

Appetizers

Coo Yah

Natty bread with your choice of red or rose sauce.

\$4.45

Side of Natty Bread

Two extra pieces of our locally baked City Bakery bread dressed with a garlicy spread.

\$1.50

Lion a Roar

Chipotle fire roasted mango salsa with chips.

\$4.45

Homely Hummus

Sun-dried tomato, chipotle, hummus with a hint of garlic. Served with chips.

\$4.45

Entrees

Lunch (until 5pm) served with Natty Bread.

Jamaican Me Thirsty (V)

Bringing a taste of Jamaica to Asheville. A wonderful dish of grilled jerk chicken or tofu with fire roasted tomatoes & garden fresh vegetables, sauteed with white wine & our own jerk marinara sauce. Tossed with linguine or served over basamati rice with toasted almonds. Finished with spring onions. Please specify heat.

\$6.15

More Fyah! (V)

Grilled jerk chicken or tofu with red, gold, & green peppers, fire roasted tomatoes, squash, & zucchini. Sauteed with white wine & butter. Tossed with linguine or served over basamati rice with toasted almonds. Finished with spring onions. Please specify heat.

\$6.15

Nine Mile (V) * H

Our signature dish. Grilled Jerk Chicken or tofu with fresh ginger, fire roasted tomatoes, jalapeño peppers, squash, & zucchini, sauteed with white wine & butter. Tossed with linguine or served over basamati rice with toasted almonds. Please specify heat.

\$6.15

Marley's Magic

Grilled Jerk Carolina Trout with cauliflower, carrots & rasta peppers, sauteed in a white wine coconut ginger curry sauce. Tossed with linguine or served over basamati rice with toasted almonds. Finished with spring onions.

\$9.15

Negril Nights

Reminiscent of a night on the beach in Negril. Grilled salt & peppered wild caught Tuna with garden fresh vegetables, & fire roasted tomatoes, sauteed with white wine & a coconut jerk sauce. Served over spinach fettucine or basamati rice with toasted almonds. Finished with spring onions.

\$9.15

One Foundation

Grilled jerk chicken or jerk tofu with garden fresh vegetables, grilled pineapple & fire-roasted tomatoes sauteed with white wine & folded in our fresh house alfredo sauce. Served over spinach fettuccine. Ya mon! You'll love it.

\$6.75

Soon Come

A unique sweet dish with fresh sliced bananas, apples, currants & pineapples, sauteed with white wine, butter & pumpkin spice. Tossed with cheese stuffed tri-colored tortellini & spring onions. You'll have to try it to understand.

\$5.95

Ark of the Covenant

Wild caught Alaskan Salmon, sauteed grape tomatoes, kalamata olives, zucchini & squash in a fresh basil butter sauce, with feta cheese. Tossed with linguine or served over basamati rice with toasted almonds.

\$9.15

Selassie's Special v

A refreshing combination of garden fresh vegetables, sauteed in garlic oil, herbs, white wine, & our house marinara sauce. Tossed with cavatappi pasta & spring onions.

\$4.75

Mayfield Falls

Grilled wild caught Mahi Mahi topped with our mango banana salsa with sauteed red, gold, green peppers, & carrots in a white wine, fresh ginger, coconut sauce. Tossed with linguine & green onions or over basamati rice with toasted almonds.

\$9.15

Island in the Sea

Shrimp, crab meat, diced clams sauteed with yellow squash & zucchini in a white wine alfredo or marinara sauce. Served over top of spinach fettuccine.

\$8.95

The Meshach

Grilled lemon pepper chicken or jerk tofu with sauteed cremini mushrooms, rasta peppers & grape tomatoes, in a white wine cream sauce tossed with cavatappi pasta & green onions.

\$6.95

Raggy Road

Grilled Cajun tilapia with sauteed red, gold, & green peppers, squash & zucchini in a white wine coconut chipotle sauce. Tossed with cavatappi pasta & spring onions or served over basamati rice with toasted almonds. Please specify heat.

\$7.25

Natural Mystic v

Simple excellence! Linguine topped with our house marinara sauce.

\$2.95

V = Vegan

(V) = Vegan Option

H = Hot!

Entrees	Irie Ites v	Your choice of chicken, shrimp or tofu sauteed with white wine, garden fresh vegetables, in a creamy dairy free basil pesto. Tossed with cavatappi pasta & spring onions.	\$7.75
	Concrete Jungle	Pan seared scallops & mussels with sauteed squash, zucchini & fire roasted tomatoes in a fresh basil white wine butter sauce. Served over linguine topped with spring onions.	\$8.95
	Daily Special	We always enjoy cooking up something new. Please ask about today's special	
	Pasta Substitutes	Quinoa Pasta - A hearty wheat-free alternative. OR Fresh raw spiral cut zucchini.	+\$1.50
Soup & Salads	Dressings: Mango Vinaigrette, Sun-Dried Tomato, Orange Balsamic Vinaigrette & His Majesty's.		
	The Groundation (V)	Mixed greens, feta cheese, cherry tomatoes, carrots, kalamata olives & chickpeas. (+\$3 for chicken, tofu or tempeh)	\$5.95
	Livity (V)	Mixed greens with your choice of Jerk chicken or tofu . Topped with carrots, purple cabbage & rasta peppers. Choice of dressing.	\$8.95
	Empress Menen Salad (V)	Mixed greens with apples, toasted almonds, chickpeas, smoked gouda & house tempeh bacon.	\$8.95
	Easy Skanking	Grilled 3oz tuna steak with mixed greens, grilled pineapple, grape tomatoes, raw sunflower seeds, gingered feta & a sprig of fresh mint.	\$9.15
	Ras Rootz Chili v	Vegetarian house smoked tempeh chili with red, gold, green & chipotle peppers, kidney beans, black beans, & fire roasted tomatoes. Served with a piece of Natty Bread. By the cup or bowl.	\$2.95 \$4.95
	Soup of the Day	Made in house with fresh ingredients. Please ask about today's soup.	
	Dessert	Chocolate Spliff Cake	Black pepper seasoned chocolate cake with a lemon thyme pastry cream. Covered in chocolate ganache & dusted with a cayenne-cocoa powder.
Coco Crazy Cake		A white coconut cake with coconut filling, frosted with coconut butter cream and topped with toasted coconut.	\$5.45
14kt. Carrot Cake		A traditional no-nut carrot cake made with a pound of carrots finished with a cream cheese cardamon frosting.	\$5.45
Key Lime Pie		Refreshingly good key lime pie with a gingersnap graham cracker crust.	\$4.45
Luscious Pecan Pie		A flaky crust, luscious filling and praline-like top.	\$4.45
Sun is Shining Cheesecake		A rich & creamy NY style cheesecake with a graham cracker crust. With a mango ginger coulis.	\$5.45
Satisfy my Soul Velvet Cake		A decadent, melt in your mouth, truffle like chocolate dessert cake with a chocolate cayenne drizzle.	\$5.45
Drinks		A variety of Beer & Wine (ask to see list)	
	Lion Paw Roots Tonics (\$6.50)		
	Fountain Sodas including Cheerwine! (\$1.75)		
	San Pellegrino (\$2.75)		
	Madda Mimosas (\$5.00)		
	Reed's Ginger Brews, Extra or Raspberry (\$3.00)		
	Nantucket Nectars (\$3.00)		
	Organic Coffee from Bean Werks (\$2.25)		
Organic Teas (\$1.25)			

* any dish also available without jerk sauce * our salmon, mahi & tuna are wild caught * the tuna is dolphin safe *
\$1.75 split plate charge. 18% gratuity for parties of 6 or more. no separate checks for parties > 6