

APPETIZERS

Trinidadian Doubles Shell 12

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

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) *Add: Shrimp +7, Chicken +6*

Jerk Octopus 21

tenderized octopus marinated and grilled with traditional jerk spices

Ackee & Saltfish Spring Rolls 15

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

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, hot honey drizzled, served with a sweet and spicy dipping sauce

Jamaican Patties (Goat 10 | Beef 10 | Veggie 8)

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

Taro Root & Acra 14

caribbean fritters made with mashed taro root and 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

Mac & Cheese 12

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 (*contains pork sausage, which can be removed upon request*)

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 *Add: Bacon +2 | Add Cheese +2*

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

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

TABLE SIDES 9

Curry Veggie Fried Rice 9

savory fried rice with curry-seasoned veggies

Mashed Potatoes 9

Fries, Tamarind Ketchup 9

Daily Vegetables 9

Bar Manje
@ Good Enough to Eat

DRINKS

SPECIALTY COCKTAILS

15 ea

Sparrows Daiquiri

White oak rum, fresh lime juice, lychee agave

The Wailers

St theresa house infused pimento rum, campari, sweet vermouth

Rodney Bay Sunset

Chairman's spiced rum, mauby bark, amaro, bitters, orange zest

Spanish Town

Mezcal, ginger cucumber, st germaine, soda

Nello Rum Punch Fellow

Fresh fruit juices, wray and nephew, aged dark rum, bitters, cinnamon extract, abuelo

BAR MANJE BEERS

Bottle beers \$8

Redstripe

Prestige

Corona

Corona Light

Draft beer \$ 9

Guiness

Heineken

Blue Point Toasted Lager

Goose Island Ipa

Stella Artois