

Appetizers

- Reggae Mylitis** (V) – 6
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 diced bell peppers, jalapeno, tomato, & green onion. +\$1.5)
- Side of Natty Bread** (DF)(VE)(V) – 1.5
Two extra pieces of our locally baked City Bakery bread dressed with a herb garlic spread.
- Lion a Roar** (DF)(GF)(VE)(V) – 4.5
Tomato mango chipotle salsa fresca with chips.
- Coo Yah** (V) – 4.5
Natty bread with your choice of red (DF)(VE) or rose sauce.
- Humble Hummus** (DF)(GF)(VE)(V) – 4.5
Our hummus of the day served with chips. (+\$1 sub pita bread)
- Live and Give** (V) – 6
Can't decide? No need with this tasty appetizer made for sharing. A generous basket of tortilla chips served with queso, green curry hummus, & tomato mango chipotle salsa fresca. (no substitutions please)

Entrees

Lunch (until 5pm) served with Natty Bread.

(DF) = Dairy Free (GF) = Gluten Free (VE) = Vegan (V) = Vegetarian * = Can Be Made

(H) = Hot (T) = Contains Tree Nuts (HM) = Contains Honey

- Amani** (DF)(V)* – 9
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)
- Ambush in The Night** (DF)(GF) – 9.5
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. (-\$1.5 sub chicken)
- Marley's Magic** (DF)(GF)* – 9.5
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.
- Negril Nights** (DF)(GF)* – 9.5
Grilled salt & peppered wild caught tuna with garden fresh vegetables, & fire roasted tomatoes, sautéed with white wine & a velvety, dairy-free, coconut jerk sauce. Served over spinach fettuccine or basmati rice. Finished with spring onions.**
- Ark of the Covenant** (GF)* – 10.5
Wild caught Alaskan sockeye salmon, sautéed grape tomatoes, kalamata olives, zucchini & squash in a fresh basil butter sauce with feta. Tossed with spinach fettuccine or served with basmati rice. **
- Soul Rebel** (DF)(GF) – 10.5
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. **
- Mayfield Falls** (DF)(GF)* – 9.5
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.
- Raggy Road** (DF)(GF)* (H) – 9
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.
- Island in the Sea** (DF)* – 9.5
Shrimp, crab meat, diced clams sautéed with yellow squash & zucchini in a white wine alfredo or marinara sauce (GF). Served over spinach fettuccine. (Only at Montford)
- Concrete Jungle** (GF)* – 9.5
Pan seared scallops & mussels with sautéed squash, zucchini & fire roasted tomatoes in a fresh basil white wine butter sauce. Served over linguine topped with spring onions. **
- Kingston 12** (DF)(GF) – 9.5
Sautéed shrimp in a red coconut curry sauce with sautéed onions, asparagus, cauliflower, fresh basil & cilantro. Served with basmati rice. Garnished with mango jicama mint salsa, mung bean sprouts, cilantro & toasted almonds. **
- The Meshach** (V)(VE)* – 9
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.
- Irie Ites** (DF)(GF)(VE)(V)* – 9
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. (+\$2.50 sub shrimp)

Entrees

- Cool Runnings** (V)* - 9
Blackened chicken with mushrooms, bell pepper and fire roasted tomato in a smoky gouda chipotle queso. Served with rice, Caribbean black beans and roasted jalapeno & pineapple salsa.
- Jamaican Me Thirsty** (DF)(GF*)(VE*)(V)* - 8.5
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.
- More Fyah!** (DF*)(GF*)(VE*)(V)* - 8.5
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.
- Nine Mile** (DF*)(GF*)(VE*)(V)* (om) - 8.5
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. Please specify heat.
- One Foundation** (V)* - 9
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.
- Soon Come** (V) - 7
A unique sweet dish with fresh sliced bananas, apples, currants & grilled pineapples, sauteed with white wine, butter & pumpkin spice. Tossed with cheese stuffed tri-colored tortellini & spring onions.
- Natural Mystic** (DF)(GF*)(VE*)(V) - 3
Simple excellence! Linguine topped with our house marinara sauce. (with vegetables +\$1.50)

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

Daily Special

We always enjoy cooking up something new. Ask your server about today's special.

Soup of the Day

Made in house with fresh ingredients. Please ask about today's soup. (\$3 cup/\$5 bowl)

Soup & Salads

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

- Back to Eden** (DF)(GF)(V)* (om) - 11
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.
- The Groundation** (DF*)(GF*)(VE*)(V) - 7
Mixed greens, feta cheese, cherry tomatoes, carrots, kalamata olives & chickpeas. Served with our sesame garlic tahini dressing. (+\$3 add chicken, tofu or tempeh)
- Livity** (DF)(GF)(VE*)(V)* - 11
Mixed greens with your choice of jerk chicken or tofu. Topped with carrots, purple cabbage & bell peppers. Served with our orange balsamic dressing.
- Empress Menen Salad** (DF*)(GF*)(VE*)(V) (om) - 10
Mixed greens with apples, toasted almonds, chickpeas, smoked gouda & house tempeh bacon. Served with our sesame garlic tahini dressing.
- Easy Skanking** (DF*)(GF) - 10.5
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.**
- Ras Rootz Chili** (DF)(GF)(VE*)(V) - 3/5
Vegetarian house smoked tempeh chili with red, gold, green & chipotle peppers, kidney beans, black beans, & fire roasted tomatoes. Served with Natty Bread by the cup or bowl. (Only at Montford)

Drinks

- A variety of Beer & Wine (ask to see list)
- Lion Paw Roots Tonics (\$7)
- Fountain Sodas including Cheerwine! (\$2)
- San Pellegrino (\$2.5)
- Madda Mimosas (\$6)
- Reed's Extra Ginger Brew (\$3)
- Nantucket Nectars (\$3)
- Rocky Mountain High Hemp Beverages (\$3.5)
- Organic Coffee from Bean Werks (\$2.5)
- Iced and Hot Teas (\$1.5)
- Buchi (\$4)

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- \$1.75 split plate charge (for extra salad & bread).
- 18% gratuity for parties of 6 or more. No separate
- checks for parties > 6
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- * any dish also available without jerk sauce
- * our chicken is hormone & antibiotic free
- * our salmon, mahi & tuna are wild caught
- * the tuna is dolphin safe
- * we use local Smiling Hara tempeh
- * Smoking J's is a local company
- * our milk is from Homeland Creamery, Julian, NC
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** These items are cooked to order. Consuming raw or undercooked MEATS, POULTRY, seafood, shellfish, or EGGS may increase your RISK of foodborne illness.