

APPETIZERS

Trinidadian Doubles Shell 15

trinidad's taco — warm turmeric bread filled with rich curry chickpeas and bold island sauces

Trini Bake & Shark 16

crispy, seasoned fried shark tucked into soft fry-bake bread and topped with a bright mango slaw

Mixed Salad 14

mango vinaigrette, cucumbers, tomatoes (v, gf)

Jerk Octopus 21

tenderized octopus marinated and grilled with traditional jerk spices

Ackee & Saltfish Spring Rolls 17

flaky salt cod and creamy ackee folded with cabbage and herbs, wrapped in a crisp spring-roll shell

Trini Corn Soup 12

a hearty, spoon-able street-style soup with tender corn, split peas, and soft dumplings

Chicken Bites 16

crispy, tender chicken bites served with a sweet and spicy dipping sauce

Jamaican Patties 7

turmeric-tinted flaky pastry filled with beef, goat, or vegetables. each is slow-cooked with onions, herbs, and warm caribbean spices

Tarrot Root & Acra 14

caribbean fritters made with mashed taro root and s ackee, seasoned with fresh herbs and spices.

BBQ Lamb Ribs 21

slow-braised lamb ribs finished on the grill and glazed in a bold caribbean jerk sauce. served with charred citrus and fresh herbs

TABLE SIDES 9

Curry Veggie Fried Rice

savory fried rice with curry-seasoned veggies

Mac & Cheese

Mashed Potatoes

Fries, Tamarind Ketchup

Daily Vegetables

ENTRÉES

Mahi Mahi 29

fresh mahi-mahi finished with seasonal sauces that lean citrusy, herbal, and lightly spiced

Jerk Chicken 26

grilled chicken marinated in classic jamaican jerk spices, delivering smoky heat and deep flavor

Ital Stew 19

a rastafarian-inspired vegan stew of root vegetables simmered in coconut milk with herbs and spices

Five-Spice Beef Lo Mein 24

tender beef tossed with noodles and cabbage in a savory sauce infused with chinese five-spice, blending caribbean comfort with asian influence

Curry Crab Fried Rice 24

savory fried rice with curry-seasoned crab, veggies, and scallions.

Shrimp Grits 27

creamy stone-ground grits enriched with butter and sharp cheddar, topped with jumbo shrimp in a creole-spiced butter sauce

Bone in Ribeye 44

grilled thick-cut ribeye, finished with a rich coffee demi-glace

Oxtail Lasagna 29

slow-braised oxtail layered with pasta, ricotta, and mozzarella, baked until bubbling and golden

Cari-Burger 21

caribbean spiced beef burger with caramelized onions, crispy bacon, and american cheese. choice of fries or house salad

Buttermilk Fried Chicken — By the Piece 8 *(only available on Sundays)*

crispy, golden fried chicken marinated overnight in seasoned buttermilk and house spices

BAR
MANJE
Chef Kingsley John