Sesame Garlic Tahini).

Raggy Road DF GF* H

Grilled Cajun tilapia with sautéed bell peppers, squash & zucchini in a white wine, creamy, dairy-free, coconut chipotle sauce. Tossed with cavatappi pasta & spring onions or served with basmati rice. Please specify heat. - 14

Ambush in The Night DF GF

Smokin' J's Jerk rubbed Mahi topped with a refreshing dairy-free coconut lime cream, served with basmati rice with Caribbean black beans, grilled asparagus and a side of roasted jalapeno & pineapple salsa. (-\$5 sub chicken) - 19

Ark of the Covenant GF*

Wild caught Alaskan sockeye salmon, grape tomatoes, kalamata olives, zucchini & squash in a fresh basil butter sauce with feta cheese. Tossed with spinach fettuccine or served with basmati rice. ** - 20

Amani DF* V*

Grilled ginger teriyaki tilapia with sautéed carrots, onions, bell peppers and currants in an orange sesame ginger coconut cream sauce. Served with grilled zucchini medallions & basmati rice. Garnished with orange wedge, cilantro, mung bean sprouts & banana mango apple chutney. (Only at Montford) - 14

Soul Rebel DF GF*

Grilled chipotle maple glazed wild caught Alaskan sockeye salmon with sautéed onion, russet potatoes & carrots in a white wine coconut masaman curry sauce topped with cilantro, almonds, mung bean sprouts, and a banana mango apple chutney. Served with basmati rice. ** - 20

Mayfield Falls DF GF*

Grilled wild caught Mahi Mahi topped with our mango jicama mint salsa with sautéed bell peppers, & carrots in a creamy, dairy-free, ginger, coconut sauce. Tossed with linguine & spring onions or with basmati rice. - 19

Marley's Magic DF GF*

Grilled jerk Carolina Trout with cauliflower, carrots & bell peppers, sautéed in a white wine, creamy, dairy-free coconut ginger curry sauce. Tossed with linguine or served with basmati rice. Finished with spring onions. - 19

DF = Dairy Free	H = Hot
GF = Gluten Free	Also, ask for our house
VE = Vegan	Rasta Fyah hot sauce
V = Vegetarian	TN = Contains Tree Nuts
* = Can Be Made	HN = Contains Honey

** These items are cooked to order. Consuming raw or undercooked MEATS, POULTRY, seafood, shellfish, or EGGS may increase your RISK of foodborne illness.

Negril Nights ^{DF}^{GF}*

Grilled salt & peppered wild caught tuna with garden fresh vegetables, & fire roasted tomatoes, sauteed with white wine & a velvety, dairy-free, coconut jerk sauce. Served over spinach fettuccine or basmati rice. Finished with spring onions. **

- 19

Island in the Sea ^{DF}*

Shrimp, crab meat & diced clams sauteed with yellow squash & zucchini in a white wine alfredo or marinara sauce (^{GF}). Served over spinach fettuccine. (Only at Montford)

- 19

Concrete Jungle ^{GF}*

Pan seared scallops & mussels with sautéed squash, zucchini & fire roasted tomatoes in a fresh basil white wine butter sauce. Served over linguine and tossed with spring onions. **

- 19

Kingston 12 ^{DF}^{GF}

Sautéed shrimp in a red coconut curry sauce with sautéed onions, asparagus, cauliflower, fresh basil, and cilantro. Served with basmati rice. Garnished with mango jicama mint salsa, mung bean sprouts, cilantro & toasted almonds. **

- 19

Cool Runnings ^V*

Blackened chicken with mushrooms, bell peppers and fire roasted tomato in a smokey gouda chipotle queso. Served with rice, Caribbean black beans and roasted jalapeno & pineapple salsa.

- 14

Jamaican Me Thirsty ^{DF}^{GF}^{VB}^V*

A wonderful dish of grilled jerk chicken or tofu with fire roasted tomatoes & garden fresh vegetables, sautéed with white wine & our own jerk marinara sauce. Tossed with linguine. Finished with spring onions. Please specify heat.

- 13

Daily Special

Daily specials are made in house with fresh ingredients. Please ask your server or see the special board for today's selection.

The Meshach ^V^{VE}*

Grilled hickory molasses rubbed chicken or jerk tofu with sautéed cremini mushrooms, bell peppers & grape tomatoes, in a white wine cream sauce tossed with cavatappi pasta & green onions.

- 14

Irie Ites ^{DF}^{GF}^{VB}^V*

Your choice of chicken or tofu sautéed with white wine, garden fresh vegetables in a creamy dairy free basil pesto. Tossed with cavatappi pasta & spring onions. (+\$5 sub shrimp)

- 14

More Fyah! ^{DF}^{GF}^{VB}^V*

Grilled jerk chicken or tofu with bell peppers, fire roasted tomatoes, squash, & zucchini. Sautéed with white wine & butter. Tossed with linguine. Finished with spring onions. Please specify heat.

- 13

One Foundation ^V*

Grilled jerk chicken or jerk tofu with garden fresh vegetables & grilled pineapple, sautéed with white wine & folded in our fresh house Alfredo sauce. Served over spinach fettuccine.

- 14

Nine Mile ^{DF}^{GF}^{VB}^V* [☞]

Grilled jerk chicken or tofu with fresh ginger, fire roasted tomatoes, jalapeño peppers, squash, & zucchini, sautéed with white wine & butter. Tossed with linguine or served with basmati rice. Finished with spring onions. Please specify heat.

- 13

Soon Come ^V

A unique sweet dish with fresh sliced bananas, apples, currants & grilled pineapples, sautéed with white wine, butter & pumpkin spice. Tossed with cheese stuffed tricolored tortellini & spring onions.

- 11

Natural Mystic ^{DF}^{GF}^{VB}^V

Simple excellence! Linguine topped with our house marinara sauce. (+\$3 add vegetables)

- 5

Gluten-Free Fusilli

A hearty gluten-free alternative.
Substitute in any dish. +\$1.5

Raw Zucchini Pasta Substitute

Not big on pasta? Enjoy fresh spiral cut
zucchini as a refreshing alternative. +\$1.5

Not Just Pasta!

Several of our dishes include a rice
option. Please see the descriptions.



Soup & Salads

Back to Eden (DF)(GF)(V)* (☞)

Smokin' J's Jerk rubbed chicken served over a bed of mixed greens with bell peppers, red onion, carrots, & jalapeno. Served with our jalapeno lime cilantro dressing.

- 11

Empress Menen Salad (DF*)(GF)(VE)(V) (☞)

Mixed greens with apples, toasted almonds, chickpeas, smoked gouda & house tempeh bacon. Served with our sesame garlic tahini dressing.

- 10

Ras Rootz Chili (DF)(GF)(VE)(V)

Vegetarian smoked tempeh chili with red, gold, green & chipotle peppers. Kidney beans, black beans, fire roasted tomatoes. Served with a piece of Natty Bread. Available by the cup or bowl. (Only at Montford)

- 3/5

Livity (DF)(GF)(VE*)(V)*

Mixed greens with your choice of jerk chicken or tofu. Topped with carrots, purple cabbage & bell peppers. Served with our orange balsamic dressing.

- 11

Easy Skanking (DF*)(GF)

Grilled 3oz tuna steak with mixed greens, grilled pineapple, grape tomatoes, raw sunflower seeds, gingered feta & a sprig of fresh mint. Served with our mango vinaigrette.**

- 10.5

The Groundation (DF*)(GF)(VE*)(V)*

Mixed greens, feta cheese, cherry tomatoes, carrots, kalamata olives & chickpeas. Served with our sesame garlic tahini dressing. (+\$4 add chicken, tofu or tempeh)

- 7

Soup of the Day

Soup of the day made in house with fresh ingredients. Please ask your server or see the special board for today's selection. Available by the cup or bowl.



Beverages

San Pellegrino

A refreshing sparkling mineral water. - 2.5

Coffee

Fresh brewed organic coffee from Bean Werks. - 2.5

Teas (Iced or Hot)

Please ask your server for our current flavors. - 1.5

Nantucket Nectars

Cranberry, Lemonade, Apple Juice & Pineapple Orange Guava - 3

Reed's Ginger Brew

Non-alcoholic ginger drink with a real kick! - 3

Buchi Kombucha

Local, raw, organic kombucha. - 4

Lion Paw Roots Tonics

A traditional naturally fermented male rastafarian drink prepared from herbs, barks, & spices. It is fine in quality & matured in flavor. The efficaciousness is outstanding. - 7

Rocky Mountain High Beverages

Hemp-infused energy drinks. Please ask your server for our current flavors. - 3.5

Fountain Sodas

Cheerwine, additional rotating flavors. Please ask your server for our current flavors. - 2

Madda Mimosas

Freshly squeezed orange juice & champagne. - 6

Beer & Wine

Tap beer changes often. We offer wine by the glass & bottle. Please ask to see our beer & wine list.



All of our water is double charcoal filtered • We compost • Our chicken is hormone and antibiotic free • We appreciate your patience as every dish is made fresh & to order • Chef Aaron loves jerk sauce! If you don't, we'll gladly create any dish without jerk sauce • We use Smiling Hara Tempeh • Our milk is from Homeland Creamery, Julian, NC • Our salmon is from the **Wild Salmon Company**, mahi, & tuna are wild caught. The tuna is dolphin safe • There is a \$1.75 split plate charge, for this the natty bread order is split & you receive an additional dinner salad • 18% gratuity for parties of 6 or more. No separate checks for parties over 6.